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Our 2019 Summer 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, "**A Comprehensive Review Of Psoriatic Arthritis: Symptoms, Diagnosis, And Treatment.**"

[Read the Full Issue!](#)

[Read the Featured Article!](#)



Sustained Remission Shown In Ankylosing Spondylitis In Those Switched From Reference Infliximab To Its Biosimilar

A recent Greek cohort study reported that Ankylosing Spondylitis (AS) patients in remission remained in remission after switching from the originator biologic, reference infliximab (Remicade®) to the biosimilar infliximab, (Inflectra®, Remsima®). The 18-month long, open label, observational study found no difference in disease activity, efficacy, or safety in those switched to the biosimilar medication.

[Learn More!](#)



Should You Disclose A Disability at Work?

It's a question posed time and again in spondylitis support groups and online community forums – how do you handle your spondyloarthritis in the workplace? Should you tell your employer, or keep your diagnosis private?

[Read More!](#)



Recognizing Juvenile Spondyloarthritis Warriors and Pediatric Rheumatologists During Juvenile Arthritis Awareness Month

July is Juvenile Arthritis Awareness Month, and we want to give an extra shout-out to both our juvenile spondyloarthritis warriors, and the medical rock stars who care for them: pediatric rheumatologists.

[Read More!](#)



SAA's Helpful Hints: Community Wisdom – Advice and Words of Encouragement For Our JSpA Warriors

Helpful Hints is a recurring feature, aimed at sharing our community's knowledge and experiences. July is Juvenile Arthritis Awareness Month and we want to show our support to kids and teens with spondyloarthritis. In this installment, we asked our online community, "What advice or words of

encouragement do you have to share?”

[Read The Responses!](#)



Spondyloarthritis In Women: Discussing The Impact Of SpA In women, SpA And Pregnancy, A Newly Updated Brochure, And More!

Historically this disease, and especially ankylosing spondylitis (also known as axial spondyloarthritis (axSpA) with x-ray damage) was thought to affect men more commonly than women. However, over the last decade as we recognize the disease earlier and in patients without the classic damage seen on x-ray, we realize this disease is actually equigender. Despite this, women continue to have a significantly longer delay in diagnosis compared to men.

[Read More!](#)



Your Stories: Tom Neal

My journey with ankylosing spondylitis started in the early 1980s when I was around 40 years old. By the year 2000 I was noticeably “bent over” in my upper thoracic and cervical spine. The local, well-regarded neurosurgeon said he could “straighten me up,” but the mortality rate was approximately 50%. That, of course, was not what I was looking for! His last words to me as I left the office were, “Don’t fall, either forward or backward. Either way can break your neck.”

[Read More!](#)



Twitter Chat Recap: Advocacy

On June 25, 2019, SAA hosted our second Twitter chat. The chat focused on advocacy, and featured members of SAA’s Volunteer Advocacy Committee: Rose @funchefchick, Mary Ann @MaryAnnPoladian and Charis @BeingCharisBlog, as well as @RichAHoward, who is SAA’s Chief Mission Advancement Officer, and leads our Los Angeles spondylitis support group.

[Read More!](#)



SAA Greeting Cards Now Available

SAA has created a new line of greeting cards designed with the spondyloarthritis community in mind. The greeting cards have a colorful image and a heartfelt message that express what it is like to live with chronic pain. These cards are meant to spread awareness about fatigue and the spoon theory. Share these cards with friends and loved ones while supporting SAA's mission.

[Purchase Bear Cards](#)

[Purchase Spoon Cards](#)

[Purchase Combo Pack](#)



Please Consider Helping SAA By Rating Us On Great Nonprofits

SAA has been awarded a Top-Rated Health Nonprofits ranking by GreatNonprofits.org! With over 130 reviews and an overall 5-star rating, the SAA prides itself on being the leader in the spondyloarthritis community. In order to preserve this rating, seven 5-star reviews are needed each year. If you

feel that we have helped, assisted, informed or supported you in any way, please consider leaving us a 5-star review. We love to hear your stories about how we may have positively impacted your lives.

[Leave A Review!](#)

Upcoming Support Group Meetings

Bristol, TN – Wednesday, July 31, 2019 – [Details](#)

St. Paul, MN – Saturday, August 3, 2019 – [Details](#)

Sacramento, CA – Saturday, August 3, 2019 – [Details](#)

Tampa, FL – Sunday, August 4, 2019 – [Details](#)

Los Angeles, CA – Sunday, August 11, 2019 – [Details](#)

St. Louis, MO – Saturday, August 17, 2019 – [Details](#)

Raleigh-Durham, NC – Sunday, August 18, 2019 – [Details](#)

Greenville, SC – Tuesday, August 20, 2019 – [Details](#)

Bristol, TN – Wednesday, August 28, 2019 – [Details](#)



Back in Action, Again

Cardio, Strength, Stretch, and Yoga: Exercises specifically designed for people living with spondylitis.

Our newly completed exercise series is now available, and SAA Members can access the exercises online, FREE! Visit spondylitis.org/back-in-action to begin streaming now!

Follow highly experienced physical therapists and a yoga therapist, all with special expertise in spondyloarthritis (SpA), as they lead groups of people living with SpA in safe and effective movements.

This exercise series is developed with YOU in mind, to help retain and improve range of motion, flexibility, balance, cardiovascular health, and strength, while offering modifications and different levels of difficulty for each exercise.

Purchase the DVD



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

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