

ARTHRITIS

NEWS FOR YOU

FALL 2011

ST. JOHN'S ARTHRITIS CENTER

Rest Assured... Strategies for a Better Night's Sleep

It's 3 a.m. You're staring at the ceiling, concentrating on nighttime aches and pains, thinking about tomorrow's busy schedule, or (oh, dear!) listening to your spouse snore. Meanwhile, the clock keeps ticking, ticking, ticking...

If this situation is all too familiar, then you could be one of the 25 million Americans who lie awake each night. An estimated 100,000 of these individuals are chronically sleep deprived. This multi-part series will look at the dangers of sleep deprivation, what contributes to it, and ways to get a better night's rest.

The risk...

As a result of sleep deprivation, people experience excessive fatigue, which can lead to impaired judgment. Errors and accidents are often sad consequences. Seven to eight hours of sleep are essential for learning and problem solving.

Unfortunately, the chances of

becoming a "nocturnal creature" increase with age. As people grow older, their biological clocks can slow down and lose their precision. The sleep and wake cycle, which is so accurate in children, gradually changes. The rhythm doesn't always make an adult feel sleepy at 10 p.m. In addition, lifestyle changes such as retirement or a decrease in physical activity can disrupt normal sleep patterns.

Sleep apnea, arthritis pain, and ordinary stress are unwelcome bed partners. If these problems are interrupting your sleep, you can rest assured—there are steps to remedy any sleepless situation.

Sleep apnea...

As people age, they are more likely to develop sleep disorders.

Sleep apnea is a disorder characterized by a lack of automatic breathing while sleeping. It affects 24% of adult males and 9% of adult females. People with this condition stop breathing from 10-180 seconds at a time throughout the night, but they are seldom aware of it. Bed



partners usually detect sleep apnea's primary symptom (heavy snoring with respiratory pauses). Another clue is unexplained tiredness.

Sleep apnea can lead to high blood pressure and even heart problems. If you suspect that sleep apnea is responsible for your sleepless nights, consult a physician. For severe cases, a small mask can be worn during sleep. Air is blown

Continued on page 6...

Ask Margaret

I am getting ready to start an exercise program for people with arthritis. Several of my friends are in an Arthritis Foundation Exercise Program, and others are in an arthritis aquatic exercise program, which I'd like to learn more about. What are some of the benefits of the aquatic exercise program?

You and your friends are to be commended for recognizing the importance of exercise in managing arthritis and contributing to a healthy lifestyle. Although the arthritis aquatic exercise program provides wonderful benefits for people with severe arthritis pain, it can benefit all people with arthritis.

There are a number of immediate benefits. People can move their bodies easily and without pain once in the pool because the water supports the body, putting less stress on the joints. In addition, people can do more exercises in water, and this improves your ability to build endurance. People attending an arthritis aquatic exercise class should attend regularly and do as much as they can. Continued participation in warm water exercise will increase mobility and strengthen muscles.

Remember, to give yourself time and to gradually build up to completing the exercise routine. When starting an arthritis aquatic exercise program, you do not want to do all of the repetitions of the exercises that the instructor is modeling, as this could cause problems after the program. People often get in the water and feel so much better that they want to do more than their body is ready to do. You don't want to "over do" it. Therefore, when starting out, doing less is better.

Before starting a new exercise program, consult a physician. Also, check the water temperature, noting that the Arthritis Foundation guidelines recommend a temperature of 83-90 degrees. However, most people attending the aquatic programs enjoy a comfortable range between 87-89 degrees.

There are many immediate and long-term health benefits to participating in an arthritis aquatic exercise program. There is typically an emotional benefit, too, as many people enjoy the social aspect of the class and form friendships with fellow participants. I'm delighted that you're considering an exercise program, and I encourage you to check this newsletter for a listing of aquatics program classes in your area (page 7 of *Arthritis News for You*).

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!



Ring Pull Can Opener

Just slide the hook into a can's ring-pull and lift up using the strength of the arm and hand rather than the smaller joints of fingers. The device prevents gripping while twisting, which can be a difficult movement for a person with arthritis. The opener is designed for ring-pull cans such as those found on cans of pet food, soup, tuna, etc.

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.

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.moarthrititis.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 Coralie 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: Meetings are the second Monday of the month from 1-2:30 p.m. and the fourth Monday of the month from 6:30-8 p.m. at Marshfield First Baptist Church. Call Martina Plavnick at (417) 468-2765.

