

Empowering people with arthritis and osteoporosis via information, education and support; by **promoting** healthy lifestyles and self-management to optimise health outcomes; and **advancing & disseminating** understanding of arthritis and osteoporosis.

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Arthritis & Osteoporosis NT

The Arthritis Foundation of the Northern Territory Inc

April - May 2024

Staff and Board members with our joint Patrons, His Honour Professor the Honourable Hugh Heggie AO PSM Administrator of the NT and Ms Ruth Jones



We were delighted to host a visit by His Honour and Ms Jones to our office on 13th March to meet with us on our home ground and learn more about our role in community health. Throughout our discussion there was a strong appreciation of our mutual interest in the vital role of patient and public education in the management of arthritis and osteoporosis.

This visit was at the initiative of Government House, and was greatly appreciated by Board and staff. We thank His Honour and Ms Jones for taking the time to visit our office.

Management of Osteoarthritis of hip or knee

By Sally Goetz, Accredited Exercise Physiologist with Emerse and Custom Made Physio at Frances Bay Drive, Darwin

Have you heard of Osteoarthritis (OA) referred to as a condition that is the ‘wear and tear of cartilage’, and is one that only occurs with older age? We now know that this is outdated and incorrect information. Research now demonstrates that OA can arise amongst younger populations and is a common and complex condition that can affect the whole joint, not just the cartilage. There are risk factors that we can control and those that we can’t which place us at more risk of developing OA.

Risks we can control include muscle weakness, physical inactivity, joint injury, joint overload, body fat, and nutrition.

Risks we can’t control include age, sex, and genetics.

The good news is, with the right dose of exercise we are all in a very powerful position to better manage and reduce the impact of OA. More specifically, exercise reduces pain, maintains muscle strength around affected joints, reduces joint stiffness, prevents functional decline, and improves quality of life. Exercise can be as effective in relieving symptoms as pain medication and anti-inflammatory drugs but has fewer side effects.



Strength training is a beneficial form of exercise to promote cartilage health. For cartilage to remain healthy and regenerate, it relies on a moderate amount of loading. Strength exercises allow for the appropriate joint loading for synovial fluid to nourish the cartilage by entering and exiting. However, knowing what exercises to perform and how many can be very overwhelming. If you are struggling with hip or knee osteoarthritis and would like professional guidance on how to exercise safely with hip or knee OA, you can learn more through exercise physiologists or physiotherapists.

Specifically, you can sign up to an internationally renowned program at Darwin’s local allied health clinic Custom Made Physio. The program is called Good Life with Osteoarthritis from Denmark (GLA:D®). It is an evidence-based program aimed at improving pain, function, and quality of life for people living with knee and/or hip osteoarthritis. GLA:D® consists of two sessions of patient education and 12 sessions of supervised, individualised exercise delivered by trained clinicians.



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Management of Osteoarthritis of hip or knee

The Statistics

One year after completing GLA:D® over 3000 Australian participants reported:

- 35-42% average pain reduction
- 17-29% participants reduced pain medication use
- 38-39% improvement in joint-related quality of life

If you are interested ...

Are you ready to take charge of your joints? You may like to contact Custom Made Physio and they will step you through the requirements to book your spot.

Phone: 8914 6414 or email admin@custommadephysio.com.au

Their website is www.custommadephysio.com.au

Sally Goetz (Accredited Exercise Physiologist)

Membership fees

As foreshadowed in our June - July newsletter last year the Board has reluctantly made the decision to raise membership fees, effective from 1st July this year.

The new membership structure is now :

- ♦ Individual membership - \$25 pa concession (\$45 full fee)
- ♦ Family membership - \$40 pa concession (\$70 full fee)

At the time of last year's announcement, members were invited to provide feedback in response. However, no calls were received. In fact some members kindly chose to pay the increased amount when renewing. Note that if you renew before 30th June this year the current fees will still apply (\$20 individual concession, \$40 full membership etc)

Previous membership fees had not changed since July 2009 - 15 years ago!

Out and About: Community Engagement

Once again we participated in the **Welcome to the Top End Expo by Defence Member and Family Support** on 10th February

Activities for children, and an appearance by Mr Skeleton, ensured visitors stopped at our stand.

The focus of our stand was **Healthy Bones**, aimed at young families to encourage healthy lifestyle habits to ensure development of strong bones, namely:

- Calcium rich foods, including dairy, pulses, green leafy vegetables, canned fish and dried apricots & dates
- Sun-safe Vitamin D
- Weight-bearing physical activity, for example: walking, running, jumping.



Having an information stand at any event also provides us with the opportunity to meet representatives from other organisations. That's how following articles have come about.

