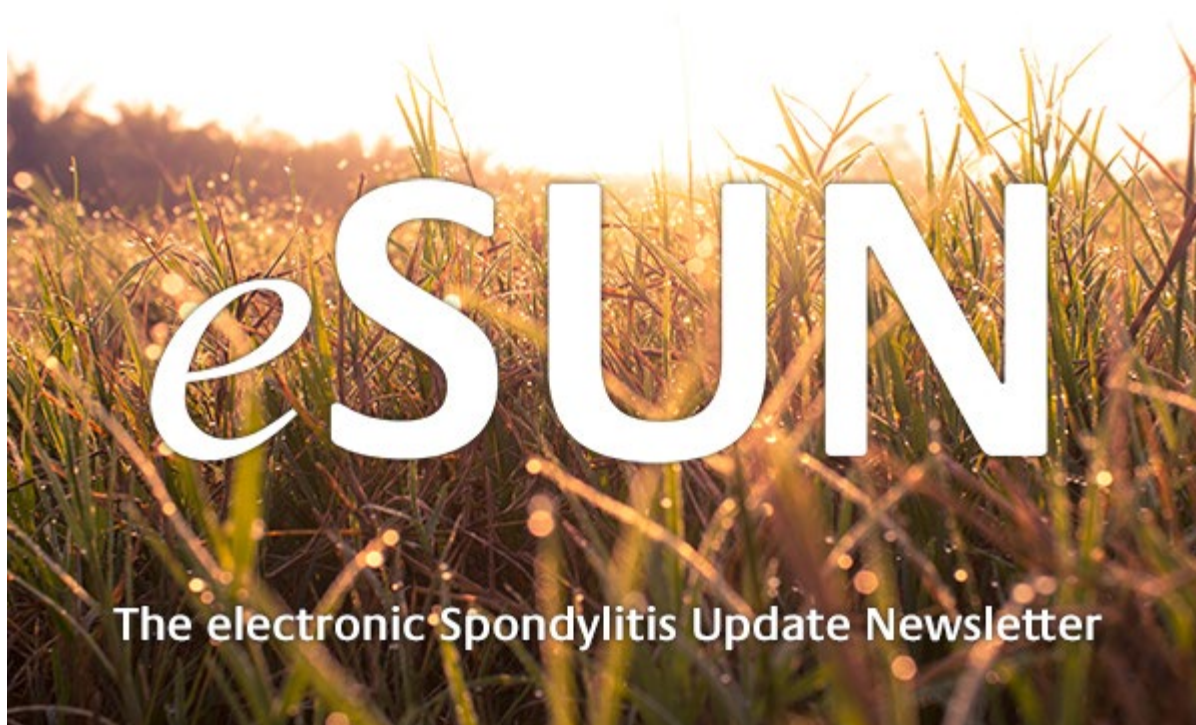


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## **Happy Holidays & Happy New Year!**

On behalf of the Staff and Board of Directors of the Spondylitis Association of America, we wish you and yours happy holidays. To health and happiness in the New Year and beyond!



## **COVID-19 Vaccines & Spondyloarthritis: A Dynamic Q&A With Two Physicians (Video)**

This info-packed live conversation featured two special guests – Dr. James Rosenbaum, rheumatologist, and Dr. Kevin Winthrop, infectious disease epidemiologist – answering our community’s most pressing questions about the COVID-19 vaccines and key impacts and considerations for the spondyloarthritis community.

You can now watch the recording of this conversation on SAA’s website.

[\*\*Watch Now!\*\*](#)



## **COVID-19 Vaccines & Spondyloarthritis: An FAQ and Summary From Our Recorded Conversation (Article)**

With the approval and now roll-out of COVID-19 vaccines underway, many in our community have written to us with questions about how the vaccines may interact with spondyloarthritis, biologics, HLA-B27, and other factors related to living with this family of diseases. Here, we summarize some key points from our live conversation.



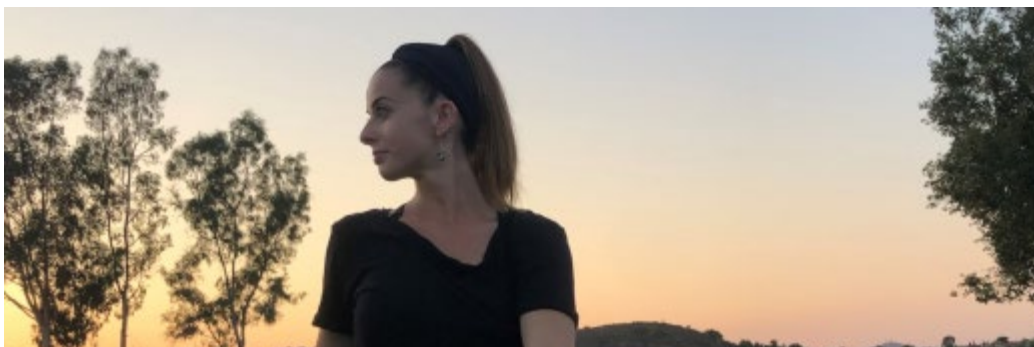
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## **Research on Upcoming Spondyloarthritis Medications: Reporting From the American College of Rheumatology Meeting**

At this year's 2020 American College of Rheumatology (ACR) virtual meeting, an array of new research abstracts for potential treatments were presented showing promising outcomes for those with spondyloarthritis. Following are summaries of five different research abstracts on medications studied for ankylosing spondylitis from this year's conference.

[Read More!](#)



## **Flowing Through My Ankylosing Spondylitis Diagnosis**

Meghan Monte, a certified yoga instructor living with AS, shares her story and demonstrates some of her favorite, go-to yoga poses.

Bonus videos of gentle and chair-yoga demonstrations are also provided by Meghan.

[Read & Watch Now!](#)



## **Donate Today! You Can Make a Difference**

Support SAA today with a year-end gift. Beyond the tax savings from your donation, you are directly impacting the lives of people throughout the country who are living with spondyloarthritis.

[Donate Today!](#)



## **Spondyloarthritis & Long-term Disability Insurance**

Long-term disability (“LTD”) insurance is a common employment benefit many employees do not even realize they have until they suffer from a disabling condition that impacts their ability to work. People with chronic or



progressive illnesses, like spondyloarthritis, may have a difficult time successfully applying for LTD benefits. Attorney Sarah Demers provides some tips on making a claim for long-term disability benefits to help with the process.

[Read More!](#)



## Hill Report: 2020 American College of Rheumatology Annual Meeting

Charis Hill, blogger & spondyloarthritis advocate, provides their perspectives on some important topics from this year's annual meeting of the American College of Rheumatology.

[Read More!](#)



## Dr. Pamela Weiss Appointed Chair of SAA's Medical & Scientific Advisory Board

Dr. Weiss has a distinguished history of awards, honors, fellowships, and appointments.

In 2014, she received the SAA/Bruckel Early Career Investigator (ECI) Award in AxSpA for her award-winning research. She has also served on our MSAB since 2018.

We congratulate and welcome her in her new leadership role!

[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!](#)



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