

ARTHRITIS

NEWS FOR YOU

FALL 2010

ST. JOHN'S ARTHRITIS CENTER

Joint-Friendly Accessories for People with Arthritis

The old saying goes, "You are what you eat." Equally true is a lesser-known adage, "You are what you carry." But, recent studies conducted by occupational therapists are proving the latter. What we carry may literally be weighing us down!

If toting your purse (ladies) or wallet (gentlemen) causes pain in your wrists, shoulders, neck, hips or back, the solution may be as simple as switching to more joint-friendly accessories.

For bags, look for padded straps that cross the chest and shoulder to distribute and cushion weight.

Search for bags constructed from lightweight materials such as nylon or thin leather.

Large, easy-to-access pockets with magnetic or Velcro closures are more joint friendly (i.e., easier to open) than small zippers. If zippers are a must in order to protect credit cards, money, and other valuables, then opt for larger zippers with rings or tassels to provide a larger surface to grip.

For Women

The Arthritis Foundation's website, www.arthritis.org, features links to retailers who specialize in "healthy back bags." They are ergonomically designed to hug the body and relieve stress on the neck, back, and shoulders. Look for these same features when shopping at various retail outlets. You don't necessarily have to go to a specialty site or shop, although they might offer a wider selection.

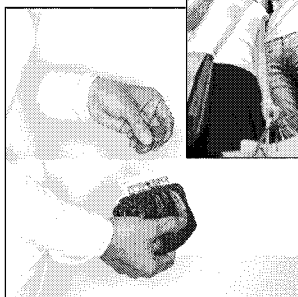
Also, consider an adjustable, detachable shoulder strap that enables a wallet to become a purse (and vice versa). You can then use this multi-function item as a purse,

clutch, or hip pack. And, the smaller size means carrying only the most essential items and, therefore, less weight.

For Men

Sitting on a bulky wallet can create pain in the back and hips. For people with arthritis, this can aggravate existing conditions. So, having a lighter wallet may actually be a good thing! Some wallets feature a spring clip allowing the wallet to fold to half the thickness of its counterparts. It's slim enough to fit in a front pocket. Consider carrying your wallet in a front pocket and streamlining its content. If you're reluctant to give up photos of a beloved spouse and adorable children and/or grandchildren, consider a digital keychain that allows you to keep hundreds of photos at hand (literally) while freeing up space in the wallet.

You can find functional, joint-friendly accessories that are stylish and better for you!



Ask Margaret

I have arthritis in my hip. I take an anti-inflammatory for it, and I see my rheumatologist in a few weeks. During my appointment, I hope to visit about ways to control and lessen my pain. Until I see the doctor, do you have any tips or suggestions?

First, the anti-inflammatory is excellent for relieving inflammation, which in turn helps control some of the pain. I'm sure that your physician has discussed benefits as well as potential side effects of your anti-inflammatory. It is important to take the medication exactly as the physician has recommended. Also remember that it takes around 14 days for most anti-inflammatories to take affect, so in the interim, it's important to think of every day pain modalities that you can use. These may include the following: Heat/cold treatments, Tylenol, rest, exercise, and self-management strategies.

Some people benefit from moist heating pads. Use them carefully, applying a pad for 20 minutes, 3-4 times per day, never allowing yourself to fall asleep with the pad against your skin. (You want to reduce your risk of burns.)

You might also be an individual benefiting from cold treatments. Use an ice pack instead of the heating pad. Remember to once again protect the skin by wrapping the ice/cold pack in a towel. You should ask your physician about taking Tylenol in between hot/cold treatments to help with pain.

It's also necessary to rest. Pain issues take time and energy to address, but you can reduce pain by planning your day and incorporating frequent rest breaks. You want to prevent putting added stress on painful joints, so always think about how you are moving and using your joints.

Do not confuse rest with inactivity. It's essential for people with arthritis to exercise. Pain relief is an important benefit of doing appropriate, gentle exercises such as stretches and range-of-motion exercises. These will help you keep from losing any mobility.

Another way to address pain issues is to learn additional self-management strategies. Consider taking a self-management course to learn techniques that you can apply to help reduce and control pain. Please read about our upcoming class, Live Like Your Life Depends on It (see information box on page 6).

