

Helping you manage your pain

1. MyBackPain.org.au

Arthritis Australia has announced the release of a comprehensive tool to help people manage lower back pain (LBP). The website has been developed by a team of researchers, led by the University of QLD.

Professor Paul Hodges said that despite the widespread occurrence of LBP many people receive ineffective and unnecessary treatments. For example, many people think they should rest, but rest can actually make it harder to get over back pain.

Arthritis Australia CEO, Andrew Mills, said that MyBackPain.org was created to provide accurate information to counter misinformation about back pain. The input from people living with LBP was crucial when creating the content and functionality of the website. It contains resources for people with LBP to find out what treatments work, learn from the experience of others, receive recommendations that are tailored to them, and to feel empowered to manage their own condition and know when to seek help.

The website is funded by the National Health and Medical Research Council. Medibank Better Health Fund is funding a clinical trial into the effectiveness of the website.



2. Take Charge of Pain — this time in Palmerston

An opportunity to learn ways to help manage pain and improve quality of life, this is a two part course suitable for anyone with chronic pain, whatever the cause.

Topics include:

- ◇ Benefits of physical activity, relaxation and meditation
- ◇ Tips on pacing, flare-ups, sleep, diet and stress and much more.

Where:

Brennan Electorate Office, next to Target

When:

Wednesday 21st and 28th August

10:00 am to 12:30 pm

Bookings essential—for catering & supply of materials:

Ring 8948 5232

Gold coin donation towards costs appreciated.

Also look at the GLA:D program, p. 2

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Arthritis; Denmark)

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GLA:D Program -

an education and exercise program developed by researchers in Denmark for people with HIP OR KNEE osteoarthritis (OA) symptoms.

This program reflects the latest research on what works in the real world to help patients manage **OA symptoms in the hip and knee**. Feedback was also obtained from people with OA and experienced trainers.

The program consists of:

- Two education sessions;
- Training sessions twice a week for six weeks.

Some of our members have completed the program and found it very worthwhile.

“The GLA:D program that I did at the Palmerston Hospital was fantastic. I went to the program with knee pain which was very bad at times. I was thinking of getting my knee operated, but as I got on into the exercises my knee has improved a lot. I don’t think I will need an operation in the near future. But I do have to keep up with the exercises.” Ranjit

“I completed the GLA:D program in 2018. I found both the education sessions and the exercise program excellent. I would highly recommend the program to anyone with hip/knee OA. Even if you are planning replacement surgery the program is beneficial to strengthen the muscles around the affected joint/s and will help recovery.” Carol

In Darwin, the GLA:D program is available at:

- Palmerston Regional Hospital — the program is free but has a long waiting list. Ring 79799502 and ask to speak to Paul Gerkin.
- Tangibilis Physiotherapy in Berrimah — their next program starts on August 26. Ring 8914 8880 for more information re times and cost.

You may get a referral from a GP or self-refer yourself for the program.

Also look at the GLA:D website: <https://gladaustralia.com.au>



Endone 5 mg tablets — warning about potential for incorrect medicine in the pack

Product defect correction notice for Endone 5 mg tablets (batch number CW612, expiry Nov 2020).

A pack in SA has been found to contain a blister sheet of Anamorph 30 mg tablets. The name on the back of the blister sheet is correct but the tablets look similar to the Endone ***Anamorph 30 mg tablets have about four times the dose of morphine as Endone 5 mg tablets and could result in overdose and serious health risks if taken inadvertently.***

Before taking any tablets from the affected batch patients should visually inspect the blister sheets to ensure they contain the correct medicine.

If you find any incorrect tablets do not take them. Return the pack to your pharmacy.

Membership renewal now due

Renewals fall due on 1st July each year and personalised reminder notices are included with the newsletter where appropriate.

Renewals may be made in person, over the phone, using the internet or by post. Further details of how to pay fees are included on the notices.

Thank you to those who have already renewed. Membership income is greatly appreciated. It really does make a difference.