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.

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.

August 9, 2011

Indoor Picnic

Registration Required

September 13, 2011

Getting the Right Shoe and Fit

Chrissy Brewer, Certified Pedorthist & Orthotic Fitter

St. John's Medical Supply

October 11, 2011

Dealing with Back Problems

Melinda Paulsell, PT

St. John's North PT

November 8, 2011

Tools for Staying Independent

Jen Reese

SW Center for Independent Living

December 13, 2011

Christmas Party

Cedar's

Fibromyalgia Education

Fibromyalgia education will be offered at Cox Walnut Lawn (Administrative Classroom) Springfield October 13-November 17, 2011, 1-3 p.m. Registration is required. Call Cox Info at (417) 269-4636.



Arthritis Toolkit...Check It Out!

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

Scleroderma Support Group of the Ozarks

The next regular meeting of the Scleroderma Support Group will be September 12, 2011 at 6:30 p.m. at Cox South, Meeting Room A. For more details call 417-820-3665 or 1-800-835-5197.

Sjogren's Syndrome Support Group

The group is no longer meeting. All current and past participants are invited to meet with the Ozark Area Arthritis Club, which meets at Cedar's Restaurant, 3322 S. Campbell, the second Tuesday of each month at 11:30 a.m. See this page for info.

Rheumatoid Arthritis and Biologic Disease Modifying Therapies (Part I of II)

By Norman J. Simon, DO

Rheumatoid arthritis develops in approximately 1% of the population and if not adequately treated can lead to long term complications of irreversible joint damage as well as adverse effects on long term functional status and activities of daily living. Fortunately, over the last decade great strides have been made in developing new treatments for this potentially devastating form of arthritis.

Advanced progress in the field of molecular biology and immunology over the last two decades has now led to the development of novel new “biologic” disease modifying therapies which have revolutionized the treatment of rheumatoid. However, each new advance in this therapeutic armamentarium presents challenges in terms of reducing the risks of complications of such therapy and being able to afford these phenomenally expensive treatments.

The biologic rheumatoid arthritis disease modifiers have been each developed to specifically regulate a specific “target” protein, cell to cell interaction, or specific cell involved in the abnormally overactive immune response that characterizes this condition. All of these agents are very large protein molecules themselves and need to be administered by either subcutaneous or intravenous administration.

Currently, the Food and Drug Administration (FDA) approved biologic agents for the treatment of rheumatoid arthritis can be divided

into subtypes based upon each of their specific therapeutic targets: 1) anti-Tumor necrosis factor; 2) Selective Co-stimulation Modulator inhibition; 3) anti-CD 20 B cell; 4) anti-Interleukin 6.

Anti-tumor necrosis factor (TNF) therapy represents the initial FDA approved biologic treatments for rheumatoid arthritis, and now their indications have included other TNF influenced conditions such as psoriatic arthritis, ankylosing spondylitis, Crohn’s disease, and psoriasis. These agents include Enbrel (Etanercept), Remicade (Infliximab), Humira (Adalimumab), Simponi (Golimumab) and Cimzia (Certolizumab). These agents target the abnormally elevated levels of the TNF protein that is seen in rheumatoid arthritis.

Enbrel which is a novel soluble “fusion receptor” protein acts as a biologic “sponge” that combines with some of the circulating TNF protein in the blood.

On the other hand, Remicade, Humira, Simponi, and Cimzia are monoclonal antibodies that also target the TNF protein, but neutralize both circulating soluble TNF in the blood as well as tissue bound TNF in inflamed rheumatoid joints.

About 60-70% of rheumatoid arthritis patients will favorably respond to the treatment with a TNF agent. A clinical response can vary from a modest (60% achieve ACR 20 response), moderate (40%

ACR 50 response), to an excellent (ACR 70 response) level of clinical improvement. The TNF medications indicated for moderate to severe rheumatoid arthritis characterized by an inadequate response to methotrexate. Remicade is FDA approved to be used in combination with methotrexate in the treatment of rheumatoid arthritis, but all the other TNF agents can be used either alone or in combination with methotrexate.

