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## **Impact of Home Confinement During COVID-19 on the Spondyloarthritis Community**

As COVID-19 continues to spread, a recent study sought to investigate how those with spondyloarthritis (SpA) are impacted by the pandemic, as well as by social distancing measures and stay-at-home orders. The study focused specifically on the impact of pandemic-related home confinement on disease activity, treatment modifications, level of physical activity, and mental health.

[Read More!](#)



## What Lifestyle Medicine Offers for Spondyloarthritis with Dr. Micah Yu, MD, MHA, MS

Treatment for spondyloarthritis is not one-size-fits-all. Medication helps many manage their disease, while others see improvement from making lifestyle changes including modifications to diet and exercise.

SAA's webinar with **Micah Yu, MD, MHA, MS**, discussing “**What Lifestyle Medicine Offers for Spondyloarthritis,**” is now available for on-demand play on our website!

This program was broadcast on **Saturday, June 27th, 2020**, and is now available to watch at your convenience!

[Watch Now!](#)



## Presenting SAA's Brand-New Brochure on Non-Radiographic Axial Spondyloarthritis!

We're excited to share this resource with our community! Find in-depth

information on non-radiographic axial spondyloarthritis (nr-axSpA), including: signs and symptoms, impact on both the body as well as emotional wellbeing, differences in presentation, diagnosis and treatments, risks and complications, as well as pregnancy and postpartum.

[Download the Brochure!](#)



## **Big News for Those with Non-Radiographic Axial Spondyloarthritis!**

With little (or zero) fanfare, the U.S. Centers for Medicare and Medicaid Services recently posted on their website the latest updates to the ICD-10 code (the official list of diagnostic codes used in the U.S.)

An update to this list is not usually a newsworthy event for SAA, or the spondylitis community (or the average person, really). However, this particular update included something that IS important to those in our community living with axial spondyloarthritis who do not have spinal damage / fusing visible on x-ray: the adoption of an official diagnostic code specifically for non-radiographic axial spondyloarthritis (nr-axSpA).

[Read More!](#)



## **SAA's New Community Forums**

Up for something new? SAA will be launching our new Community Forums next Thursday, August 6<sup>th</sup> and we're hoping you might be among the first to check them out.

As with our existing message boards (which will remain available), there will be a General Forum to discuss all things spondyloarthritis but also sub-forums dedicated to issues such as Careers, Jobs, & Medical Leave; USA Social Security Disability Benefits; Military & Veterans' Issues; and Physical Therapy Questions. Each of these forums are moderated by experts in their fields who will jump in to answer questions and offer support.

We're also excited to debut a new "Artists, Writers and Creatives" section to appeal to the many creative people in our community.

The new forums have been updated to make them easier to use and more visually appealing all around.

We hope to see you there!



## **Juvenile Arthritis Awareness Month**

Living with a chronic illness like spondyloarthritis can be confusing and challenging. Imagine navigating the complications of this disease as a child.

For Juvenile Arthritis (JA) Awareness Month, we wanted to make sure that the kids and parents in our community know how much we support them on their journey.

Throughout the month, we provided a series of helpful resources including Storytime with Roz Tolliver; a Facebook Livestream interview with Hannah Moskowitz, the author of *Sick Kids in Love*; video presentations by Pediatric Rheumatologist Dr. Pamela Weiss on the evaluation, treatment, and complications of managing spondyloarthritis in children; and more.

Our support does not stop at the end of JA Awareness Month. It is an ongoing commitment to helping kids and anyone impacted by this disease achieve better health outcomes. Find these, and other resources, on our JSpA Awareness Page.

[Learn More!](#)



## **The Role of the Gut Microbiome in Axial Spondyloarthritis (AxSpA)**

Take part in cutting edge research studying the gut's impact on axial spondyloarthritis, and receive a free gut microbiome analysis, as well as personalized nutrition and supplement recommendations!

Viome is conducting a research study to understand the role of the microbiome in axSpA disease activity. The goal of this study is to better understand the features of the microbiome that may contribute to axSpA flares and to determine if there are specific microbes found in the gut that may contribute to disease activity.

[Learn More!](#)



## Overseas Rollercoaster: My COVID-19 Journey

I came to London at the end of January with plans to marry my fiancé in the beginning of May. Both here in the UK and back home in the States, COVID-19 was on the radar and information was ramping up. We were simply advised to wash our hands, don't touch our faces, and just be mindful of symptoms.

We had begun to realize that things were going south, and that this wasn't just going to go away, around mid-to-late February.

[Read More!](#)



## SpA & COVID-19

This pandemic is a time unlike any other, yet so much of it feels eerily familiar as someone living with spondyloarthritis.

In a way, COVID-19 oddly seems to parallel my “normal;” so much so that I recently compared my body to a pandemic to friends – it can quickly get out of control.

[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!](#)



## **SAA Volunteer Spotlight on Helgi Olafson**

Helgi Olafsen is a spondyloarthritis warrior who is also a seasoned trail runner

who competes at the highest levels of the sport and uses the exposure he garners to support the causes he believes in. The Triple Crown of 200s is an epic undertaking and Helgi wants to use this event to raise much-needed funds for the Spondylitis Association of America. Helgi planned to run this grueling course in the summer of 2020 to support the SAA's mission and inspire others affected by SpA and other challenges to reach for their dreams.

[Learn More!](#)



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