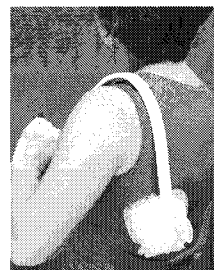
Margaret Lindsey, R.N., is an Arthritis Educator with St. John's Regional Arthritis Center. Questions for her column should be addressed to Ask Margaret/Arthritis News for You, St. John's Hospital, 1235 East Cherokee, Springfield, MO 65804.

ARTHRITIS INFORMATION LINE

417-820-3665 or 1-800-835-5197

7:30 a.m.-4:00 p.m., Monday-Friday

Good Idea!



Over the Shoulder Bath Sponge

This reaching device is ideal for scrubbing one's back without twisting, turning, or straining. It hooks over the shoulder for easy use. For info on locating featured products, call (417) 820-7115.

How do you get your News? Update your address or receive the newsletter via email.

If you have recently moved or are planning to relocate, please call us with your change of address... (417) 820-3665 or 1-800-835-5197.

If you'd like to receive *Arthritis News* via email (rather than a hard copy by U.S. Mail), please let us know. An email version will allow you to forward copies to friends, print only pertinent reminders, etc. If you'd like to remove your name from our physical mailing list and be added to our electronic distribution list, please contact the Regional Arthritis Center at margaret.lindsey@mercy.net or heather.scott2@mercy.net or call 1-800-835-5197.

Speakers' Bureau

The Southwest Missouri Regional Arthritis Center is pleased to provide speakers to any community group or civic organization wishing to learn more about arthritis. Our education programs are available free of charge. Call the Arthritis Information Line at 1-800-835-5197 or 417-820-3665.

New website!

OUR NEW WEBSITE IS EVEN EASIER TO FIND AND USE! Take a look and forward the link to friends. We're at www.moarthritits.org. You can click on Southwest Missouri or SW RAC!

Fibromyalgia Support Groups

Springfield: The group has temporarily suspended regular meetings due to illness. People with Fibromyalgia in need of information and support may call the Regional Arthritis Center at (417) 820-3446 or 1-800-835-5197.

Aurora: Meetings are the third Tuesday of the month at a new location—1 p.m. at St. John's Aurora Hospital, PDR. Call Coralu Exter at (417) 678-3580 or Marilyn Carey at (417) 678-2666.

Lebanon: Meetings are the first Tuesday of the month at 7 p.m. at Breech-St. John's. Call Evaleen Rogers at (417) 588-9783 or Dana McGaughy at (417) 533-3275.

Mt. Vernon: Quarterly meetings are held at MO Rehab. Call Jane Nelson at (417) 461-5490.

Joplin: Meetings are the first Tuesday of the month at St. John's Medical Center at 7 p.m. Call Pam Baack at (417) 781-6225.

Marshfield: This *new* group meets the second and fourth Mondays of the month at Marshfield First Baptist Church at 6:30 p.m. Call Martina Plavnick at (417) 468-2765.

The Arthritis Toolkit

Toolkits include building blocks for use in constructing a personal approach to the management of arthritis and fibromyalgia through exercise, pain management and relaxation. It promotes action-planning. Check it out by contacting (417) 820-3446, 1-800-835-5197, or margaret.lindsey@mercy.net. More details on page 8 (back page).

Ozark Area Arthritis Club (OAAC) Program Schedule

The OAAC meets the second Tuesday of each month at Cedar's Restaurant at 3322 S. Campbell at 11:30 a.m. For information, contact the Arthritis Information Line at (417) 820-3665 or 1-800-835-5197.

SEPTEMBER 14, 2010

Inside and Out: Ways to Prevent Falls
Kara Spiva, OTR
Director, Contract & Home Care Therapy,
St. John's Hospital

OCTOBER 12, 2010

It's More Than a Meal
Juli Stovall, Resource Development Director
Southwest Missouri Office on Aging

NOVEMBER 9, 2010

Holidays & Humdrums: Dealing with Depression
Kathy Shortt, RNC, BSN

Arthritis/Fibromyalgia Self-Management Course

The free, six week class covers self-management of pain and stress, exercise, and medications. Registration is required. Call the Arthritis Information Line at 417- 820-3665 or 1-800-835-5197 for info on upcoming classes in Southwest Missouri.

