

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[RSS](#) 📡



## **Breaking News: FDA Approves Certolizumab Pegol, (CIMZIA®) For Non-Radiographic Axial Spondyloarthritis, Making It The First Biologic Available To Those Living With Nr-axSpA.**

On March 28, 2019, the U.S. FDA announced the approval of the TNF inhibitor, certolizumab pegol (CIMZIA®) for the treatment for non-radiographic axial spondyloarthritis (nr-axSpA.) This is the first, and currently only biologic agent to gain approval for nr-axSpA in the U.S., providing those living with the condition access to a new class of medication.

[Read More!](#)

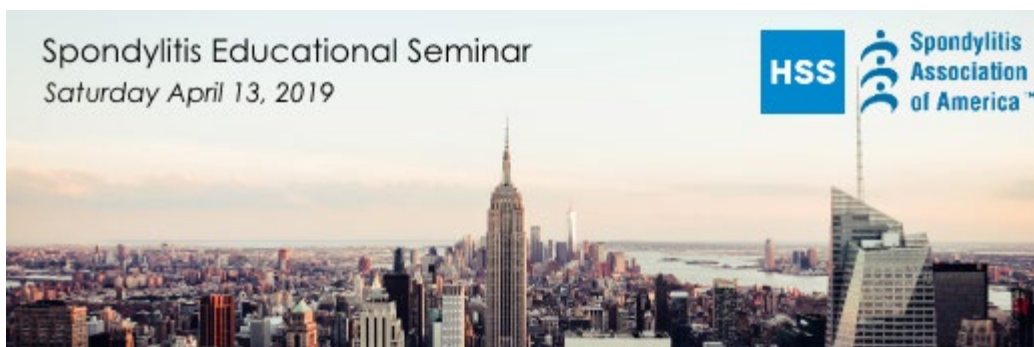


## Registration For SAA's Global Spondyloarthritis Summit Is Now Open!

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

This 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.

[Learn More & Register!](#)



## Register Today For Our In-Person Educational Seminar in NYC!

The Spondylitis Association of America (SAA) and the Hospital for Special Surgery (HSS) invite you to join us on Saturday, April 13<sup>th</sup> 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; and Certified Yoga Therapist, Nancy O'Brien, C-IAYT.**

[Learn More & Register!](#)



## Celebrate National Doctors' Day With SAA

March 30<sup>th</sup> is National Doctors' Day! This year you can honor your doctor with a donation to SAA and we will send a card on your behalf. Simply add a testimonial and contact information for your doctor and we'll do the rest! This is a special day set aside to honor the contributions of physicians who serve our country by caring for its citizens. Please take a moment to recognize a physician who has made a difference in your life with a donation to SAA.

[Learn More!](#)



## **SAA's Helpful Hints: Community Wisdom - Medical Professionals**

Helpful Hints is a recurring feature, aimed at sharing our community's knowledge and experiences. In this installment, we asked our online community, "Which medical professional has the most impact on managing your spondylitis symptoms? Rheumatologist, Primary Care Physician, Osteopathic Physician, Functional Medicine, Physical Therapist, Pain Management Specialist, or Psychologist?"

It takes the work of many professionals to help guide and treat patients, as the below responses show....

[Read More!](#)



### **Tips For Sleeping Better With Spondyloarthritis**

As someone suffering from spondyloarthritis, you know just how exhausting it can be to get into a comfortable position at night. Then, when you finally do find something that allows you to rest, pain and stiffness can shake you back awake in the middle of the night.

In this article we share tips for a better night's sleep that we hope will be helpful!

[Read More!](#)



## Your Stories: The Bully

We all have a Bully in our lives, whether it be a physical person or in the form of pain or anguish, but we all have one. Since childhood my Bully has taken on many forms and I have overcome them one way or the other, but my current Bully is relentless and today I am going to share him with you. See, my Bully does not come in a form of a person but a condition. I have Spondyloarthritis.

[Read More!](#)



## Pill Take Back Event

On Saturday, April 27, from 10 am to 2 pm, the U.S. Drug Enforcement Administration will be hosting their 17th National Pill Take Back Event alongside local community members and organizations. The best part is that the service is free and anonymous and allows for the public to drop off unused medications with no questions asked.

[Read More!](#)

## Upcoming Support Group Meetings

**Seattle, WA** – Saturday, April 6, 2019 – [Details](#)

**Leesburg, VA** – Saturday, April 6, 2019 – [Details](#)

**Bismarck, ND** – Wednesday, April 10, 2019 – [Details](#)

**Sioux Falls, SD** – Saturday, April 13, 2019 – [Details](#)

**The Los Angeles, CA** – Sunday, April 14, 2019 – [Details](#)

**Orlando, FL** – Sunday, April 14, 2019 – [Details](#)

**Caregivers, CA** – Tuesday, April 16, 2019 – [Details](#)

**Piedmont Triad, NC** – Wednesday, April 17, 2019 – [Details](#)

**Chicago, IL** – Thursday, April 18, 2019 – [Details](#)

**St. Louis, MO** – Saturday, April 20, 2019 – [Details](#)

**Spokane, WA** – Saturday, April 20, 2019 – [Details](#)

**Lansing, MI** – Saturday, April 27, 2019 – [Details](#)

**Elmira, NY** – Tuesday, April 30, 2019 – [Details](#)

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



## Sign Up for S.M.A.R.T. Today!

The Spondylitis Monthly Automatic Rewards Team (S.M.A.R.T.) is a safe, secure and convenient way to put more money to work advancing the spondylitis community's shared mission. Just specify a monthly amount and SAA will automatically deduct the contribution from your credit or debit card. At the end of the year, we'll send you a summary of your giving and a tax receipt. Your dependable monthly gift of \$100, \$50, \$25, \$15, or even \$10 will boost the impact of your SAA membership gift many times over.

**Sign up today and get our brand new 14oz SAA mug, free!**



[Sign Up!](#)

We invite you to connect with us on [Facebook](#) and [Twitter](#), browse our spondylitis videos on [YouTube](#), and chat



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

with others on SAA's [Message Boards](#).

[unsubscribe from this list](#)

[update subscription preferences](#)