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## **SAA's Chicago Spondylitis Educational Seminar will be Live-Streamed!**

Can't make it out to our Spondylitis Educational Seminar in Chicago, IL on Saturday, October 20<sup>th</sup>? Register now to view the Live Broadcast FREE on your computer.

[Register Now!](#)

# CHALLENGE



## Challenge Extended! *(Plus free gifts!)*

Last month, an Anonymous Donor made a generous \$100,000 donation to the Spondylitis Association and challenged us to match it by the 15<sup>th</sup> of October. Unfortunately, we didn't meet our goal so we are extending the challenge through the end of October and throwing in some powerful incentives. Donations of \$50, \$100 and \$250 or more will all receive complimentary gifts. Click the button below to learn more!

*(If you gave to this appeal before these incentives were available, not to worry! Call or email Manny at 818-465-4290 or at [manny.caro@spondylitis.org](mailto:manny.caro@spondylitis.org).)*

[Learn More!](#)



## Depression in Axial Spondyloarthritis and its Association with Disease Activity

Axial spondyloarthritis (axSpA) is a chronic rheumatic disease, which primarily affects the spine and other joints. It can be grouped into two types, radiographic (ankylosing spondylitis, AS) and non-radiographic (nr-axSpA.) Both types are associated with inflammatory pain and can involve functional impairment. As with many chronic conditions, depression is common among those living with axSpA; however the topic is not well studied, and reports of its prevalence vary greatly from study to study.

To give this topic more clarity, researchers conducted a systematic literature review, analyzing 16 international study findings...

[Read More!](#)



## SAA's Helpful Hints

Helpful Hints is a new feature in eSUN, aimed at featuring our community's knowledge and experiences. In this first installment, we asked our community to share items, products, or tricks they find helpful for daily living with spondylitis issues. We share a sample of responses with our thanks. We hope you find them helpful!

[Read More!](#)



**The 2018 Banding Together Live Webathon  
will be Happening October 19th – 21st,  
Online, Everywhere!**

Tune in to the online radio station, [BlowUpRadio.com](http://BlowUpRadio.com) from Friday, October 19th through Sunday October 21st for the 3-day music Webathon, an annual benefit for SAA! The online concert will feature nearly 40 artists, and be hosted by long time SAA friend, Lazlo. Details and link to the online radio station, at <https://wherenjrocklives.com/>.

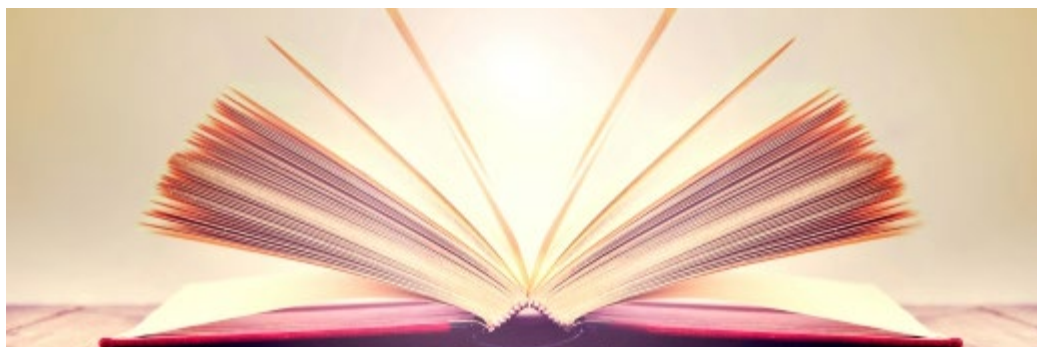
[Learn More!](#)



## Introducing SAA's 2019 Calendar!

Be sure to ring in the New Year with the very first SAA Member Calendar! Each month features unique artwork, with a playful take on the SAA logo. All artwork is original, and created by members of the spondylitis community. Support spondyloarthritis research, education, advocacy and awareness with a truly one-of-a-kind 2019 calendar!

[Purchase Now!](#)



**New Your Story: Theresa Silva**

I was finally diagnosed with Ankylosing Spondylitis in 2010 when I was in my late forties. By then, my back pain had become my constant companion, I had six cases of Iritis, and I was starting to experience joint pain in other areas of my body. The diagnosis was a shock. I finally had an answer. But now what? How was this disease going to impact my life, and my career?

[Read More!](#)

## Upcoming Support Group Meetings

**New York City, NY** - November 1, 2018 - [Details](#)

**Morristown, NJ** - November 3, 2018 - [Details](#)

**Baltimore, MD** - November 3, 2018 - [Details](#)

**Lansing, MI** - November 3, 2018 - [Details](#)

**Denver, CO** - November 5, 2018 - [Details](#)

**Piedmont Triad, NC** - November 7, 2018 - [Details](#)

**Clinton, IA** - November 8, 2018 - [Details](#)

**The Woodlands, TX** - November 10, 2018 - [Details](#)

**Oakland/SF, CA** - November 10, 2018 - [Details](#)

**Sioux Falls, SD** - November 10, 2018 - [Details](#)

**Waterville, ME** - November 15, 2018 - [Details](#)

**Elmira, NY** - November 15, 2018 - [Details](#)

**San Diego, CA** - November 17, 2018 - [Details](#)

**Sacramento, CA** - November 17, 2018 - [Details](#)

**St. Paul, MN** - November 17, 2018 - [Details](#)

**Bristol, TN** - November 28, 2018 - [Details](#)

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



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