Springfield's St. John's Hospital Private Dining Room 4, September 14-October 19, 2010 from 10 a.m.-12 noon, call 800-835-5197 or 417-820-3446.

Branson First Baptist Church, Branson, August 31-October 5, 2010, 10 a.m.-12 noon, call Mary Chaste at 417-334-3897.

Nevada Telecenter, Nevada, October 13-November 17, 2010, from 9:30 a.m.-11:30 a.m., call 417-448-1212.

Osceola, September 1-October 6, 2010, from 9:30-11:30 a.m., call 417-646-2419.

Scleroderma Support Group of the Ozarks

The next regularly scheduled meeting is at 6:30 p.m., September 13, 2010, at Cox South meeting room A. For more info, call Gerry Robertson (417) 866-4297 or 1-800-835-5197.

Fibromyalgia Education

Fibromyalgia education will be offered at Cox Walnut Lawn (Administrative Classroom) Springfield, October 14-November 18, 2010, 1:00-3:00 p.m. Registration is required. Call Cami Stanley at (417) 269-5282.



Sjogren's Syndrome Support Group

The group meets October 18 at noon at St. John's Hospital, Private Dining Room 4. PLEASE ASK FOR DIRECTIONS AT THE INFORMATION DESK AND NOTE THE PERMANENT ROOM CHANGE. Call Una Lewis, (417) 827-3190 or 1-800-835-5197.

Systemic Lupus Erythematosus

By Anne Winkler, MD, PhD

Systemic lupus erythematosus is a chronic systemic disease in which the immune system attacks the body in a very characteristic way with antibodies (part of the immune system) attaching to specific organs to signal damage to that organ.

This disease is very common in

young women, although it can also occur in infants as well as the elderly. The peak onset occurs between the ages of 15 and 40 or during the childbearing years. It has a female to male

ratio of approximately 8:1. With better techniques for diagnosing and recognizing lupus, we now see approximately 1 out of every 2,000 individuals in the general population who have lupus.

The pathophysiology of lupus, or why people develop lupus, is unclear. We do know that the immune system makes a variety of antibodies that then can deposit in different organs, including the skin, joints and kidneys. This deposition then can cause damage in the organs that contain these antibodies. We can measure these antibodies in terms of both making the diagnosis of lupus and also use those antibody levels to help us

monitor how effectively we are treating the patient. Most patients with lupus have the antinuclear antibody which is the screening test for lupus but can also be found in other connective tissue diseases. The most serious antibody is the DNA antibody, which is more commonly associated with kidney involvement.



The most common symptoms of systemic lupus erythematosus include fever and fa-

tigue. Skin problems also occur, particularly the classic butterfly rash, which involves a red rash on the nose and cheeks but spares the area under the nose. This rash can also involve arms, chest, and sometimes the whole body. Arthritis complaints are also very common. Like rheumatoid arthritis, the small joints of the hands and feet are often involved. However, unlike rheumatoid arthritis, this arthritis seen in lupus is rarely deforming. Pleuritis, or inflammation of the lining of the lung and pericarditis, or the lining of the heart, is also very common, although actual inflammation of the heart, or myocarditis, is fortunately very rare.

The major organs that can be affected include the kidney, which can be either a mild effect or a very severe effect, which can lead to renal failure. The lungs and the brain can also be affected, although much less commonly. The gastrointestinal tract is very unlikely to be affected.

To diagnose lupus, we take a good history, examine the patient, and do some laboratory work. It is only with the presence of particular findings, including physical examination findings as well as laboratory findings that we can make the diagnosis. Laboratory data is helpful but, unfortunately, not conclusive. We do know that people with lupus may have low white counts, low red counts, and also low platelet counts. They also usually have signs of inflammation with an elevated ESR or CRP. We usually see the ANA antibodies present. In patients with more active disease, we will also see the DNA antibodies and decreased complement levels.

Treatment of lupus depends on the severity of symptoms. For most people who have mild lupus with mainly skin and joint problems, treatment is usually with anti-inflammatory medications to decrease the inflammation in the joints and with a medication called Hydroxychloroquine or Plaquenil. Hydroxychloroquine is a mild im-

Continued on Page 6...

Juvenile Arthritis News

Healthy Eating, Good Sleep Habits Promote Wellness, Increase Success



Another school year is upon us. For your child to have success in school (and beyond), it's important to promote healthy choices. Good eating habits and plenty of sleep are even more vital for kids with arthritis.

