

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[RSS](#) 📡



The electronic Spondylitis Update Newsletter



ACR Guidelines for COVID-19 in Rheumatic Patients

The American College of Rheumatology (ACR) COVID-19 Task Force has developed a “living document” (that will be updated as new information comes in) to help support doctors and patients in the management of adults with rheumatic and autoimmune diseases throughout the COVID-19 pandemic. In the case of exposure to the virus, the document can be used as a tool to help guide risk assessment, infection prevention, and any potential treatment modifications.

[Read More!](#)



Our 2020 Spring Issue of Spondylitis Plus is Here. Take a Peek Inside Now!

SAA is committed to being the best source of information regarding COVID-19 and spondyloarthritis.

Our Spring issue of Spondylitis Plus, normally a benefit of membership, will be available to all! Please be sure to share the issue with your friends and family. Stay safe and be well!

[Read the Full Issue!](#)

[Read the Featured Article](#)



Participate In Research! Sharing Two Opportunities To Take Part In Spondyloarthritis Research.

SAA's COVID-19 and Spondyloarthritis Survey

We are studying the possible impact spondyloarthritis, and medications used for spondyloarthritis, may have on COVID-19, and we need your input!

SAA's survey tracks the effects of the pandemic on our community for 6 months. We can gather a lot of crucial data during that time. We invite you to be part of this groundbreaking survey and lend your voice to research that could benefit our community all over the world!

PS: You do NOT have to have contracted COVID-19 to take part.

[Learn More and Begin!](#)

Studying Roadblocks to Diagnosis in Non-Radiographic Axial Spondyloarthritis: Part 2 – Online Survey

SAA is continuing our research study to better understand the roadblocks faced by patients in their journey to getting diagnosed with non-radiographic axial spondyloarthritis (nr-axSpA.) This important survey is open to adults with non-radiographic axial spondyloarthritis (nr-axSpA) who currently live in the U.S. Your input is invaluable to us and will go a long way to helping improve the experiences of other patients and shorten the time it takes to get diagnosed.

[Learn More and Take Part!](#)



New Helpful Resources: Preparing For Medical Emergencies

In an emergency, time and accuracy are of the essence. We have compiled helpful resources and tips for ensuring that emergency medical providers will have the information they need to provide the safest and most effective care for you, should you ever need it.



[Read More!](#)



Spondyloarthritis Research Grant Applications Now Being Accepted!

Are you a researcher interested, or doing work in spondyloarthritis? If so, apply for our \$20,000 Research Grant!

The SAA / Bruckel Early Career Investigator Award is our yearly grant awarded to the researcher who has shown significant progress in the field of spondyloarthritis research.

MDs and PhDs at the level of Assistant Professor or below, currently working at a U.S. institution, who have contributed to the care and understanding of patients with spondyloarthritis are invited to apply.

[Learn More and Apply!](#)



Save the Date (June 27) for SAA's Upcoming

Free Webinar on Lifestyle Medicine!

Join SAA and Dr. Micah Yu for an informative webinar on **Saturday, June 27, from 10-11am Pacific**, discussing how lifestyle medicine can help manage spondyloarthritis.

Dr. Yu, who is board certified in lifestyle medicine and is a SpA patient himself, will discuss nutrition, exercise, sleep, stress reduction, and other lifestyle modifications that can complement medical treatment and create a balanced approach to disease management.

Registration information coming soon!



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: Avoiding the ER Rollercoaster

My name is Gail Wright. I was diagnosed with ankylosing spondylitis (AS) in January of 2014. Since 2014, I've gone through five lumbar surgeries, bilateral carpal tunnel releases, a left rotator cuff repair and a couple of kidney stone surgeries. Throw in a few epidural steroid injections and selective nerve root blocks for good measure.

[Read More!](#)



A Photo Speaks A Thousand Words. Help Raise Awareness Of Spondyloarthritis With A Captioned Photo!

Raise awareness through photography, AND enter into a drawing for a \$25 Amazon gift card!

How? Simply 1) Take a photo that speaks to your experience of living with spondyloarthritis, 2) add photo caption, and 3) share on any of our social media platforms, making sure to tag us at @Spondylitis. You can also send it to us at programs@spondylitis.org. Deadline is June 4, 2020. We look forward to your pictures!!

[Learn More!](#)



Do You Have SpA, and Have You Had COVID-19? Share Your Story With the Community.

The main question we hear about COVID-19 is, “How might I be affected?” If you have spondyloarthritis, and you have had experience with COVID-19, your story could be a source of education and enlightenment for the spondylitis community. We welcome you to write your story and email it to us at programs@spondylitis.org.



Axially, I Do Have Spondyloarthritis T-Shirt

Support SAA with our latest awareness item! “Axially, I Do Have Spondyloarthritis” and the SAA in logo are printed in white on a heather blue Hanes 50/50 ComfortBlend short sleeve T-shirt. Idea and design by Charis Hill.

From Charis:

“I thought of this phrase in the middle of a presentation about spondyloarthritis at a medical conference and almost began laughing out loud in a room of 500 people who were quietly listening to the speaker. I hope this phrase offers many opportunities for the community to raise awareness about spondyloarthritis in a fun, witty way.”

Purchase Now!



16360 Roscoe Blvd. Ste. 100
Van Nuys, CA 91406

We invite you to connect with us on [Facebook](#) and [Twitter](#), browse our spondylitis videos on [YouTube](#), and chat with others on SAA's [Message Boards](#).

[unsubscribe from this list](#)

[update subscription preferences](#)