



## **SAA Facebook Live: Staying Active with Spondyloarthritis**

Stuck at home and sitting too much? SAA hosted a Facebook Live on August 26th with National Academy of Sports Medicine Certified Personal Trainer (and spondyloarthritis warrior) Alex Levine, “Staying Active with Spondyloarthritis (In the Midst of a Pandemic, and Anytime).” You can watch the video of the broadcast anytime!

In this informative and dynamic presentation, Alex discussed the benefits of exercise for those with SpA (both physical and mental), and demonstrated many stretches and exercises that you can start practicing at home, to incorporate more movement into your day.

[Watch Now!](#)



## Is Your “Surge Capacity” Depleted?

If you’ve been feeling worn out these days – a bit like a balloon that has lost its air – you’re not alone. As the COVID-19 pandemic wears on and normalcy remains out of reach while we juggle multiple stressors, many of us are pushing forward despite heavy spirits. [According to a recent article](#) gaining popularity online, that may be because our “surge capacity” is drained – and we have yet to find a collective moment to renew our energy.

Can you relate? We invite you to share your thoughts on our [new Spondyforum](#), and chat with others who may be feeling the same way. Don’t suffer alone – connect with your community!

[Chat Now!](#)



**Boosting Your Mental Health and Wellness  
Amid COVID-19**

“We’ve heard so much about how to protect our physical health during the COVID-19 pandemic. But in this era of self-isolating and staying at home, it’s just as important to take care of our mental and emotional health.”

Sharing SAA’s interview with psychologist, and spondyloarthritis warrior, Dr. Liz Maines on some practical steps to help maximize emotional and mental wellbeing during these times.

[Read Now!](#)



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

### **SAA’s COVID-19 and Spondyloarthritis Survey**

We are continuing to study the possible impact spondyloarthritis, and certain medications, may have on COVID-19, and we still need your input!

Follow up surveys are being emailed out now, but you can still sign up to take part if you haven’t yet!

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!](#)

### **The Role of the Gut Microbiome in Axial Spondyloarthritis**

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 and Begin!](#)



## September is Pain Awareness Month

How common is chronic pain? What are the effects? How is pain managed? Uncontrolled pain is a serious complication of spondyloarthritis, and for some people living with the disease, medications, exercise, diet and nutrition, physical therapy, and other complementary treatments may not provide lasting relief. During September, Pain Awareness Month, we are providing resources and support to the members of our community who live with chronic pain and helping to raise awareness of its personal, economic, and social impact.

[Learn More!](#)

## Advocacy and Spondylitis

We listen. We care. We do something about it.

Engage with others to make a difference!

### Are you Registered to Vote? You Can Register Easily On Our Advocacy Page!

After you register to vote online, peruse through the alerts on SAA's advocacy page. Find alerts such as pending laws on copay assistance, medical marijuana, step therapy, and Medicare. Read and take quick action in your state, or on the federal level. It can be as easy as writing or tweeting your elected representative!

We urge you to use your voice to help people living with spondyloarthritis thrive. Raise SpA awareness, improve access to affordable healthcare and medications, increase research funding to find a cure, and more. Finally, be sure to let your elected official know that you are a voter.

[Register to Vote!](#)



### My AS Is a Chameleon

My name is Fion and I live in Singapore. I started having hip pain that came and went when I was around 26. That was 13 years ago. The pain was so severe that it was hard to walk, but sometimes it went away or changed to the other side. I thought it was some kind of sports injury because I was very physically active. But my mum was very scared it was some kind of bone cancer, so in the end just to appease her, I went to see an Ortho specialist and did an MRI. The

result was that I have chronic inflammation in my sacroiliac joints and I'm also HLA-B27 positive. A textbook case of ankylosing spondylitis.

[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, and because we're trading physical meeting locations for the digital world, you can join a group that might previously have been too far away! Support groups provide information, resources, and importantly, social connection at a time when social distancing is our new normal. Look for a support group you'd like to join, and reach out to learn how to become part of the community.

[Learn More!](#)



## SAA's New Community Forums

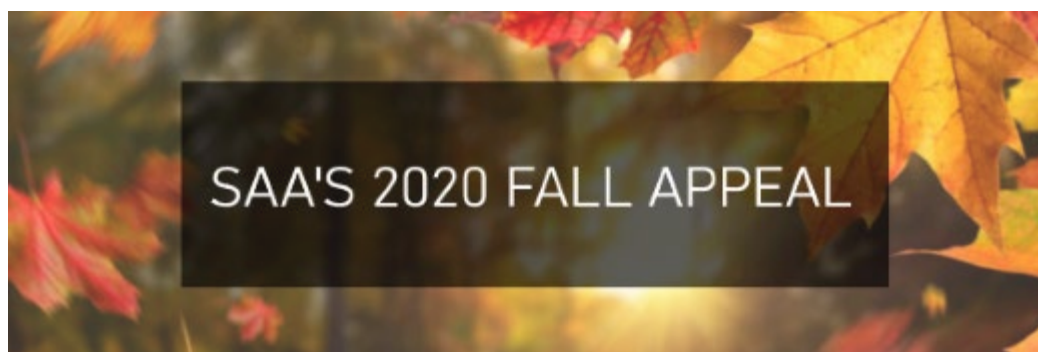
Have you heard? SAA launched our new Community Forums and we're hoping you might be among the first to check them out.

As with our old message boards (which will remain available), there's 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!

[Visit the Forums!](#)



## There will never be a better time to give!

An anonymous donor has pledged \$100,000 and has challenged SAA's supporters to match it before October 1<sup>st</sup>. \$200,000 will go a long way in

ensuring that SAA is able to continue meeting the evolving needs of the spondylitis community.

Your gift today will help SAA continue its important work of championing the research that will lead to earlier diagnosis, producing educational materials, hosting Virtual Spondylitis Educational Support Groups and so much more. SAA staffers may be working from home but we're working just as hard as ever before. And the work has never been more important. But we can't do it without your help. Today, and through the end of September, your gift will go twice as far. There's never been a better time to change the future of spondylitis.

Thank you for everything you do!

[Donate Today!](#)



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