A well-balanced diet is high in vegetable and fruits with very few fried foods and olive oil and red meat in moderation. All foods fit within the pyramid, so moderation is key. There is no one special diet that has been shown to be effective for arthritis (in particular children with the condition). Although many diets and supplements claim to be effective for arthritis, there is actually little scientific evidence to back the claims. To demonstrate whether any treatment (food, supplement, drug, exercise, etc.) is truly effective, it should be subjected to tests in clinical trials that meet exact



standards and are performed in a scientific fashion. Very few foods/diets have been tested in such a way. The usual recommendation for a child with arthritis is to eat and enjoy a standard balanced diet.

Vitamin D helps keep inflammation in check...

Vitamin D is of particular interest due to its role in controlling inflammation. It is easy to check the level of vitamin D in the blood.

The majority of U.S. children have normal, acceptable levels of vitamin D; it is a pretty common supplement in our foods. However, if your child's vitamin D is low, you can work with his or her physician to increase your child's intake.

If corticosteroids are part of your child's medications, then it is important to limit the dietary intake of

fats and sodium and to make sure they get enough calcium in the diet (or combination of diet and calcium supplements).

Don't skimp on sleep...

Did you know that the average teenager needs a minimum of nine hours sleep nightly? In a recent study from the Centers for Disease Control and Prevention, out of 12,000 high school students, only

900 reported that they are getting the ideal amount of sleep. As a society, we're running on a sleep deficit. People who don't get enough sleep are more likely to become obese, have difficulty learning or exercising good judgment, and put themselves at greater risk for serious health issues. For the young person with arthritis whose immune system is already out of whack, not getting enough rest can be even more detrimental.

During this busy school year, work with your child to turn off TV, power down the computer, and hang up the phone to get some additional shut eye.

Eating healthy and getting plenty of rest are habits that do more than promote school success; they increase life-long wellness.

Info in the article comes from "KidBits" and "Ask the Experts" (Daniel Lovell, MD, MPH, Cincinnati Children's Hospital Medical Center), *Kids Get Arthritis, Too* (Volume 10, Issue 6).

JA Clinics Announced

Dr. Andrew Lasky, a pediatric rheumatologist from Children's Mercy Hospital in Kansas City, is seeing area children at St. John's Specialty Clinic by appointment on the second Tuesday of each quarter: October 12. Please call 417-820-3446 or 1-800-835-5197.

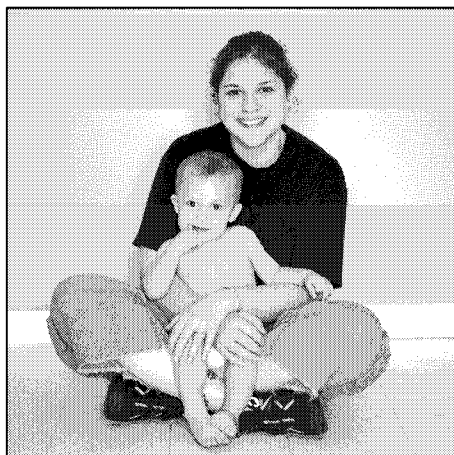
Systemic Lupus Erythematosus

(continued from page 4)

immune suppressant medication which is helpful to decrease skin, joint, and fatigue problems in patients with lupus. It may also help prevent flares with lupus. We also recommend caution regarding sun exposure and daily use of sun block.

More severe cases of lupus are usually treated with more toxic medications. These include Prednisone or Cortisone-like medicines, Methotrexate, Leflunomide, Azathioprine, or Cyclophosphamide. These medicines are very potent in terms of treating lupus, suppressing the immune system, and reversing damaged organs. However, these medicines also have more side effects and have to be used very cautiously by physicians experienced in using them.

Two potential new therapies which we hoped would be much less toxic but effective for SLE include rituximab, a drug that is now approved for the use in Rheumatoid Arthritis, which is directed against specific B cells. B cells make antibodies so destroying these cells can potentially improve SLE in a significant way. Although a number of clinicians have used rituximab for



lupus, this drug did not show benefit in clinical trials. This may be due to the difficulty to do lupus drug studies. Abatacept is a new drug for Rheumatoid Arthritis which kills activated T Cells. T cells help B cells produce antibodies so it is thought that Abatacept can also be useful in treating SLE.