Membership fees have remained the same since July 2009. Rather than increase fees the Board would like to increase membership numbers.

***Any ideas on how to grow our
membership are most welcome!***

Ring us on 89485232

Do I really need to exercise?

Surzly I'm busy and active enough already

At any age we need to be as **physically fit** as possible. When we are **physically fit** we have:

- ♦ strong muscles to support and protect arthritis joints!!
- ♦ mobility and flexibility of joints to help get us through the day
- ♦ good posture and balance to help prevent falls.

Regular **exercise** is needed for improvement of any of those elements.

Structured **exercise** is any physical activity that is:

- ♦ planned, repetitive and purposeful

with the objective of maintaining or improving one or more components of **physical fitness**, that is, flexibility, strength, balance and cardio-vascular fitness.

Incidental **exercise** is also helpful:

- ♦ housework, gardening, walking around the supermarket, park a bit further from your destination so you walk more.



Exercise is beneficial in many ways:

- ♦ It helps prevent or manage many illnesses, often reducing pain and fatigue
- ♦ It delivers oxygen and nutrients to our tissues and helps our heart work better
- ♦ It helps control weight
- ♦ It improves our mood
- ♦ It promotes sleep
- ♦ It can be fun.

Health professionals recommend at least 150 minutes a week of moderate aerobic activity, if possible spread throughout the week.

Examples include running, walking, swimming and weight training. Even small amounts of **physical activity** are helpful, and accumulated activity throughout the day adds up to provide health benefits.

Spread your activities throughout the week. If you want to lose weight, meet specific fitness goals or get even more benefits, you may need to ramp up your moderate aerobic activity to 300 minutes or more a week.

Remember to check with your doctor before starting a new exercise program, especially if you have any concerns about your fitness, haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis.



COTA Seniors Expo

AONT participated in COTAs Seniors Expo held 31st May 2019 at Palmerston.

This year is COTA's 50th Anniversary in Darwin so the theme was gold and "bolder, not just older".

The Expo was attended by approximately 2,000 seniors and over 90 exhibitors showcasing their products or services.

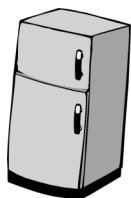
The AONT stall was busy the whole time with volunteers Ruth Garden, Carol Francis, Hilary Fowler, Margaret Murray and Janette Evers all helping out.



Board member and volunteer Janette Evers in gold at the Seniors Expo

Successful grant application

We recently made a successful small grant application to the NTG Community Benefit Fund to purchase a replacement fridge for our kitchen corner and two new computers to improve our efficiencies.



Thanks to the Northern Territory Government for this much needed support.



Proudly sponsored by
Northern Territory Government

It's never too late ... never too late to start over, never too late to be happy.

Jane Fonda

Media release from Arthritis Australia

Musculoskeletal conditions now the most costly disease group in Australia

Musculoskeletal conditions, including arthritis, affect 7 million Australians

The health system cost of these conditions was \$12.5 billion in 2015-16, the highest cost of any disease group. This cost is up from \$5.7 billion in 2008-09.

'We simply cannot continue to ignore the impact of conditions like arthritis and back pain,' said Arthritis Australia CEO, Mr Andrew Mills, responding to a report today from the Australian Institute of Health and Welfare showing musculoskeletal conditions now cost \$12.5 billion a year, more than any other disease group.

'The cost of these conditions has more than doubled in less than a decade and has now well and truly eclipsed the cost of cancer, cardiovascular disease and mental health conditions,' said Mr Mills.

'For too long musculoskeletal conditions have been trivialised and treated as the 'poor cousins' when it comes to investment in better programs and research,' Mr Mills said, 'but this has to change unless we want to see the cost of managing these conditions become completely unsustainable in future.'

'It is not just the financial cost that is so high, it is also the personal cost of living with this painful and disabling group of conditions,' Mr Mills said, noting that musculoskeletal conditions are the leading cause by far of disability and early retirement due to ill-health in Australia.