Grieving the loss of a child

Article provided by Rita Raj, Support officer and Social Worker at Amber NT

Note: this article concerns a service which may be relevant to our members who experienced such a loss many, many years ago, or even more recently as grandparents.

Amber NT is an organisation committed to providing unwavering support to those impacted by the loss of a child, regardless of when the loss was. Since our inception in 1985 (**previously known as SIDS and Kids NT**), we have been dedicated to offering comprehensive assistance to individuals and families navigating the profound complexities of grief associated with child loss.

Our scope of support encompasses a broad spectrum, extending from conception to 18 years old. We recognise that the loss can occur through various circumstances, including miscarriage, stillbirth, termination, accidents, illnesses, and suicide. Our commitment goes beyond the traditional boundaries, as we extend support not only to parents but also to siblings, relatives (grandparents, etc), friends, co-workers, first responders and front-line staff, including nurses and teachers.

Recognising the unique challenges faced by foster parents when foster children are moved, as well as the anxiety that can accompany pregnancy after loss, we have tailored our support services to address these specific needs as well.

We understand that the grieving process is ongoing, intricate and varies for each individual, which is why we offer our support regardless of when the loss occurred.

Each month Amber NT provides opportunities at their office at “Harry’s Place”, Henbury Avenue, in Tiwi for affected parents, grandparents etc to meet informally over a cuppa:

Sunset Connections from 6:00 - 7:30pm - Second Wednesday of the month (for catering purposes, please call or email ahead for this session) and

Coffee and Chat from 10:00 to 11:00am - last Thursday of the month (RSVP would be appreciated too, though not essential).

There are two annual reflection events:



Walk to Remember: Next one is on 7th July 2024 at Sanctuary Lakes, Gunn, and

Light the Lagoon: Next one is on 13th October 2024 at the Darwin Waterfront.

Please contact Amber NT directly if you would like more information about their events and/or services generally:

08 8948 5311 or info@ambernt.org.au

For support self-referrals or some-one in your network, please contact support@ambernt.org.au



Are you up to date with your immunisation?

Advice from NT Health, Centre for Disease Control

Talk to your health care provider about your specific needs. Recommendations are based on prior vaccinations and travel, as well as **H** Health, **A** Age, **L** Lifestyle and **O** Occupation.

Everyone's **HALO** is different!

Adult vaccines to consider include:

COVID-19. The coronavirus disease 2019 (COVID-19) vaccine will prevent you from becoming seriously ill or dying due to COVID-19, especially if you are 65 years or older, or if you are 18 years and older and have immunocompromising conditions.

Flu (influenza). The flu can cause serious complications. The annual flu vaccination is recommended for everyone aged 6 months or older and especially for people over 65 years of age, pregnant women or those who have chronic medical conditions.

Pneumococcal vaccine. Pneumococcal disease causes serious infections, such as pneumonia, meningitis and bloodstream infections. Aboriginal adults aged 50 years and over and non-Aboriginal adults aged 70 years and over and people with medical conditions are eligible for a free pneumococcal vaccine.

Shingles. While not life-threatening, shingles can be very painful for many months. To prevent shingles, the vaccine Shingrix is recommended and funded for Aboriginal adults age 50 and older and non-Aboriginal adults aged 65 years and older. It's given in two doses.

Diphtheria, tetanus, pertussis (dTpa). This vaccine can protect you from diphtheria, tetanus, and whooping cough (pertussis) which can lead to breathing problems. Primary course is given during infancy and childhood and for pregnant women every pregnancy. A booster is recommended every 10 years especially in seniors - discuss a booster vaccine with your Doctor.



Everyone's **HALO** is different

What immunisation you need depends on your
H Health, **A** Age, **L** Lifestyle, **O** Occupation (**HALO**)



H

HEALTH

Health issues such as chronic medical conditions including liver, kidney conditions or diabetes can increase your risk of disease and extra vaccines can protect you.

A

AGE

The risk of disease varies by age.

L

LIFESTYLE

Lifestyle like travelling overseas or smoking may increase your risk of disease and extra vaccines are needed.

O

OCCUPATION

Some occupations expose you to a greater risk of disease for example working in health or child care or with animals.



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www.health.nt.gov.au

Modified Berry Crumble

How to make a sweet treat more nutritious

by Andrea Rossides,
Accredited Practicing Dietitian



Recipes can be modified to make them healthier and can give you ideas on how to change other things you cook to make them better for your health.

This modified lemon berry crumble desert is significantly lower in total energy, fats, saturated fats and sugar. The fibre and protein content has been raised to make it more blood glucose friendly.

