



**Join us this Saturday for our free webinar:  
“What Lifestyle Medicine Offers for  
Spondyloarthritis”**

Register and tune in on **Saturday, June 27<sup>th</sup>, from 10 AM – 11 AM PST** as guest speaker Micah Yu, MD, MHA, MS, discusses how lifestyle modifications can complement medical treatment to help better manage spondyloarthritis. Dr. Yu will also share his own health journey and perspective on managing SpA as both a patient and doctor.

[Learn More and Register!](#)



## **SAA's COVID-19 and Spondyloarthritis Survey: Sharing Initial Findings!**

We're excited to share that our COVID-19 and Spondyloarthritis Survey's initial findings were published! We share them with you below, with our immense thanks to everyone who has taken part in this important research. You've made this possible! This is an ongoing study, and we hope to have additional answers and information to share with you soon!

[Learn More!](#)



## **Not One, But TWO New Medications Approved This Month For Non-Radiographic Axial Spondyloarthritis (Nr-AxSpA)**

Up until now there was only one biologic medication FDA approved for use in non-radiographic axial spondyloarthritis: the TNF inhibitor certolizumab pegol (CIMZIA®), which was approved in March of 2019.

In June of 2020, the FDA approved two additional biologic medications –

Ixekizumab (Taltz®) and Secukinumab (Cosentyx®), for treatment of active non-radiographic axial spondyloarthritis.

[Read More!](#)



## Your Stories: My Journey to Hope

Will I ever have a pain-free day again? This was a frequent question of mine that began my senior year of undergrad, and became a real frustration over the course of the past 5 to 6 years.

My name is Katie and I am a 27-year-old female. I was diagnosed with ankylosing spondylitis (AS) about one year ago.

[Read More!](#)



## SAA's VARIDESK Giveaway

Help others in our community by referring your rheumatologist, ophthalmologist, physical therapist, pain management specialist, nutritionist

or general physician to SAA. Our front line staff routinely field medical inquiries from around the country. The more patient recommended medical professionals we have in our database, the better we can serve those living with spondyloarthritis. As a special thank you, we will be entering all those who submit a referral into a drawing to win a VariDesk Electric ProPlus 32 standing desk generously donated by [VARI](#). Stand Tall and work safely this summer with a standing desk! Email referrals to [Manny.Caro@spondylitis.org](mailto:Manny.Caro@spondylitis.org)

[Learn More!](#)



## Get Involved in Advocacy!

SAA offers an easy way to tweet to all of your elected officials. Visit our advocacy page and make your voice heard.

[Start Now!](#)



## 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!](#)



## **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!](#)



## SAA's Spring Appeal

Recently, Dr. John Reveille, long-time SAA supporter and a leader in the field of spondyloarthritis research, wrote to you **asking that you support SAA** during this time of worldwide uncertainty. Today I'm writing to ask you again to consider a gift to help SAA continue its work of ensuring that the voices of all those affected by spondylitis are heard.

Whether you can give a gift or not, I hope you'll take the time to check in with us. SAA staff may be working remotely but we're still working and we always want to hear from **the people we're working for!** Please stay safe, and take care.

[Give Today!](#)



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

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