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Dear Friends,

This is a special edition of our newsletter, intended to address some of your most pressing concerns during this rapidly-changing and unprecedented time. As we all face the challenge of staying safe – and sane – during this pandemic, we've listened to your questions and concerns, and compiled a series of articles featuring expert advice specifically for the spondylitis community. We hope you find answers to your questions here, community and connection through our social media channels and virtual support groups, and solace in knowing we're here to help you in every way we can.

We are all in this together. We invite you to reach out to us at programs@spondylitis.org if you need additional help or resources. We are listening, and are here to address your needs to the best of our ability. Wishing you health, safety, and wellness. Stay healthy everyone!

~ Your friends at SAA.



SAA's Facebook Live Stream on COVID-19! Watch Our Recorded Conversation with Experts on COVID-19.

Watch as rheumatologist, John Reveille, MD and psychologist, Liz Maines, PhD, answer our community's most pressing questions around the COVID-19 pandemic. Recorded live on March 26, 2020.

[Watch Now!](#)



COVID-19 and Spondyloarthritis: What You Need to Know

Read our informative article on COVID-19, including our conversation with renowned researcher, rheumatologist, and long-standing member of SAA's Medical and Scientific Advisory Board, Dr. John Reveille.

[Read More!](#)



DOES HAVING SPONDYLOARTHRITIS PUT YOU AT GREATER RISK FOR COVID-19?

Does Having Spondyloarthritis Put You at Greater Risk For COVID-19?

As a follow-up to our article, "COVID-19 and Spondyloarthritis: What You Need to Know," we spoke again to rheumatologist and spondyloarthritis expert Dr. John Reveille, Chief of Rheumatology at The University of Texas Health Science Center in Houston, for his insight on what the pandemic designation means for you.

[Read More!](#)



COVID-19 TIPS FOR SOCIAL DISTANCING

COVID-19: Tips for Social Distancing

Conferences and concerts postponed. Entire sports seasons canceled. Your cousin's birthday dinner? Highly suspect. As coronavirus (COVID-19) cases swell and more jurisdictions declare states of emergency, communal gatherings are increasingly banned or discouraged – not to mention socially unpopular amid concern over the virus' spread.

But how can we properly practice social distancing in our daily lives? Here are some tips we've gleaned from health experts and members of our spondyloarthritis (SpA) community.

[Read More!](#)



SAA Has a New Website!

Have you visited spondylitis.org lately? We are pleased to announce that our new website launched on Sunday, March 22, 2020! As one of the most comprehensive resource hubs for people impacted by spondylitis, our new website still offers extensive content with a more user-friendly navigation menu, and modern design. Please check it out.

[Visit the New Site!](#)



Twitter Chat: Navigating Relationships with Spondylitis

On February 25, SAA hosted a twitter chat focused on navigating relationships. We discussed communication challenges, maintaining healthy relationships and social connections, and above all – being kind to yourself, while living with a chronic illness. Our special guests on the chat were Clinical Social Workers at New York’s Hospital for Special Surgery, Adena Batterman, LCSW (@AdenaLCSW), and Joan Westreich, LCSW-R.

Click on the button below to view the content of the chat, organized by Q&A.

[Read More!](#)



SAA's Spondylitis Educational Support Groups Now Meeting Online

Social isolation isn't easy for anyone, but we know it's taking an extra toll on those of you in the spondyloarthritis community who may feel even more anxious and alone. Now more than ever, we invite you to join a support group – virtually! Many SAA support groups are moving online to protect members' health and safety amid COVID-19. Support groups provide information, resources, and importantly, social connection at a time when social distancing is our new normal. Look for your local support group and reach out to learn how you can join.

[Learn More!](#)



Your Stories: SpA and Physical Therapy: A Patient Advocate's Story

Have you ever found yourself asking the question, "What do physical therapists actually do and how might they help me?" When I had the opportunity to visit the Combined Sections Meeting (CSM) hosted by the American Physical Therapy Association (APTA) this February in Denver, I learned that there's a lot of misunderstanding, even among physical therapists, on what exactly they do and don't do. Phew, we're not alone.

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