



Back in Action, Again *Exercise Program*

Get Moving With SAA!

For a limited time, SAA's newest exercise video, "Back in Action, Again" is available for online streaming to all! Normally reserved for SAA members, this content is being made available free to ALL now through the end of January. Take advantage of this sneak peek into the exercise program specifically designed for those living with spondyloarthritis!

[Stream the Exercise Videos!](#)

[Download a Sample Stretch Program!](#)



Upcoming Webinar: Mind Body Approaches to Fatigue and Brain Fog

The Spondylitis Association of America invites you to join us for our free webinar, “**Mind Body Approaches to Fatigue,**” featuring a bonus guided meditation, to discuss effective and compassionate approaches to fatigue and brain fog.

Register below, then tune in on **Saturday, January 25th, from 10:00 AM - 11:00 AM PST** as certified yoga therapist, Nancy O'Brien C-IAYT, guides us through relaxing mind-body practices designed to help free up energy, and reduce fatigue.

[Learn More and Register!](#)



Participate in Research! Studying Roadblocks to Diagnosis in Non-Radiographic Axial Spondyloarthritis

The Spondylitis Association of America is conducting a research study to

better understand the roadblocks faced by patients in their journey to getting diagnosed with non-radiographic axial spondyloarthritis (nr-axSpA.) If eligible, you would be invited to participate in a 45-minute phone interview to discuss your journey from onset of symptoms to diagnosis.

We are offering \$150 for completion of the phone interview in appreciation for your time.

[Learn More!](#)



The Role of the Gut Microbiome in Ankylosing Spondylitis

To better understand the role of the gut microbiome in ankylosing spondylitis (AS), researchers conducted a case-control study on a total of 250 Chinese participants. The goals of the study were (1) to assess and determine key gut microbial characteristics driving disease, and (2) to examine the effects of TNF inhibitor therapy on the gut microbiome of AS patients.

[Read More!](#)



My Time at the American College of Rheumatology Annual Meeting as a Spondyloarthritis (SpA) Patient

In 2014, I attended my first American College of Rheumatology (ACR) Annual Meeting, two years after being diagnosed with Ankylosing Spondylitis (AS). I didn't know what to expect, just like you don't know what to expect while living with AS, but I also didn't expect what I felt as soon as I arrived. Here I was, a patient, dropped in the middle of a huge medical conference. Before, I had not even known the American College of Rheumatology existed, or that there were so many rheumatology professionals. For the first time since my diagnosis, I felt hope.

[Read More!](#)



Helpful Hints: Community Wisdom – New Intentions and Goals for the New Year

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. "If you're someone who sets intentions, what will you be focusing on this year and beyond?"



[Read the Responses!](#)



Your Story: Mary Jo Bacorn

I've been diagnosed with...Disc disease. Sacroiliitis. Facet dysfunction. Bursitis. Herniated disc. Ruptured disc. Sciatica. Degenerative disc disease. Chronic fatigue. Depression. I had countless spinal epidural procedures including an extremely painful nerve ablation. I had a spinal fusion. I was then told I had post spinal fusion lumbago.

I saw a pain/spine specialist for nearly a decade! But not once in 18-plus years was I ever referred to a rheumatologist.

[Read More!](#)



Axial Spondyloarthritis Physician Fellowship Opportunity

The Spondylitis Program at Canada's largest research hospital, University Health Network, is offering a one-year fellowship in Axial Spondyloarthritis

(AS), under the supervision of co-Directors Drs. Nigil Haroon and Robert Inman. The AS Fellow takes an active role in the AS clinic with a broad exposure to the spectrum of Spondyloarthritis (SpA), gaining first-hand experience in the management of these patients.

[Learn More!](#)

Upcoming Support Group Meetings

Pittsburgh, PA – Saturday, January 25, 2020 – [Details](#)

Indianapolis, IN – Tuesday, January 28, 2020 – [Details](#)

St. Paul, MN – Saturday, February 1, 2020 – [Details](#)

Baltimore, MD – Saturday, February 1, 2020 – [Details](#)

Merced, CA – Saturday, February 1, 2020 – [Details](#)

Tampa, FL – Sunday, February 2, 2020 – [Details](#)

Oakland, CA – Sunday, February 2, 2020 – [Details](#)

Piedmont Triad, NC – Wednesday, February 5, 2020 – [Details](#)

Boston, MA – Saturday, February 8, 2020 – [Details](#)

Los Angeles, CA – Sunday, February 9, 2020 – [Details](#)

Brunswick, ME – Monday, February 10, 2020 – [Details](#)

Atlanta, GA – Saturday, February 15, 2020 – [Details](#)

Orlando, FL – Saturday, February 15, 2020 – [Details](#)

St. Louis, MO – Saturday, February 15, 2020 – [Details](#)

Bridgewater, NJ – Saturday, February 15, 2020 – [Details](#)

Raleigh-Durham, NC – Sunday, February 16, 2020 – [Details](#)

Charlotte, NC – Tuesday, February 18, 2020 – [Details](#)

Manchester, NH – Saturday, February 22, 2020 – [Details](#)

Bristol, TN – Wednesday, February 26, 2020 – [Details](#)

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



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