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Save The Date! SAA's Global Spondyloarthritis Summit Coming In May 2019!

We're very excited to announce the first ever Global Spondyloarthritis Summit! Join us online **Friday, May 3rd through Sunday, May 5th 2019.**

This free online event brings together some of the most respected medical professionals, including renowned rheumatologists, a physical therapist, pain management specialist, and others to discuss the latest treatment options and research in spondyloarthritis.

Registration will open soon!

[Learn More!](#)

Helping Youth with Spondyloarthritis Stand Tall A Community for Kids & Teens



Our New Juvenile Spondyloarthritis Website Is Now Live!

We are excited to announce the launch of our newly designed Juvenile Spondyloarthritis website, focusing on Kids & Teens in our community.

We encourage everyone to visit and explore the site. You will find information and educational resources on JSpA, school accommodations that may be available to meet kids' needs, meet kids & teens living with JSpA in the "your stories" section, and content dedicated to parents and caregivers.

[Visit The Site!](#)



Help Researchers Determine Best Methods Of Measuring And Tracking Spinal Fusion In AS

Better ways to measure spinal fusion are needed to be able to evaluate the

effectiveness of medicines in slowing or stopping spinal fusion. This observational study hopes to answer the question of whether CT scanning of the spine can provide a reliable, valid, and sensitive measure of spinal fusion in ankylosing spondylitis.

The study is sponsored by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), at NIH, and has two study locations, both in Maryland.

[Lean More & Enroll!](#)



VARIDESK Giveaway

Stand a little taller in 2019! SAA has partnered with VARIDESK (an award-winning manufacturer of sit-stand desks) to provide the opportunity to win your very own standing desk! There are many health benefits associated with using a standing desk, including possibly reducing back pain.

All donations over \$100 made before February 15th will be automatically entered into a drawing for a VARIDESK ProPlus 36 Electric.

[Learn More!](#)

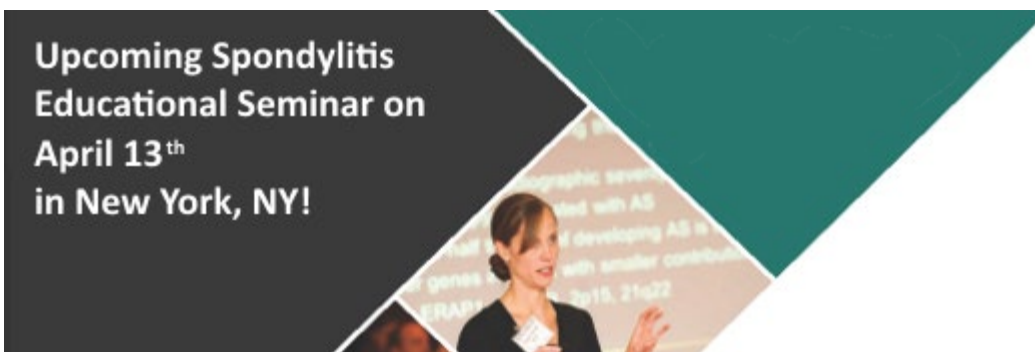


Results From a Phase 2 Clinical Trial For Filgotinib, A Selective Jack 1 Inhibitor

A phase 2 clinical trial assessed the effectiveness and safety of an oral medication, Filgotinib, in patients with active ankylosing spondylitis (AS) who have not responded adequately to, or have been intolerant of, two or more non-steroidal anti-inflammatory drugs (NSAIDs).

[Read More!](#)

Upcoming Spondylitis
Educational Seminar on
April 13th
in New York, NY!



Save The Date!

