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The SAA Staff and Board of Directors send our warmest wishes for a happy, healthy Thanksgiving!

Thank you for being a part of our extended family, and for your continued support. As always, we are immensely grateful to be a part of this one-of-a-kind community.



Updated Treatment Recommendations for Ankylosing Spondylitis and Non-radiographic Axial Spondyloarthritis. What You Need to Know.

Just a few months ago, the American College of Rheumatology, the Spondylitis Association of America, and the Spondyloarthritis Research and Treatment Network [published updated recommendations](#) for treating ankylosing spondylitis (AS), and non-radiographic axial spondyloarthritis (nr-axSpA). Today, we are excited to share our condensed, and patient focused overview with you!

Developed in close collaboration with a volunteer team of patients, physicians, and other experts, this document presents key updates and specific treatment recommendations from the original manuscript, in clear and simple terms, so that you can better take charge of your treatment.

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Donate This Giving Tuesday (12/3/2019) for A Chance to Win an Ergo 21 Seat Cushion!

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!

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Continuous NSAID Use in Ankylosing Spondylitis Linked to Increased Risk of Hypertension

According to a study published in *Arthritis Care and Research*, the continuous use of nonsteroidal anti-inflammatory drugs (NSAIDs) in those with ankylosing spondylitis (AS) can increase risk of hypertension. Continuous use refers to use on a regular, daily schedule determined by the prescribing physician and at a dose of at least 50% of the maximum daily recommendation, rather than occasional use as needed.

[Read More!](#)



Our 2019 Winter 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, "**Four Corners Ride for Hope: My Bucket-List Motorcycle Tour of Spondy Nation**"

[Read the Full Issue!](#)

[Read the Featured Article!](#)



SAA's Helpful Hints: Community Wisdom Chronic Illness, Relationships, and the Holidays

Helpful Hints is a recurring feature aimed at sharing our community's knowledge and experiences. Having a chronic illness can often add stress to relationships with loved ones, and impact family/friendship dynamics. In this installment, we asked our online community, "How has spondylitis impacted your relationships?"

[Read the Responses!](#)



Your Stories: The Garden of Gratitude

A look back to a special episode of “This AS Life Live!” about finding gratitude in the face of struggle and pain. Watch as Imagine Dragons’ Dan Reynolds interviews AS advocate, Cookie Hopper.

[Watch Now!](#)



Support SAA by starting your shopping at smile.amazon.com

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Spondylitis Association of America whenever you shop on AmazonSmile.

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Upcoming Support Group Meetings

Tampa, FL — Sunday, December 1, 2019 — [Details](#)

Sacramento, CA — Saturday, December 7, 2019 — [Details](#)

Orlando, FL — Sunday, December 8, 2019 — [Details](#)

Los Angeles, CA — Sunday, December 8, 2019 — [Details](#)

New York, NY — Monday, December 9, 2019 — [Details](#)

Dallas/Fort Worth, TX — Saturday, December 14, 2019 — [Details](#)

Merced, CA — Saturday, December 14, 2019 — [Details](#)

Boston, MA — Saturday, December 14, 2019 — [Details](#)

Manchester, NH — Saturday, December 14, 2019 — [Details](#)

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

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



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