



Can Methotrexate Help Maintain TNF Inhibitor Drug Effectiveness in Spondyloarthritis?

Methotrexate is a small molecule medication, commonly used in many forms of arthritis. While it is not helpful for the spinal involvement of spondyloarthritis (axial spondyloarthritis), there is data to suggest that methotrexate may help maintain the effectiveness of TNF inhibitor drugs by impeding the body's production of antidrug antibodies.

A recent French study sought to further investigate the drug's potential effect, by evaluating the impact of adding methotrexate (MTX) to the treatment of patients with axial spondyloarthritis taking adalimumab (Humira).

[Read More!](#)



Join Our Next Twitter Chat: Coming Tuesday, February 25th!

Join us this Tuesday on Twitter at [@spondylitis](#) from **4:00-5:00pm PST** to chat with our special guests: Clinical Social Workers for the Inflammatory Arthritis Support and Education Programs at New York's Hospital for Special Surgery, [Adena Batterman, LCSW \(@AdenaLCSW\)](#), and [Joan Westreich, LCSW-R](#).

This chat will focus on communication challenges, maintaining healthy relationships and social connections, and above all - being kind to yourself, while living with a chronic illness. To follow along and participate, please use the hashtag, **#SpondyChat** and don't forget to follow SAA on Twitter at [@spondylitis](#)! We look forward to chatting with you soon!

[Learn More!](#)



Webinar Recording Now Available!

On Saturday, January 25th, SAA hosted a free webinar, “**Mind Body Approaches to Fatigue and Brain Fog,**” with certified yoga therapist **Nancy O'Brien, C-IAYT**. Nancy presented an informative program covering the causes and effects of fatigue. She also demonstrated calming breathing practices, gentle yoga movements, and relaxing, de-stressing visualizations, and took viewers through a deep, guided meditation.

The webinar was recorded, and is now available to watch at your convenience! You can also download Nancy’s helpful handout outlining mindful practices.

[Watch Now!](#)



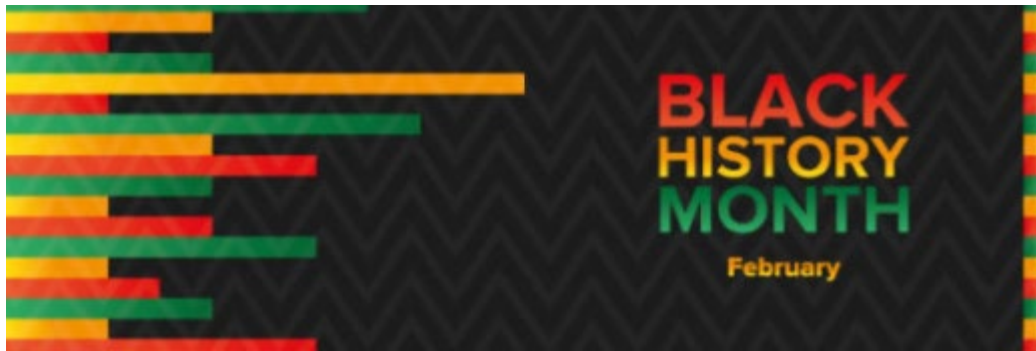
VARIDESK Giveaway

Stand a little taller in 2020! SAA has partnered with VARIDESK (an award-winning manufacturer of sit-stand desks) to provide the opportunity to win your very own standing desk!

All donations over \$25 made before March 20th will be automatically entered into a drawing for a VARIDESK ProPlus 36 Electric. If you are currently not a member of SAA, your generous donation of \$25 or more will automatically qualify you as a member.

In order to be eligible for the drawing, the donation must be made through this link.

[Donate Today!](#)



Black History Month

February is Black History Month and also Heart Health month. As a patient centered organization, we at SAA continue to raise awareness and bridge the gap in health disparity for people of color impacted by spondyloarthritis and related chronic illnesses such as cardiovascular disease.