Mr Mills highlighted that government investment in research for arthritis and musculoskeletal conditions through the National Health and Medical Research Council was just \$17m in 2017. 'This is just a fraction of the research investment in other disease groups and is completely out of proportion to the cost and burden of musculoskeletal conditions,' he said.

The *National Strategic Action Plan for Arthritis* which was launched earlier this year outlines key priorities for preventing arthritis, investing in research and improving treatment and support for people living with the condition. Many of the recommendations have the potential to rein in the costs of treating arthritis, while improving quality of life for those affected.

'The Federal Government has allocated \$4 million towards the implementation of the Action Plan, which is very welcome, but much more needs to be done, at both the national and the state and territory level, and soon,' Mr Mills said.

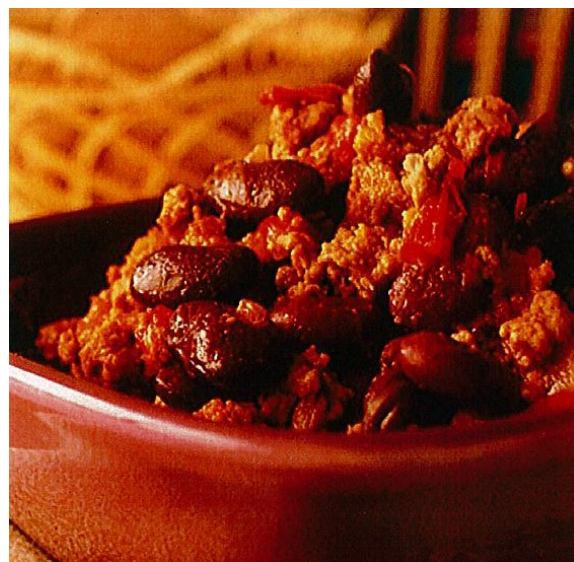
Further information: Franca Marine: T: 02 8570 2906

E: fmarine@arthritisaustralia.com.au

Easy Mince Ideas For a Healthy Meal

Ingredients:

- 500 g lean beef mince
- 2 tsp unsaturated oil
- 1 small onion, chopped
- 1 medium carrot, grated or finely diced
- 1 stick celery, finely sliced
- 1 clove garlic, chopped, optional
- 1 tbsp Worcestershire or oyster sauce
- 1 tbsp. no added salt tomato paste
- 3/4 cup water or no added salt stock



1. Heat a nonstick pan, add the oil and fry the onion, carrot and celery for a few minutes.
2. Add the garlic if using and fry until fragrant and soft.
3. Add the beef mince and brown, breaking up the clumps of meat with the edge of a wooden spoon so that the meat cooks in fine pieces.
4. Add the water or stock, tomato paste and Worcestershire or oyster sauce.
5. Bring to the boil, turn the heat to low and simmer, covered for about 20 minutes to let the flavours develop.

Serves 6—so freeze up the extra serves for another day, in repurposed margarine containers!

Variations

Easy Mince with curry

Add curry powder or curry paste to the onion mix. Then add to the final Mince a handful of frozen green peas or spinach and some tinned, rinsed chickpeas.

Before serving squeeze some fresh lemon juice over the top.

Serve with steamed basmati rice, a dollop of natural yoghurt, fresh coriander leaves and chutney.

Easy Mince with stuffed capsicum

Mix a serve of Easy Mince with about the same amount of leftover cooked brown rice and a few sliced black olives.

Cut the top from a red capsicum and scoop out the seeds and white membrane. Stuff with the Easy Mince mixture and bake for 45 minutes in a moderate oven or until the capsicum is soft.