However, the use of methotrexate seems to augment the clinical effectiveness of any of the TNF agents. Remicade is administered by an intravenous infusion given over 120 minutes every 4 to 8 weeks with the remaining anti-TNF treatments given by self administered subcutaneous administration ranging from every 7 days for Enbrel, every 7-14 days for Humira, every 14-28 days for Cimzia and every 28 days for Simponi.

The major adverse effects related to the use of the TNF agents include the risk of serious infections (approximated at 1-2%) and can include bacterial, viral, fungal and mycobacterial (such as tuberculosis) that can be life threatening. Additional adverse effects can include injection reactions, infusion reactions (Remicade), rare neurological disorders, blood abnormalities and immunological reactions (drug induced lupus syndromes associated with Remicade).

See Winter 2011 edition for Orencia, Rituxan, and Actemra.

Juvenile Arthritis News

Strategies for a Successful School Year



Summer days are dwindling, and fall is fast approaching... It's a time of the year when parents and kids are shopping for school supplies and preparing for a fresh start. A new school year brings challenges for students with juvenile arthritis (JA).

Talk to Educators

Establishing effective communications between home and school is essential. Arrange for a conference with the teacher(s), counselor, and school nurse before classes start. If medication is given at school, staff members need to have written instructions detailing the dosage and time.

Help your child's educators be aware of JA's impact on mobility, endurance, and energy level. Pain, morning stiffness, and drug side effects also need to be discussed.

Create a Plan

Doctor appointments, flares, and hospitalizations may cause frequent absences. Develop a plan for making up missed work and inquire about home-bound instruction in case of prolonged absence.

Make Modifications

Work together to come up with ways to reduce impact on joints. For example, students may use rubber or foam build-ups on pencils or a book holder,



which keeps the book at a comfortable angle.

It may be possible to modify homework assignments and testing environments (allowing more time or administering tests orally).

Students with JA may require extra time to move from class to class; they may also need

help carrying books. Classes should be close together if possible. Field trips, fire drills, and storm drills also need special attention.

Discuss curriculum and expectations of a regular physical education class. If needed, arrangements can be made for modified or adaptive physical education classes, based on a doctor's written recommendations and the student's physical condition.

For a positive experience, discuss issues before school starts. Call the Southwest Regional Arthritis Center at 1-800-835-5197 or (417) 820-3665 for materials and for any additional assistance in talking with educators. Pamphlets such as "When Your Student Has Arthritis: A Guide for Teachers" and "Decision Making for Teenagers with Arthritis" are also available at no cost.

JA Clinics

Dr. Lasky is seeing area children at St. John's Specialty Clinic by appointment: October 11, 2011; January 17, 2012; April 10, 2012; and July 10, 2012. Please call 417-820-3446 or 1-800-835-5197 to schedule an appointment.

Solutions for Sleepless Nights

(continued from page 1)

through the nose, thus preventing a collapse of the airway.

Arthritis aches and pain...

Discomfort can certainly interfere with a good night's rest. However, steps can be taken to make it easier to fall (and stay) asleep. First, it's important to find the right mattress. People with back problems often assume that they need an extra firm mattress. In truth, the curvature of the low back should determine the firmness of the mattress. Some people with arthritis are simply better off on a softer bed, which fills in the curves of their backs. Those who do require the support of a firm surface might try putting a bed board or a sheet of 3/4-inch plywood between the mattress and box springs.

Second, keep warm. If it's difficult to ward off fall and winter chills, then consider layered bedding, an electric blanket, or sleeping inside a sleeping bag placed on the bed. Another option is an electric mattress pad. You can have a warm surface (the electric mattress pad) under you.

Third, find a correct, comfortable position. The key is to get a painful joint into a position that provides maximum space in order to prevent joint surfaces from rubbing together. It may be necessary to place a pillow or a rolled towel under a joint (like the hip or shoulder) to give it proper support. For example, a stiff neck or low

back pain can sometimes be helped by a pillow in the hollow of the neck or the curvature of the spine. Avoid the use of pillows under knees or ankles if hips or knees are problem areas. If pain is a constant nighttime companion, see a doctor. Arthritis, rather than sleep patterns, may require a physician's attention.

Daytime habits affect rest...

Napping during the day often interferes with sleep quality and quantity. Avoid napping, but if it's absolutely necessary, try to limit it to a single nap no later than 7-8 hours before bedtime.

Try to forego the nap for exercise. Gentle exercises in the morning or early afternoon can help people sleep. Heavy exercise too close to bedtime can stimulate your system and actually make it more difficult to fall asleep.

