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The electronic Spondylitis Update Newsletter



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!



Atlanta Spondylitis Seminar: Recordings and Presentation Slides Now Available!

Our Spondylitis Educational Seminar, held November 9th in Atlanta, GA, was recorded for those who could not attend in person or watch the live broadcast. The videos of our speakers' informative presentations, along with their PowerPoint slides, are now available!

Our speakers for the day were:

- Rheumatologist, James Rosenbaum, MD
- Doctor of Physical Therapy, Carl Heldman, DPT

You can now watch these presentations at your convenience on our website.

[Watch Now!](#)



Ixekizumab (Taltz®) Shows Promise in Treating Non-Radiographic Axial Spondyloarthritis

The IL-17 inhibitor biologic, Ixekizumab (Taltz®) was found effective in reducing signs, symptoms, and inflammation in those with non-radiographic axial spondyloarthritis (nr-axSpA) in a recent phase 3 clinical trial study.

[Read More!](#)



Helpful Hints: Community Wisdom - Managing and Preventing Spondyloarthritis Flares

Helpful Hints is a recurring feature aimed at sharing our community's knowledge and experiences. The start of the winter season brings about cold weather. For many with spondyloarthritis it can also bring about an increase in pain and stiffness. In this installment, we asked our online community, "What are some ways you manage, or work to prevent, increased pain or spondyloarthritis flares?"

[Read the Responses!](#)



Your Stories: Lucas Absler

When I was younger, I played baseball. I would often be sidelined with unexplained, pervasive joint pain. My coach joked that I must be made of glass. I thought the comment was funny, but at the same time, I was upset that

I couldn't even walk without shooting pains traveling from my hips to my knees.

[Read More!](#)



Year End Ergo 21 Membership Drive

Just in time for the holidays, the Ergo 21 seat cushion is the perfect travel companion! Give a gift to SAA before the end of the year to be entered in a drawing to win your very own seat cushion!

[Shop Today!](#)

Upcoming Support Group Meetings

Bristol, TN — Wednesday, December 18, 2019 — [Details](#)

St. Louis, MO — Saturday, December 21, 2019 — [Details](#)

Atlanta, GA — Saturday, December 21, 2019 — [Details](#)

Bridgewater, NJ — Saturday, December 28, 2019 — [Details](#)

Tampa, FL — Sunday, January 5, 2020 — [Details](#)

Los Angeles, CA — Sunday, January 5, 2020 — [Details](#)

Denver, CO — Monday, January 6, 2020 — [Details](#)

The Woodlands, TX — Saturday, January 11, 2020 — [Details](#)

Lansing, MI — Saturday, January 11, 2020 — [Details](#)

Brunswick, ME — Monday, January 13, 2020 — [Details](#)

New York, NY — Tuesday, January 14, 2020 — [Details](#)

Orlando, FL — Saturday, January 18, 2020 — [Details](#)

Albuquerque, NM — Saturday, January 18, 2020 — [Details](#)

Sioux Falls, SD — Saturday, January 18, 2020 — [Details](#)

Manchester, NH — Saturday, January 18, 2020 — [Details](#)

St. Louis, MO — Saturday, January 18, 2020 — [Details](#)

Atlanta, GA — Saturday, January 18, 2020 — [Details](#)

Raleigh-Durham, NC — Sunday, January 19, 2020 — [Details](#)

Indianapolis, IN — Tuesday, January 28, 2020 — [Details](#)



16360 Roscoe Blvd. Ste. 100
Van Nuys, CA 91406

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