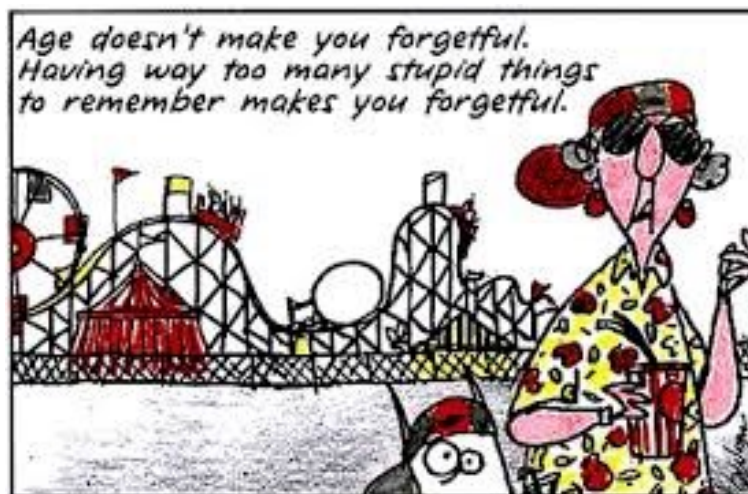
Easy Mince pasta bake

Add a tin of no added salt tomatoes to a serve of Easy Mince and cook to combine the flavours.

Cook wholemeal penne pasta for half the time recommended on the pack, then drain, mix with the sauce, pile into a casserole dish.

Top with grated cheese and bake until the top is golden and crispy.

<https://www.eatforhealth.gov.au>



**The Arthritis
Foundation of the
Northern Territory Inc.**

Trading as
**Arthritis &
Osteoporosis NT**
ABN 67 099 326 608

Patron:

Her Honour the Honourable
Vicki O'Halloran AM
Administrator of the NT

Vice Patron:

The Honourable
Ken Vowles MLA

Find us at:

Shop 18 Rapid Creek
Business Village,
48 Trower Rd Millner

www.aont.org.au

[facebook.com/
arthritis.osteoporosis.nt](https://facebook.com/arthritis.osteoporosis.nt)

Contact us:

(08) 8948 5232
PO Box 452,
Nightcliff 0814
info@aont.org.au

We are open:

9:30am – 2pm
Monday to Thursday
(excluding Public Holidays)

Staff

Administrative Assistant
Deirdre Moldenhauer

Accounts

Natalie Valastro

Board

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Janette Evers

Carol Francis

What We Do

Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Producing our publication, joiNTed, four times a year
- Hosting pain self-management courses. Call the office on 8948 5232 for details of the next available course
- Providing information stands at a range of forums throughout the year
- Delivering bulk materials to both the private and public hospitals in Darwin and Palmerston as well as to a range of health service providers
- Community presentations
- Making applications for various small grants to assist with special projects
- Liaising with Arthritis Australia and Osteoporosis Australia



Helping You

Support groups are opportunities for members with common interests and experiences to meet informally over a cup of tea or coffee, to chat, share news and ideas etc. Good company in a relaxed setting means feeling better when you leave than when you arrived!

Palmerston Support Group meets monthly:

- at the Brennan Electorate Office, Palmerston Shopping Centre (opposite Target)
- on the third Monday of each month at 10.00 am

IMPROVING FOOT HEALTH

**PSORIATIC
ARTHRITIS FOOT
STUDY**

HELP US TO PROMOTE YOUR VIEWS BY COMPLETING A NATIONAL SURVEY

ABOUT FOOT PROBLEMS AMONG PEOPLE WITH PSORIATIC ARTHRITIS

TO TAKE PART, YOU SHOULD:

- Be aged 18 or over
- Have psoriatic arthritis
- Have past or present foot problems
- Live in Australia or New Zealand

Complete the online survey at
www.psoriaticfootarthritis.com

or

Complete the paper survey, please contact Kate Carter at
info@psoriaticfootarthritis.com to be sent a paper copy

This survey will help us to better understand how psoriatic arthritis affects the feet so that we can treat it better in the future

This study has been approved by the Western Sydney University Human Research Ethics Committee. The approval number is H12973.

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