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Updated Treatment Guidelines Released for Ankylosing Spondylitis (AS) and Nonradiographic Axial Spondyloarthritis (nr-axSpA)

On August 22nd, the American College of Rheumatology (ACR), in partnership with the Spondylitis Association of America (SAA) and the Spondyloarthritis Research and Treatment Network (SPARTAN), released the 2019 Update of the Recommendations for the Treatment of Ankylosing Spondylitis (AS) and Nonradiographic Axial Spondyloarthritis (nr-axSpA).

[Read More!](#)



Upcoming Webinar: Mind Body Approaches to Pain with a Bonus Guided Meditation

In honor of Pain Awareness Month this September, the Spondylitis Association of America invites you to join us for our webinar, "**Mind Body Approaches to Pain**," featuring a bonus guided meditation.

Tune in on **Saturday, September 7th, from 10:00 AM - 11:00 AM PST** as certified yoga therapist, Nancy O'Brien C-IAYT, guides us through relaxing and compassionate mind-body practices.

[Learn More!](#)



Taltz® (ixekizumab) Now FDA Approved for Ankylosing Spondylitis

The FDA announced on August 26th that ixekizumab (Taltz) is now approved

to treat adults with ankylosing spondylitis (AS), also referred to as radiographic axial spondyloarthritis (r-axSpA.) This extends the IL-17 inhibiting biologic medication's approval to a second form of spondyloarthritis. (Taltz has been approved since 2017 for psoriatic arthritis.)

[Read More!](#)



Your Stories: Teresa Mussmann

The first time I walked into a tae kwon do class, I walked in with my cane and my little dog. Master Evan Nixon, the owner of Mellennia Tae Kwon Do, thought I was just there to watch, which I kind of was. As someone living with spondyloarthritis, I never thought that I'd be able to do it.

[Read More!](#)



Participate in Research – Comparison of Gut Bacteria and Genetic Risk Assessment in Children of Ankylosing Spondylitis Patients

Researchers are looking to identify and compare the gut bacteria of children of ankylosing spondylitis parents. The researchers are recruiting adults with AS, who have biological children between 5 – 19 years old, and are able to make one visit to San Francisco, CA. The study aims to identify gut bacteria that may lead to the development of the disease. The study is funded by a grant from the Spondylitis Association of America, and compensation (of \$50) is offered for your time.

[Learn More!](#)



Ergo 21 Membership Drive

Support SAA this Labor Day by joining or renewing your SAA membership to be entered in a drawing to win your very own Ergo 21 seat cushion!

[Learn More!](#)



SAA's Helpful Hints: Community Wisdom – Diet's Impact on Inflammation and

Symptoms of Spondylitis.

Helpful Hints is a recurring feature, aimed at sharing our community's knowledge and experiences. Good nutrition can improve health and well-being, and some diets may help decrease inflammation in those with arthritis. Are there any specific food items, or diets that you have found helpful? In contrast, are there foods that you find increase inflammation or make you feel worse? We share a sample of responses with our thanks.

[Read The Responses!](#)

Upcoming Support Group Meetings

Tampa, FL – Sunday, September 1, 2019 – [Details](#)

Piedmont Triad, NC – Wednesday, September 4, 2019 – [Details](#)

Oakland/SF, CA – Sunday, September 8, 2019 – [Details](#)

Los Angeles, CA – Sunday, September 8, 2019 – [Details](#)

Orlando, FL – Sunday, September 8, 2019 – [Details](#)

Denver, CO – Monday, September 9, 2019 – [Details](#)

NYC, NY – Tuesday, September 10, 2019 – [Details](#)

Chicago, IL – Thursday, September 12, 2019 – [Details](#)

Lansing, MI – Saturday, September 14, 2019 – [Details](#)

The Woodlands, TX – Saturday, September 14, 2019 – [Details](#)

Raleigh/Durham, NC – Sunday, September 15, 2019 – [Details](#)

Queen City/Charlotte, NC – Tuesday, September 17, 2019 – [Details](#)

Waterville, ME – Thursday, September 19, 2019 – [Details](#)

Bismarck, ND – Saturday, September 21, 2019 – [Details](#)

San Diego, CA – Saturday, September 21, 2019 – [Details](#)

Manchester, NH – Saturday, September 21, 2019 – [Details](#)

St. Louis, MO – Saturday, September 21, 2019 – [Details](#)

Albuquerque, NM – Saturday, September 21, 2019 – [Details](#)

Greenville, SC – Tuesday, September 24, 2019 – [Details](#)

Spokane, WA – Saturday, September 28, 2019 – [Details](#)

COMBINED FEDERAL CAMPAIGN

SAA participates in the **Combined Federal Campaign** – the largest and most successful annual workplace charity campaign. Simply enter CFC code **#89466** on your pledge card during your agency's fund drive, or contact your Human Resources Department or the Office of Personnel Management (www.opm.gov).

Please contact us if you have given anonymously through CFC so you can continue to receive SAA member benefits.

Email hhart@spondylitis.org or call 800-777-8189 x226.



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