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Register Today For Our Educational Seminar in Atlanta, GA!

The Spondylitis Association of America invites you to join us on Saturday, November 9th for an educational, patient centered seminar, offering expert presentations on the latest in spondyloarthritis research and treatments.

The program will feature: **rheumatologist James Rosenbaum, MD, and physical therapist Carl Heldman, DPT.**

[Register For The In-Person Event](#)

Can't make it out to Atlanta, GA on Saturday, November 9th? The program will be livestreamed, so you can watch and ask questions from home! Register below for a link to view the live broadcast free on your computer.

[Register For The Livestream](#)



Drinking Alcohol May Be Associated with Progression of Spinal Structural Damage in Axial Spondyloarthritis

A recent cohort study suggests that alcohol consumption may be associated with progression of spinal structural damage in axial spondyloarthritis. The two-year long, prospective cohort study analyzed participant medical records using bloodwork and x-ray imaging data, disease activity, and demographic information.

[Read More!](#)



PatientPoint and Spondylitis Association of America Team Up on Point-of-Care Education Campaign

PatientPoint® and the Spondylitis Association of America announced a new partnership that will deliver actionable spondyloarthritis education, treatment and support information to rheumatology practices nationwide. The collaboration leverages PatientPoint engagement solutions in the waiting room and exam room to educate patients, care partners and providers about spondylitis and share information about Spondylitis Association of America resources.

[Read More!](#)



Twitter Chat: Conversations on Pain

On September 26th, and in honor of Pain Awareness Month, SAA hosted a twitter chat focused on living with chronic pain. We had two featured guests: Pain Management Specialist Robb Overbaugh, MD (@OverbaughRobb), and Dawn M. Gibson (@DawnMGibson), founder of Spoonie Chat. The chat focused on managing chronic pain, talking with health care providers about pain, treatments and lifestyle modifications, and personal advocacy. Click on the button below to view the contents of the chat organized by Q&A.

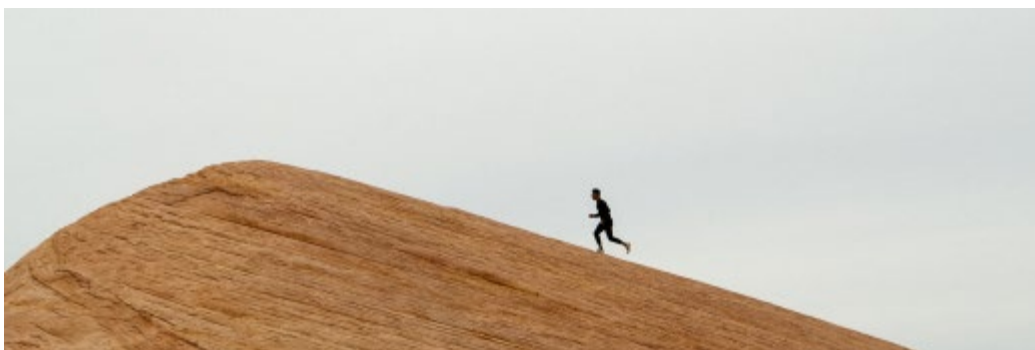
[Read More!](#)



Your Stories: Shannon Geld

Learning to accept my body for what it is and how it behaves is how I survive daily life with ankylosing spondylitis. It is important for me to listen to my body. When it is feeling better, I enjoy taking a deep breath, walking at a normal pace and having a light spirit. When it is attacking me, I recognize that I need to slow things down and rest, and be okay with feeling upset, frustrated and angry. My body is not my friend and it has taken me over 15 years to fully accept that.

[Read More!](#)



SAA's Helpful Hints: Community Wisdom – Keeping Active with Spondyloarthritis

Helpful Hints is a recurring feature aimed at sharing our community's knowledge and experiences. Exercise has many benefits for those with spondyloarthritis, but different activities work better for different people. In this installment, we asked our online community, "What exercise works best for you?"

[Read The Responses!](#)

CHALLENGE



Challenge Extended! *(Plus free gifts!)*

Last month, an Anonymous Donor made a generous \$100,000 donation to the Spondylitis Association and challenged us to match it by the 15th of October. Unfortunately, we didn't meet our goal so we are extending the challenge through the end of October and throwing in some powerful incentives. Donations of \$50, \$100 and \$250 or more will all receive complimentary gifts. Click the button below to learn more!

(If you gave to this appeal before these incentives were available, not to worry! Call or email Manny at 818-465-4290 or at manny.caro@spondylitis.org.)

[Learn More!](#)

Upcoming Support Group Meetings

Bristol, TN – Wednesday, October 30, 2019 – [Details](#)

St. Paul, MN – Sunday, November 3, 2019 – [Details](#)

Tampa, FL – Sunday, November 3, 2019 – [Details](#)

Denver, CO – Monday, November 4, 2019 – [Details](#)

N. Myrtle Beach, SC – Friday, November 8, 2019 – [Details](#)

The Woodlands, TX – Saturday, November 9, 2019 – [Details](#)

Manchester, NH – Saturday, November 9, 2019 – [Details](#)

Orlando, FL – Sunday, November 10, 2019 – [Details](#)

Los Angeles, CA – Sunday, November 10, 2019 – [Details](#)

New York, NY – Tuesday, November 12, 2019 – [Details](#)

Atlanta, GA – Saturday, November 16, 2019 – [Details](#)

Sioux Falls, SD – Saturday, November 16, 2019 – [Details](#)

Philadelphia, PA – Saturday, November 16, 2019 – [Details](#)

Albuquerque, NM – Saturday, November 16, 2019 – [Details](#)

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

Raleigh/Durham, NC – Sunday, November 17, 2019 – [Details](#)

Piedmont Triad, NC – Wednesday, November 20, 2019 – [Details](#)

Waterville, ME – Thursday, November 21, 2019 – [Details](#)

Spokane, WA – Saturday, November 23, 2019 – [Details](#)



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