



May is Spondyloarthritis (SpA) Awareness Month!

This year, the Spondylitis Association of America (SAA) and its international partners will be celebrating SpA Awareness Month in May. Read about the change from April to May, and find ideas for raising awareness all month long!

[Read More!](#)



Have you Registered to Join Our Global Spondyloarthritis Summit This Weekend?

There's still time to register for this one of a kind, online, free event! Watch as people living with spondyloarthritis interview physicians on the latest treatment options, research, and more. Then ask your own questions.

Register now, and tune in starting Friday, May 3rd. Happening online, all around the world.

[Learn More & Register!](#)



Combination Therapy of TNF Inhibitors and NSAIDs May Help Slow Down Radiographic Progression in Ankylosing Spondylitis

According to findings from a recent cohort study, the combined use of nonsteroidal anti-inflammatory drugs (NSAIDs) and tumor necrosis factor (TNF) inhibitors, may help slow the progression of damage to the spine in ankylosing spondylitis, mitigating some of the effects of the disease.

[Read More!](#)



Our 2019 Spring 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, "**How Spondyloarthritis Affects Quality Of Life**"

[Read the Full Issue!](#)

[Read the Featured Article!](#)



Your Stories: Cursed And Gifted With AS

Yay! I have a chronic, debilitating, painful, and incurable disease! My lifelong nightmare was over when I was diagnosed with Ankylosing Spondylitis and prescribed medication to help prevent, instead of just treat, my symptoms.

[Read More!](#)



Participate In Research: Help SpA Researchers Understand What Is Important In Choosing Between Medications.

Researchers at Boston University are conducting a survey to help learn about how people with ankylosing spondylitis and related conditions choose medications. The survey will take 15-20 minutes to complete. Those who finish the survey may win one of five \$50 gift cards.

[Learn More!](#)



Copay Accumulator Programs: What They Are And How They Might Impact Your Out-Of-Pocket Costs

If you've been using a drug manufacturer's copay discount card to help with your out-of-pocket costs for a biologic or other specialty medication, you may soon be in for a surprise. Several large insurance companies and pharmacy

benefit managers (PBMs) are implementing new schemes called “copay accumulator programs” that affect how contributions from those same copay cards are applied to your annual out-of-pocket cost requirements.

[Learn More!](#)



Imagine Dragons' Dan Reynold Launches a New Campaign to Raise Awareness & Bring Earlier AS Diagnosis.

Earlier this month, SAA's Director of Brand Experience & Public Affairs, Jason Blackwell moderated a panel including Dan Reynolds; Rheumatologist, Dr. Suleman Bhana; and Chris Garver, a tattoo artist and television personality from Miami Ink, to launch “Monster Pain in the AS,” a new AS awareness campaign.

Developed by Novartis, the campaign strives to raise awareness and help bring about faster diagnosis. The campaign's website, monsterpainintheas.tumblr.com, offers a back pain quiz, various AS resources, and a searchable directory to connect with a rheumatologist.

The campaign launch has been covered in several major media outlets including People, Prevention, Parade, Us Weekly, and Reader's Digest amongst others. SAA was proud to participate in the campaign launch to help bring much needed attention.



SAA's Helpful Hints: Community Wisdom – Practicing Self- Care

Helpful Hints is a recurring feature, aimed at sharing our community's knowledge and experiences. In this installment, we asked our online community, "Do you practice self-care? What do you do to treat yourself?"

We share some of the responses in this article.

[Read More!](#)

Upcoming Support Group Meetings

The Woodlands, TX — Saturday, May 1, 2019 — [Details](#)

Chicago, IL — Saturday, May 4, 2019 — [Details](#)

St. Paul, MN — Saturday, May 4, 2019 — [Details](#)

Morristown, NJ — Saturday, May 4, 2019 — [Details](#)

Sacramento, CA — Saturday, May 4, 2019 — [Details](#)

Denver, CO — Monday, May 6, 2019 — [Details](#)

Orange County, CA — Tuesday, May 7, 2019 — [Details](#)

Richmond, VA — Tuesday, May 7, 2019 — [Details](#)

Elmira, NY — Thursday, May 9, 2019 — [Details](#)

Baltimore, MD — Saturday, May 11, 2019 — [Details](#)

San Diego, CA — Saturday, May 18, 2019 — [Details](#)

St. Louis, MO — Saturday, May 18, 2019 — [Details](#)

SoCal Parent Support Group — Tuesday, May 23, 2019 — [Details](#)

New York, NY — Tuesday, May 28, 2019 — [Details](#)

Southington, CT — Wednesday, May 29, 2019 — [Details](#)

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



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