



Happy Holidays From SAA!

On behalf of the Board of Directors and Staff of the Spondylitis Association of America, we wish you and yours a happy and healthy holiday season! Our CEO would like to personally thank you for your support. Click the button below to see her message!

[Watch Now!](#)



Uveitis Recurrence Risk In Ankylosing Spondylitis May Be Significantly Reduced With Golimumab

A Netherlands' clinical trial assessed the effectiveness of the TNF inhibitor golimumab in reducing the recurrence of Acute Anterior Uveitis (AAU), eye inflammation, in ankylosing spondylitis.

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Phase 3 Clinical Trial Opportunity For Adults With Ankylosing Spondylitis

A Phase 3 clinical trial is now recruiting patients over the age of 18 with active ankylosing spondylitis (AS) to participate.

The purpose of the trial, titled, “Efficacy and Safety of Tofacitinib in Subjects with Active Ankylosing Spondylitis (AS)” is to determine if Tofacitinib is safe and effective in subjects with active ankylosing spondylitis.

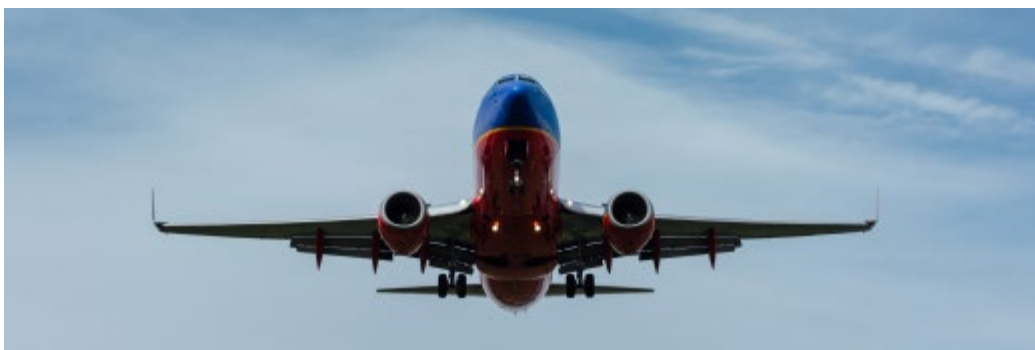
[Read More!](#)



Dr. Maines' Holiday Survival Guide

Ugh... the holidays and spondyloarthritis ...what a mixed bag. Living with a chronic illness such as this, puts us in the unique position of frequently assessing our energy level. The holiday hustle and bustle can challenge us both emotionally and physically. I wanted to share a few tips I have learned that may help you survive and maybe even enjoy the holiday season.

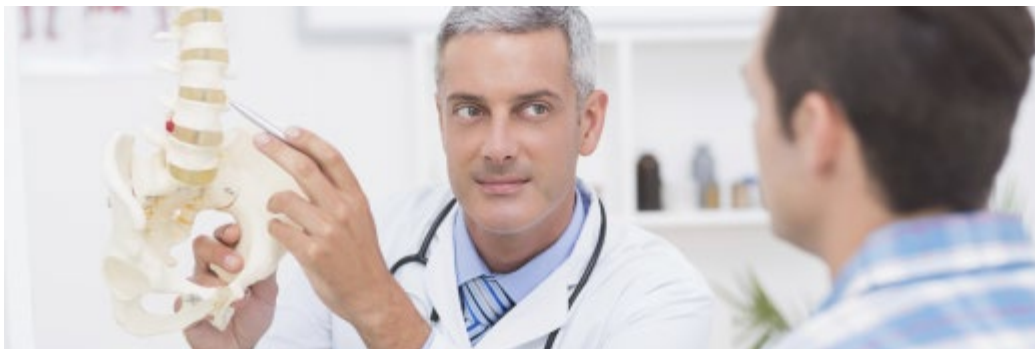
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Just Plane Flying With Ankylosing Spondylitis: On Travel Day

After I was diagnosed with ankylosing spondylitis, I was not sure how to survive flying on a plane again and I did not know where to find answers to my questions: What would happen to my joints after sitting for so long? What about the back pain? What would it be like to do all that walking? Could I bring my cane? Were there ways I could make it easier on my body?

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Help Researchers Determine Best Methods Of Measuring And Tracking Spinal Fusion

Better ways to measure spinal fusion are needed to be able to evaluate the effectiveness of medicines in slowing or stopping spinal fusion. This study hopes to answer the question of whether CT scanning of the spine can provide a reliable, valid, and sensitive measure of spinal fusion in ankylosing spondylitis.

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Your Stories: The Platypus

Not long ago I was staring at the yellow paint on the rear quarter panel of my beloved car. The car is black, the yellow wasn't supposed to be there. Over the years, spondyloarthritis has made sure I can't turn my neck very far in either direction, so backing up my car was becoming problematic. I never hit anything but concrete, and in the latest case, concrete painted yellow. Any dash of black paint on a concrete wall could very well be my work...

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Practicing Gratitude: Our Community Gives Thanks

In November, and in the spirit of Thanksgiving, the online Spondylitis Community recognized and thanked individuals who make a positive difference in their lives. Did you take part? See a selection of responses received and send in yours!

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Upcoming Support Group Meetings

Morristown, NJ — Saturday, January 5, 2019 — [Details](#)

Hollywood, FL — Sunday, January 6, 2019 — [Details](#)

Denver, CO — Monday, January 7, 2019 — [Details](#)

Clinton, IA — Tuesday, January 8, 2019 — [Details](#)

Piedmont Triad, NC — Wednesday, January 9, 2019 — [Details](#)

Lansing, MI — Saturday, January 12, 2019 — [Details](#)

The Woodlands, TX — Saturday January 12, 2019 — [Details](#)

Los Angeles, CA — Sunday, January 13, 2019 — [Details](#)

Elmira, NY — Monday, January 14, 2019 — [Details](#)

New York City, NY — Tuesday, January 15, 2019 — [Details](#)

SoCal Parents, CA — Tuesday, January 15, 2019 — [Details](#)

Baltimore, MD — Saturday, January 19, 2019 — [Details](#)

San Diego, CA — Saturday, January 19, 2019 — [Details](#)

Oakland/SF, CA — Saturday, January 19, 2019 — [Details](#)

St. Louis, MO — January 19, or Sunday, January 20, 2019 (TBD) —
[Details](#)

Chicago North Suburbs, IL — Thursday, January 24, 2019 — [Details](#)

Sacramento, CA — Saturday, January 26, 2019 — [Details](#)

Bristol, TN — Wednesday, January 30, 2019 — [Details](#)

[View all SAA-sponsored spondylitis educational support groups!](#)



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