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## **Prevalence Of Chronic Opioid Use Among Those With Ankylosing Spondylitis**

A retroactive cohort study was conducted to determine the prevalence of chronic opioid use among those with ankylosing spondylitis, and study the relationships between opioid use and AS comorbidities and complications.

[Read More!](#)



## Our 2019 Fall 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, "**What Is Non-Radiographic Axial Spondyloarthritis?**"

[Read the Full Issue!](#)

[Read the Featured Article!](#)



## Pain In Focus

September is Pain Awareness Month. Pain, or more aptly stated, chronic pain, is unfortunately a hot topic that we at SAA hear a lot about from our community. SAA and other organizations promote this month as an opportunity to raise awareness, better understand, and explore options to manage and treat pain.

[Read More!](#)



## Twitter Chat: Conversations On Pain

Join SAA at [@spondylitis](https://twitter.com/spondylitis) on **Thursday, September 26<sup>th</sup>, 2019 from 4:00 - 5:00 PM PDT** to chat with two special guests: Pain Management Specialist Robert Overbaugh, MD, and Dawn M. Gibson ([@DawnMGibson](https://twitter.com/DawnMGibson)), founder of Spoonie Chat.

[Learn More!](#)



## Webinar Recording Now Available!

On Saturday, September 7th, SAA hosted a free webinar, “**Mind Body Approaches to Pain,**” with certified yoga therapist **Nancy O'Brien, C-IAYT**. In honor of Pain Awareness Month, Nancy presented an educational program demonstrating gentle yoga movements to ease pain, de-stressing affirmations and healing breathing practices, and even took viewers through a relaxing guided meditation.

The webinar was recorded, and is now available to watch on demand!



[Watch the Webinar!](#)

SAA is also partnering with Hospital for Special Surgery (HSS) on a free program, **“Stress, Anxiety, and Fatigue in Inflammatory Arthritis: Mind-Body Strategies that Work,”** also featuring Nancy O'Brien, C-IAYT, this **Thursday, September 26th at 6:00-7:30 PM EST.** Join online or in person at the HSS campus in New York.

[Learn More!](#)



## **Curved Spine, Clear Heart: Dr. Muhammad Asim Khan’s Advice For Seeing The Glass Half-Full**

It came down to a matter of taste for Muhammad Asim Khan, MD, FRCP, MACP – during his postgraduate training in London, England in the late 1960s, he recalled, “I didn’t like the hospital food that was served to me. One day I had a taste of Kentucky Fried Chicken and it was so delicious that I decided to go to the US, the origin of this franchise.”

[Read More!](#)



## **SAA’s Helpful Hints: Community Wisdom – Pain Awareness Month**

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. In honor of Pain Awareness Month, we asked our online community, “What do people without spondyloarthritis (loved ones, friends, colleagues, physicians) often get wrong about pain from SpA and chronic pain in general?” We share a sample of responses with our thanks.

[Read The Responses!](#)

## **Upcoming Support Group Meetings**

**Elmira, NY** – Thursday, September 26, 2019 – [Details](#)

**Spokane, WA** – Saturday, September 28, 2019 – [Details](#)

**Bridgewater, NJ** – Saturday, October 5, 2019 – [Details](#)

**Tampa, FL** – Sunday, October 6, 2019 – [Details](#)

**Orlando, FL** – Sunday, October 6, 2019 – [Details](#)

**Los Angeles, CA** – Saturday, October 12, 2019 – [Details](#)

**Dallas-Fort Worth, TX** – Tuesday, October 15, 2019 – [Details](#)

**Elmira, NY** – Thursday, October 17, 2019 – [Details](#)

**Boston, MA** – Saturday, October 19, 2019 – [Details](#)

**Manchester, NH** – Saturday, October 19, 2019 – [Details](#)

**St. Louis, MO** – Saturday, October 19, 2019 – [Details](#)

**Sioux Falls, SD** – Saturday, October 19, 2019 – [Details](#)

**Oakland, CA** – Sunday, October 20, 2019 – [Details](#)

**Raleigh, NC** – Sunday, October 20, 2019 – [Details](#)

**Kenosha, WI** – Sunday, October 20, 2019 – [Details](#)

**Lansing, MI** – Saturday, October 26, 2019 – [Details](#)

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



## Start Your Own SAA Fundraiser Today!

It's now easier than ever to create a volunteer fundraising event to benefit SAA! We encourage you to create or donate to online tributes, celebrations and milestones using our new peer-to peer program. All funds raised from volunteer fundraisers support SAA in four key areas: research, education, advocacy and awareness. Questions about how to start your own fundraiser? Contact Manny Caro at 818-465-4290 or [manny.caro@spondylitis.org](mailto:manny.caro@spondylitis.org) for more information!

[Learn More!](#)



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