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## **Happy Thanksgiving 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 Thanksgiving! Thank you for being a valuable member of our community, and for allowing us to be a part of your lives.



## **Recognize Someone In Your Life Who Has Gone Above And Beyond To Be There For You!**

Has someone made living with spondylitis a little easier? Made a difference in your life by their actions and support? In the spirit of Thanksgiving, we invite you to share the names of those who have made a positive impact on your life.

Recognize a physician, nurse, physical therapist, loved one, masseuse, yoga instructor, a hospital administrator, pharmacist, your neighbor, or anyone else!

Share their name, your relationship with them, and a few sentences on how they have impacted your life.

Share your thoughts on our [Message Boards](#), [Facebook](#), or [Twitter](#)!



## **Promising New Clinical Trial Results For TNFi-Resistant Ankylosing Spondylitis**

A new phase 3 clinical trial tested the efficacy and safety of the IL-17 inhibitor ixekizumab (brand name Taltz) in a population of ankylosing spondylitis (AS) patients who did not improve with TNF inhibitor (TNFi) treatment. Studies report that roughly 30 percent of those with AS don't see enough improvement with their TNFi medications to continue treatment.

[Read More!](#)



## Our 2018 Winter Issue of Spondylitis Plus is Here. Take a Peek Inside Now!

The latest issue of *Spondylitis Plus* is now available online for SAA members

Not a member yet? Read the Featured Article, "**Foods That Heal, Foods That Can Harm. An Interview With Clinical Nutritionist, Michelle Schirra.**"

[Read the Full Issue!](#)

[Read the Featured Article!](#)



**On This Giving Tuesday, November 27th,  
Support the Fight Against Juvenile**



## Spondyloarthritis!

Antoinette is a 10 year old girl suffering from Ankylosing Spondylitis. At just two and a half years old, Antoinette would wake up in the middle of the night screaming and saying bugs were biting her back.... What Antoinette wants you to know about her is that she is stronger than JSpA...

[Read More!](#)



## Recordings From SAA's Spondylitis Seminar in Chicago, IL Now Available!

Watch noted Rheumatologist Muhammad Asim Khan, MD, MACP, FRCP and Registered Dietician Lara Rondinelli-Hamilton, RD, LDN, CDE present at SAA's Patient Educational Seminar in Chicago, IL on October 20<sup>th</sup>, 2018.

[Watch Now!](#)



**SAA's Helpful Hints: Community Wisdom -**

## Mattresses & Pillows

Helpful Hints is a recurring feature, aimed at sharing our community's knowledge and experiences. In this second installment, we asked our online community to share their recommendations for mattresses and pillows that have been beneficial for their chronic pain. We share a sample of responses with our thanks. We hope you find them helpful!

[Read More!](#)



### **New Your Story: Are You Sure It's Just A Flare?**

One Friday evening, a day like any other, I fixed a salad for dinner, watched television, and then went to bed to read. I eventually switched off the light, rolled on my side and a sudden pain erupted in the left side of my chest.

[Read More!](#)



## Upcoming Support Group Meetings

**Boston, MA** – Saturday, December 1, 2018 – [Details](#)

**Richmond, VA** – Tuesday, December 4, 2018 – [Details](#)

**Phoenix, AZ** – Wednesday, December 5, 2018 – [Details](#)

**New York City, NY** – Friday, December 7, 2018 – [Details](#)

**Spokane, WA** – Saturday, December 8, 2018 – [Details](#)

**Philadelphia, PA** – Saturday, December 8 – [Details](#)

**Los Angeles, CA** – Sunday, December 9, 2018 – [Details](#)

**Queen City, NC** – Tuesday, December 11, 2018 – [Details](#)

**Chicago NW Suburbs, IL** – Thursday, December 13, 2018 – [Details](#)

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



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