Original ingredients (serves 5)	Modification	Modified ingredients
Lemon cake		
1 egg	More eggs for higher protein	2 eggs
80g sugar	Reduce sugar content	40g sugar
50g butter	Margarine to reduce saturated fats	50g margarine
50g sour cream	Greek yoghurt to reduce fat and increase protein.	60g Greek yoghurt
½ tsp vanilla extract ½ tbsp lemon zest ½ tsp baking powder ¼ tsp baking soda		½ tsp vanilla extract ½ tbsp lemon zest ½ tsp baking powder ¼ tsp baking soda
Topping		
200g blueberries	Raspberries for reduced sugar	200g raspberries
¾ tbsp flour	Wholemeal to increase fibre	¾ tbsp wholemeal flour
1 tsp lemon juice		1 tsp lemon juice
¾ tbsp sugar	Omit	-
Crumble		
20g melted butter	Margarine to reduce saturated fats	20g melted margarine
40g flour	Wholemeal to increase fibre	40g wholemeal flour
40g sugar	Reduce sugar	15g sugar
¼ tsp cinnamon ¼ tsp vanilla extract		¼ tsp cinnamon ¼ tsp vanilla extract
1 small scoop ice cream for topping	Greek yoghurt to reduce fat and increase protein, or use low fat ice cream	1 heaped tbsp Greek Yoghurt or 1 small scoop low-fat ice cream

Method: see next page

Method:

1. Pre-heat the oven to 180 degrees fan forced.
2. Prepare the lemon cake by firstly combining the wet and dry ingredients in separate bowls. Then slowly fold the dry ingredient mixture into the wet mixture until just combined (don't overmix). Pour batter into a lined spring form cake pan and set aside.
3. Prepare the berry topping in a separate bowl then assemble on top of the cake batter.
4. Lastly prepare the crumble in a bowl, aiming to create chunks rather than fine crumble (tip: use the fist of your hands to press the mixture to form larger chunks). Then arrange over the top of the berries.
5. Bake in the oven for 45-60 minutes until a toothpick in the centre comes out clean.

Healthy Ageing—3 important actions

Do stay social

Why? Keeps brain active, helps maintain positive outlook and physical abilities. *Use it or lose it!*



And if I don't? Lack of social activity may lead to isolation and depression, often impacting on general health.

Do stay physically active

Why? Keep physically able and independent eg walking, getting out of a chair, using stairs etc. Helps maintain positive outlook and confidence in abilities. *Use it or lose it!*



And if I don't? May lead to loss of ability to do daily activities independently, eg walking, bathing, getting out of chair etc. Unwanted weight gain; poor body image; loss of self-confidence, depression, adding up to a **loss of independence**.

Don't fall

How can I avoid falls? Warning signs are slips or trips where you manage to catch yourself without falling. Possibly due to decreased sense of balance or physical/health decline. Preventative measures include eliminating fall hazards, seeing your doctor to check out possible causes, exercise programs to improve balance and strength.

Do something about it!



What happens if I fall?

Possible fracture of hip (or neck of femur) – this is serious!

Long recovery period, often with deterioration of general health and **loss of independence**.

Other serious injuries associated with falls include: fractures of wrist, shoulder, pelvis, head injury, or issues related to extended time lying on floor or in the garden. This “long lie” is a trauma in itself.

Reminder courtesy of COTA NT's Aged Care Navigator

**The Arthritis
Foundation of the
Northern Territory Inc.**
Trading as
**Arthritis &
Osteoporosis NT**
ABN 67 099 326 608

Joint Patrons

His Honour
Professor the Honourable
Hugh Heggie AO PSM
Administrator of the NT
and Ms Ruth Jones

Vice Patron:

The Honourable Vicki
O'Halloran AM CVO

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What We Do

Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Hosting “Taking The First Step” and “What a Pain!” short courses. Call 8948 5232 for more details
- Providing information stands at a range of forums throughout the year
- Presentations to community groups
- Networking with other community health organisations and the services they provide
- Delivering bulk materials on request to a range of health services
- Producing this newsletter six times a year
- Liaising with Arthritis Australia, interstate arthritis affiliates and Healthy Bones Australia
- Making applications for various small grants to assist with special projects.

 **Arthritis &
Osteoporosis NT**



Palmerston Support Group

Our Palmerston Support group continues to meet monthly

- at the Brennan Electorate Office, Palmerston Shopping Centre (opposite Target)
- on the fourth Monday of each month at 10:00 am



AONT members are welcome to join the group at any of their meetings. These are informal catch ups over a cuppa, and often with a guest speaker.

For further information on guest speakers and activities, please don't hesitate to call the office on 8948 5232, Monday to Thursday 9:30am to 2:00pm.