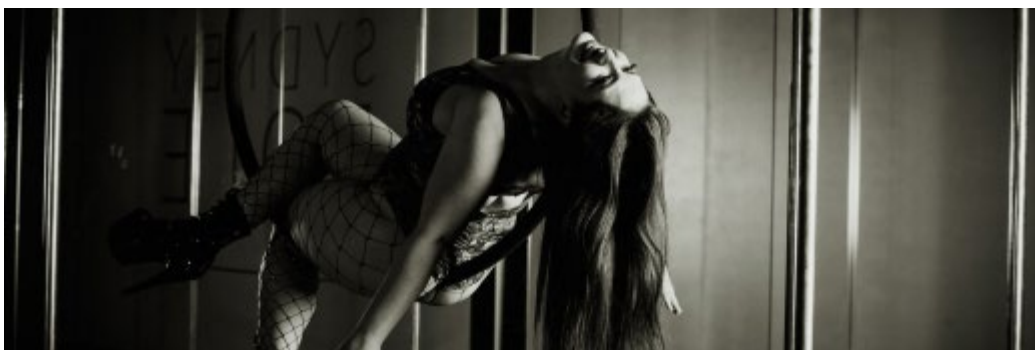
[Read More!](#)



Heart Health Month

Cardiac issues are found in an estimated 2 to 10 percent of people with ankylosing spondylitis (AS). AS has been reported to be associated with a number of cardiovascular diseases, including aortitis, aortic valve disease, conduction disturbances, cardiomyopathy, and ischemic heart disease. But studies show that nearly everyone—including people with spondyloarthritis—can become more heart healthy by following a few key steps such as eating a healthful diet, exercising regularly, quitting smoking, and maintaining a healthy body weight.

[Read More!](#)



Your Story - Aerial Dancing With AS: By Sasha Simon

My name is Sasha and I am a 26-year-old living in Sydney, Australia. My ankylosing spondylitis (AS) journey began just over six years ago when I was walking to a university class and had a flare-up so bad that I was crippled with pain and had to get a lift home with a family member. It came and went so quickly that I wondered if I had imagined it.

[Read More!](#)



Helpful Hints: Community Wisdom – Asking for Help

Helpful Hints is a recurring feature aimed at sharing our community's knowledge and experiences. In this installment, we posed the following question to our online community: "Do you feel comfortable asking your circle of family and friends for help when needed?"

[Learn More!](#)

Upcoming Support Group Meetings

Indianapolis, IN – Monday, February 24, 2020 – [Details](#)

Lansing, MI – Saturday, February 29, 2020 – [Details](#)

Tampa, FL – Sunday, March 1, 2020 – [Details](#)

Denver, CO – Monday, March 2, 2020 – [Details](#)

New York, NY – Tuesday, March 3, 2020 – [Details](#)

Piedmont Triad, NC – Wednesday, March 4, 2020 – [Details](#)

Boston, MA – Saturday, March 7, 2020 – [Details](#)

Dallas, TX – Saturday, March 7, 2020 – [Details](#)

Leesburg, VA – Saturday, March 7, 2020 – [Details](#)

Philadelphia, PA – Saturday, March 7, 2020 – [Details](#)

Los Angeles, CA – Sunday, March 8, 2020 – [Details](#)

Merced, CA – Saturday, March 14, 2020 – [Details](#)

The Woodlands, TX – Saturday, March 14, 2020 – [Details](#)

Raleigh-Durham, NC – Sunday, March 15, 2020 – [Details](#)

St. Louis, MO – Saturday, March 21, 2020 – [Details](#)

Orlando, FL – Saturday, March 21, 2020 – [Details](#)

Albuquerque/Santa Fe, NM – Saturday, March 21, 2020 – [Details](#)

Fresno, CA – Saturday, March 21, 2020 – [Details](#)

Indianapolis, IN – Tuesday, March 24, 2020 – [Details](#)

Sioux Falls, SD – Saturday, March 28, 2020 – [Details](#)

Spokane, WA – Saturday, March 28, 2020 – [Details](#)

Pittsburgh, PA – Saturday, March 28, 2020 – [Details](#)



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