



Recordings From The Joint SAA / HSS Spondylitis Educational Seminar, Held in New York City, Are Now Available!

Our Esteemed Speakers were:

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

We are pleased to share the recordings, as well as the speakers' presentation slides with you.

[Watch Now!](#)



Wrapping Up Spondylitis Awareness Month

It's been a busy month at your SAA! We launched the first ever Global Spondyloarthritis Summit, executed various awareness campaigns, attended medical conferences to raise awareness for medical professionals, and more!

We share some of our awareness work accomplished this month, thanks to your support, below.

- [Read about our experience raising awareness for Primary Care Physicians.](#)
- [Revisit the Global Spondyloarthritis Summit \(now only open for SAA members, or available for purchase to all.\)](#)
- [Read about SAA's #GoBlue4AS Campaign](#)



How Spondyloarthritis Affects Quality Of Life: SAA's SpA Life Impact Study Gets Published!

We're thrilled to announce that the manuscript from our latest Life Impact Study, which many of you participated in, is now published in Rheumatology and Therapy! We thank everyone who took part in this study for your invaluable contributions.

[Revisit Our Coverage Of The Study In SAA's *Spondylitis Plus*](#)

[Full Published Manuscript Available Here](#)



Participate In Research! Sharing Two Opportunities For Families To Take Part In Spondyloarthritis Research.

We invite you to take part in an important (and SAA funded) study: “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 about this study!](#)

Opportunity to take part in studies on pregnancy and spondyloarthritis: “Understanding the role of spondyloarthritis, and medications used in the treatment of spondyloarthritis, in pregnant women.”

Researchers are looking to better understand the effects of ankylosing spondylitis (AS) and psoriatic arthritis (PsA) in pregnancy, and are recruiting currently pregnant women with either of these conditions to participate in observational studies. Participants will not be asked to take any medications or vaccines and will not be required to change their daily routine. During the course of the studies, researchers will interview the women, tracking their pregnancy, as well as the health of the baby.

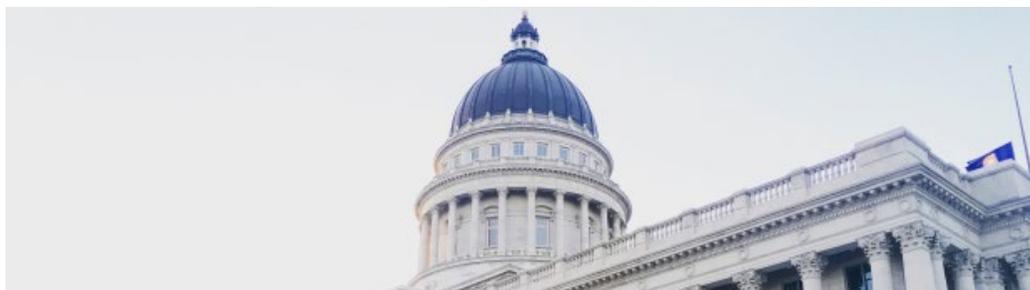
[Learn more about these studies!](#)



In Case You Missed It: Revisiting A Wonderful Article On Women And Spondyloarthritis, Written By Noted Rheumatologist, Dr. Lianne Gensler.

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!](#)



Advocate On Behalf Of The Spondylitis Community!

We're proud to announce the launch of SAA's brand-new advocacy program!

Writing your Congressperson, State Senator, or even the POTUS has never

been easier. SAA's new advocacy program will keep you updated on policy issues and make it a snap for you to contact elected officials and the media, and let them know how a given policy will affect you, their constituent. Your voice is needed to raise awareness on barriers to treatments and the high cost of medications.

[Learn More And Get Involved!](#)



SAA's Helpful Hints: Community Wisdom – Perspectives Gained Through Battling Spondyloarthritis

Helpful Hints is a recurring feature, aimed at sharing our community's knowledge and experiences. Living with spondyloarthritis can be difficult and challenging at times, however, throughout the process we can learn a lot about ourselves, our surroundings, and life in general. In this installment, we asked our online community, "If you have learned anything special about life or human nature as a result of spondyloarthritis, what is it?"

[Read The Responses!](#)



Your Stories: Michael Leach

“I vividly remember a time immediately after my diagnosis, when I was unable to work, play basketball, or sit through fifty-minute classes. I was struggling with my first bout of depression as my identity had always been my physical self. That to me is the hardest part of ankylosing spondylitis, chronic pain, or anything that changes how we perceive ourselves—the loss of identity and the need to embrace the remake.”

Michael recently gave a great Tedx talk on “The Healing Power of Ritual and Routines,” also mentioning his AS in the talk.

[Read More!](#)

The SAA/Bruckel Early
Career Investigator
Award in Axial
Spondyloarthritis



Research Grant Award Applications Now Being Accepted for The 2019 Spondylitis Association of America - Jane Bruckel Early Career Investigator Award in Axial Spondyloarthritis!

The Early Career Investigator Award is SAA's yearly \$20,000 grant awarded to the researcher who has shown significant progress in the field of spondyloarthritis research. MDs and PhDs at the level of Assistant Professor or below, currently working at a U.S. institution, who have contributed to the care and understanding of patients with spondyloarthritis are invited to apply.

[Learn More And Apply!](#)

Upcoming Support Group Meetings

Sioux Falls, ND — Saturday, June 1, 2019 — [Details](#)

Tampa, FL — Sunday June 2, 2019 — [Details](#)

Los Angeles, CA — Sunday, June 9, 2019 — [Details](#)

Orlando, FL — Sunday, June 9, 2019 — [Details](#)

Austin, TX — Monday, June 10, 2019 — [Details](#)

Charlotte, NC — Tuesday, June 11, 2019 — [Details](#)

Piedmont, NC — Wednesday, June 12, 2019 — [Details](#)

St. Louis, MO — Saturday, June 15, 2019 — [Details](#)

Lansing, MI — Saturday, June 15, 2019 — [Details](#)

SoCal Caregivers — Tuesday, June 18, 2019 — [Details](#)

Oakland, CA — Saturday, June 29, 2019 — [Details](#)

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



VARIDESK Giveaway

<<First Name>>, today might be the final day of Spondyloarthritis Awareness Month but that's no reason to stop Standing Tall!

This last month, so much has been done to advance research, education, support and advocacy in the field of spondyloarthritis. But it doesn't end here.

If you haven't yet made a contribution to SAA this year (or even if you have) now is the perfect time. All donations of \$100 or more before midnight on June 7th will be entered to win a VARIDESK ProPlus 36 Electric Standing Desk.

If you are currently not a member of SAA, your donation will change that!

In order to be eligible for the drawing, the donation must be made through this link. The winner will be notified via email. It's time to Stand Tall!

[Donate!](#)



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