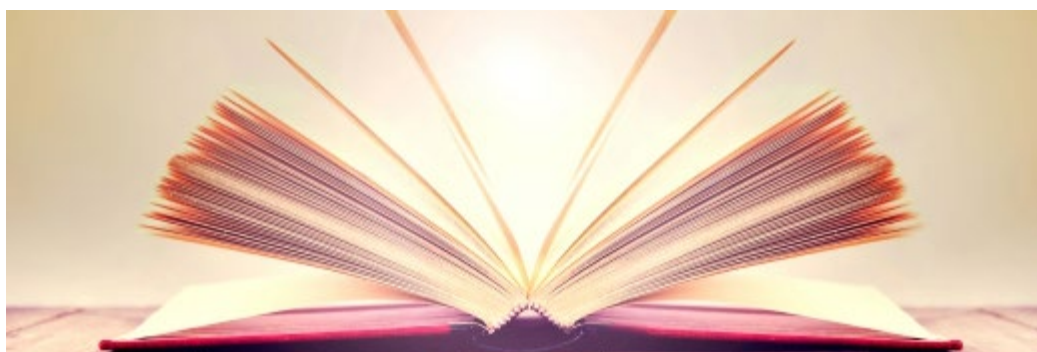
The Spondylitis Association of America (SAA) and the Hospital for Special Surgery (HSS) invite you to join us on **Saturday, April 13th** on the HSS campus for an informative, patient centered seminar, with an integrative, holistic approach to overall health and treatment. The program will feature:

- Rheumatologist, Sergio Schwartzman, MD
- Occupational Therapist, John Indalecio, OTR/L, CHT, MS
- Certified Yoga Therapist, Nancy O'Brien, C-IAYT

There will be ample time for questions, as well as a chance to mix and mingle with other patients, families, and friends.

This is a combined, collaborative, daylong program planned and being carried

out by SAA and HSS, and we're excited to have you attend. Registration is free, and will open soon. Stay tuned for additional details!



Your Stories: Brad Aspey

I decided to write this today after trying yoga for the second time. As I looked around the room watching the other beginner “Yogis” doing the relatively easy movements and positions that I was struggling so hard to do, I noticed a significant difference between myself and others who physically looked just like me before the start of the class. Ankylosing spondylitis is commonly called “an invisible disease,” but today this disease finally became very visible to me.

[Read More!](#)



Twitter Chat

SAA is hosting a Twitter Chat! Join us **Tuesday, February 12th at 6:00pm Pacific Time** for conversations on Overcoming Obstacles living with spondylitis can bring. We'll discuss relationship challenges and the need for support; balancing life, health, and our various responsibilities while practicing good self-care, and more!

[Read More!](#)



Our Annual Report For 2018 Has Been Released!

In 2018, we celebrated our milestone 35th Anniversary. Read our latest Annual Report to learn more about our journey and some of the people who have helped us to become who we are today.

[Read More!](#)



SAA's Helpful Hints: Community Wisdom – Advice for the Newly Diagnosed

Helpful Hints is a recurring feature, aimed at sharing our community's knowledge and experiences. In this fourth installment, we asked our online community, "What advice would you give others newly diagnosed with spondylitis?" We share a sample of responses with our thanks. We hope you find them helpful!

[Read More!](#)

Upcoming Support Group Meetings

Phoenix, AZ — Friday, February 1, 2019 — [Details](#)

Orange County, CA — Tuesday, February 5, 2019 — [Details](#)

Los Angeles, CA — Sunday, February 10, 2019 — [Details](#)

New York City, NY — Sunday, February 10, 2019 — [Details](#)

Austin, TX — Monday, February 11, 2019 — [Details](#)

Spokane, WA – Saturday, February 16, 2019 – [Details](#)

St. Paul, MN – Saturday, February 16, 2019 – [Details](#)

St. Louis, MO – Saturday, February 16, 2019 – [Details](#)

Caregivers Support, SoCal – Tuesday, February 19, 2019 – [Details](#)

Richmond, VA – Tuesday, February 19, 2019 – [Details](#)

Chicago NW Suburbs, IL – Thursday, February 21, 2019 – [Details](#)

Bristol, TN – Wednesday, February 27, 2019 – [Details](#)

Piedmont Triad, NC – Wednesday, February 27, 2019 – [Details](#)

Nashville, TN – Thursday, February 28, 2019 – [Details](#)

Elmira, NY – Thursday, February 28, 2019 – [Details](#)

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



Image: Useless with style by Daniel Imbriani / CC BY-ND 2.0

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