Chocolate, nicotine, and non-decaffeinated coffee, tea, and cola are all stimulants that keep people awake. Drinking alcohol 3-4 hours before bedtime also contributes to sleeplessness. It is wise to avoid caffeine within 6 hours of bedtime. Nicotine is another stimulant that interferes with rest. Smokers who kick the habit (once they overcome symptoms of withdrawal) can expect to fall asleep faster and wake up less during the night.

In part II (Winter 2011), learn strategies for a better night's rest.

Health Management Class

Living a Healthy Life with Chronic Conditions

This six week chronic disease self-management class is for people with a chronic condition. Learn skills for *living a healthy life*.

Classes meet Thursdays, Sept. 15-Oct. 20, 2011, 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

Cassville Senior Center, Mondays, Sept. 12-Oct. 17, 2011, 9-11:30 a.m. Call (417) 847-4510.

Humansville Senior Center, Wednesdays, Oct. 5-Nov. 9, 2011, 12:30-3 p.m. Call (417) 754-8303

On MY Own—Nevada, Tuesdays, Sept. 13-Oct. 18, 1-3 p.m. Call (417) 667-7007

Appleton City, Wednesdays, Oct. 12-Nov. 16, 2011, Time TBA. Call (417) 646-2419

Engle's Senior Center, Buffalo, Mondays, Oct. 17-Nov. 21, 2011, 12:30 p.m.-3 p.m. Call (417) 345-7551

Truman Health Care, Lamar, Tuesdays, Aug. 16-Sept. 13, 2011, Time TBA. Call (417) 681-5256

Lamar United Methodist Church, Wednesdays, Sept. 14-Oct. 19, 2011, Time TBA. Call (417) 681-5256

Golden City Clinic, Mondays, Sept. 12-Oct. 17, 2011, Time TBA. Call (417) 681-5256

Sheldon United Methodist Church, Tuesdays, Sept. 27-Oct. 11, 2011, Time TBA. Call (417) 681-5256

Lockwood Clinic, Thursdays, Sept. 15-Oct. 20, 2011, Time TBA. Call (417) 681-5256

Barton County Memorial Hospital, Lamar, Tuesdays, Oct. 11-Nov. 15, 2011, Time TBA. Call (417) 681-5256

Messiah Lutheran Church, Springfield, Wednesdays, Oct. 19-Nov. 23, 2011, 4-6 p.m. Call (417) 881-2192

Mid-Town Library, Springfield, Wednesdays, Sept. 7-Oct. 12, 2011, 12:30-2:30 p.m. and Thursdays, September 8-Oct. 13, 2011, 5:30-7:30 p.m. Call (417) 269-INFO

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

Arthritis Foundation Exercise Program Area Classes (Formerly PACE)

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; **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; **St. Francis Hospital**, call (417) 934-7153; **NEW—Joplin, Health Solutions/Studio One Fitness**, call (417) 206-3700; **NEW—Ozark County Senior Center, Gainesville**, call (417) 683-4409 or (417) 679-4746; **Ava Senior Center**, call (417) 683-5712; and **Wright County Senior Center, Mountain Grove**, call (417) 926-5867

Arthritis Foundation Exercise Program (Formerly PACE) Springfield Classes

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

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 Fitness Center Meyer Wellness & Rehab Center (call 269-3282)

Wesley United Methodist Church (call 883-1021)

Covenant Presbyterian Church (call 881-4449)

NEW—Cox North (269-3915)

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, and **Joplin, Health Solutions/Studio One Fitness**, call (417) 206-3700.



St. John's Health System

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



NEW ARTHRITIS FOUNDATION WALK WITH EASE PROGRAM

What is Walk with Ease? This program is designed for anyone with arthritis young and old, male and female, fit and not-so fit. It is also suitable for anyone without arthritis who is ready to begin a regular walking program.

How does it work? Group will meet three times a week for six weeks. We will begin with 5 minutes of education on the importance of successful walking or arthritis management. The group will then warm up, stretch, walk, cool down and stretch one last time.

How long do I have to walk? That depends on each individual. You may walk anywhere from 10 minutes to 45 minutes or more depending on your fitness level. This program helps you build your own walking program



Walk With Ease Program offered in Cabool, Pineville and Springfield. For more information please call 417-820-3446 or 1-800-835-5197.

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.