Studies are still underway with abatacept.

However there is a recent lupus trial that did show definite benefit in lupus patients. This drug, like rituximab, is directed against antibody-making cells (B cells) and it is hoped that the FDA will approve this drug for use in lupus patients this fall. If so, this will be the first drug approved for lupus treatment in decades.

Overall, treatment of lupus has improved over the years. Most patients with lupus actually do quite well with ongoing therapy. It is important to be appropriately diagnosed and managed so the symptoms of lupus are minimized. It is also important to be on appropriate medications to treat lupus and prevent flare-ups, and it is important to have a physician who is experienced in using medications to monitor for side effects.

Live Like Your Life Depends on It!

Living a Healthy Life with Chronic Conditions

This six week chronic disease self-management class is for people with diabetes, asthma, heart disease, arthritis, lupus, stroke, bronchitis, emphysema, and any other chronic condition. Learn skills for *living a healthy life with a chronic condition*.

Classes meet Thursdays, September 9 -October 14, 2010, from 10 a.m.-12 noon at **St. John's Health Plans Building at 3265 S. National Ave., Springfield, MO, in the Community Conference Room (2nd floor)**. The class is free. Call (417) 820-3446 or 1-800-835-5197.

Messiah Lutheran Church, Springfield, Tuesdays, October 5-November 9, 2010, from 11 a.m.-1:00 p.m., call 417-881-2192.

University Heights Baptist Church, Springfield, September 13-October 18, 2010, 9:30—11:30 a.m., call (417) 862-0789.

Barton County Memorial Hospital, Lamar, October 13-November 17, 2010, 3-5 p.m., call (417) 682-3579.

Douglas County, Ava Senior Center, October 13-November 17, 2010, 10 a.m.-12 noon, call (417) 683-4409 for registration.

Gainesville Senior Center, September 27-November 1, 2010, 10 a.m.-12 noon, call (417) 683-4409.

McDonald County, McDonald County Senior Center, Noel, September 13-October 18, 2010, 1-3:30 p.m. To register, call Charlotte at (417) 781-7562.

McDonald County Health Department, Pineville, September 7-October 12, 2010, 6-8 p.m., call (417) 223-4351.

Nevada Telecenter, Nevada, October 14-November 18, 2010, 9:30 a.m.-11:30 a.m., call (417) 448-1212.

Please call 1-800-835-5197 for classes in towns throughout Southwest Missouri.

**Arthritis Foundation
Exercise Program Area
Classes (Formerly PACE)**

Classes use gentle activities to help increase overall stamina, flexibility, and strength. It is not a substitute for a prescribed exercise program.

Republic Parks and Recreation, call Allison Davis (417) 732-6780; **Cox Monett Hospital**, call Lauren Holland (417) 354-1410; **Warsaw Area**, call Billie Mowry (660) 438-7569; **Branson First Baptist Church**, call Mary Chase (417) 334-3897; **Mt. Vernon**, call Sonny Poe (417) 461-5351 at MO Rehab; **Bolivar CMH Senior Health** (417) 777-7171; **Buffalo-Dallas County Area YMCA**, call Kay Morris (417) 345-1116; **Greenfield/Dade County**, call Charity Bayless (417) 637-2345; **Dade County Senior Center—Greenfield**, call (417) 637-2626; **Lamar Senior Citizens Center**, call Roberta Braxdale (417) 682-5809; **Lincoln Community Center**, call Billie Mowry (660) 438-7569; **Ellett Memorial Hospital, Appleton City**, call Kelly Tindall (660) 476-2111; **Strafford Senior Center** (417) 736-9898; **Willard Fitness Center**, call (417) 742-2262; **Republic Wellness Center** (417) 732-7672; **United Methodist Church, Fair Grove**, call Evelyn Sheppard (417) 759-2755; **McCarty Senior Center**, call Mark at (417) 282-6100; **Korth Senior Center Stockton**, call 417-276-5306; **Nixa Senior Center**, call (417) 725-2322; **Redbud Village, Ava**, call (417) 683-4033; **Summersville Senior Center**, call (417) 932-4044; and **Pierce City Senior Center**, call (417) 476-5006; **Rogersville Senior Center**, call (417) 753-7800; **Pineville United Methodist Church**, call (417) 223-4723; **Pleasant Valley Manor, West Plains**, call Lenora Martin (417) 257-0179; and **St. Francis Hospital**, call (417) 934-7153.

**Arthritis Foundation
Exercise Program
(Formerly PACE)
Springfield Classes**

Classes meet at **St. John's Fitness Center**; cost is \$10. Two classes are offered, 1:15-2:15 and 2:30-3:30 p.m. on Tuesdays and Thursdays. Call the Arthritis Information Line at 417- 820-3665 or 1-800-835-5197 or The Professionals at 417-820-8888 or 1-800-909-8326. Classes are held at the following locations:

Springfield Southside Seniors Center (call 890-1313)
Campbell United Methodist Church (call Margaret Williams at 881-2018)
Cox Senior Health (call Sonnie Noble at 269-3915)
Cox Fitness Center Meyer Wellness & Rehab Center (call 269-3282)
Wesley United Methodist Church (call 883-1021)
Covenant Presbyterian Church (call 881-4449)
NEW—Baptist Temple (call 831-2631)
NEW—Noble Hill Church (call 425-0824)
NEW—Cox North (269-8882)

**Bothered by Arthritis?
Concerned about Heart
Disease?**

We are conducting a research study of 3 approved medications commonly used to treat pain due to osteoarthritis (OA) or rheumatoid arthritis (RA) in people who also have or are at high risk for heart disease. Qualified participants will receive study-related medical care, regular study check ups, and study medication at no charge

To qualify you must...

- Be 18 years of age or older
- Have had OA or RA for at least 6 months
- Have been prescribed regular medication for your pain for at least 6 months
- Have or be at high risk for heart disease, which includes a history of heart attack, stroke, or diabetes.

For more information, call St. John's Medical Research Institute at (417) 841-0250 or toll free 866-207-0167.

**Arthritis Foundation
Aquatic Exercise
(Formerly Aquatics
Programs)**

Springfield: Hammons Heart Institute, call 417-820-2169

Ward YMCA, call 417-862-7456

Meyers Wellness & Rehab, call 417-269-3282

Chesterfield Family Center, call 417-891-1616

Joplin: Joplin Family Y, call 417-623-4597 or 417-625-2502

West Plains: West Plains Civic Center, call 417-256-8087

Lebanon: Cowan Civic Center, call 417-532-4642

Monett: Lowry & Associates, Physical Therapy, call 417-235-8770

Nevada: Vernon County Health Department, call 417-667-7418

Nevada Regional Medical Center, call 417-448-3622

Lamar: Lamar Aquatic Park, call 417-682-5383

El Dorado Springs: Cedar County Memorial Hospital, call Sandy Whitaker at 417-876-2511

Bolivar: Citizens Memorial Hospital, call 417-326-0453

Citizens Memorial Hospital Senior Health, call 417-777-7171

Tai Chi for Arthritis

Tai Chi for Arthritis was developed for people with a rheumatic condition and consists of fluid circular movements that are slow in tempo. Benefits include improvements in flexibility, strength, overall fitness, and posture. New classes are forming. For information, please call Heather Scott at (417) 820-3665 or 1-800-835-5197. Classes are also forming at the **Ward YMCA**. Call 862-7456 for info.



St. John's Health System

1235 E. Cherokee
Springfield, MO 65804
www.stjohns.com



THE ARTHRITIS TOOLKIT

People with arthritis can live a healthy life by actively managing the physical and emotional problems that come with their disease. Most types of arthritis cannot be cured. Living a healthy life with a chronic disease is possible with good self-management.

The Arthritis Toolkit contains information and tips that help many people with arthritis and fibromyalgia live happier, healthier, more comfortable lives! It contains information and suggested skills that will help you live a healthy life.



**Contact the SW Missouri Regional Arthritis Center
to check out *The Arthritis Toolkit* today.**

**(417) 820-3446 or 1-800-835-5197
margaret.lindsey@mercy.net**

St. John's Regional Health Center, a member of the Sisters of Mercy Health System, St. Louis, is a Christian ministry dedicated to healing and wellness. As an equal opportunity/affirmative action employer, St. John's provides services and benefits without discrimination.