

**Providing**  
reliable and up to  
date information to  
improve the  
understanding of  
arthritis and  
osteoporosis.  
**Promoting**  
healthy lifestyles  
and self-  
management to  
optimise health  
outcomes.

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

Trading as



**Arthritis & Osteoporosis NT**

**October 2022**

## *Notice of Annual General Meeting*

**Saturday 29<sup>th</sup> October 2022**

**Commencing 2:30 pm**

**Shop 18 Rapid Creek Business Village**

### *AGM Order of business*

1. Consideration of accounts and reports of the Board
2. Election of new Board members
3. Any other business requiring consideration by members.

***Members are encouraged to attend  
to ensure we have a quorum.***

## *World Arthritis Day - 12 October*

World Arthritis Day is designed to increase global awareness of arthritis.

As you are probably aware, arthritis is a condition involving inflammation of the joints. It can affect any living thing that has bones. Evidence shows that ankle arthritis was present in dinosaurs and that it has been present in humans for at least as far back as 4500 BC! In fact, it was one of the most common afflictions of prehistoric peoples. It was first closely examined and classified in William Musgrave's work "De Arthritide Symptomata," written in 1715.

Contact us for resources -  
1800 011 041

**Spread the word that  
arthritis does not have to  
stop you living a good life!**

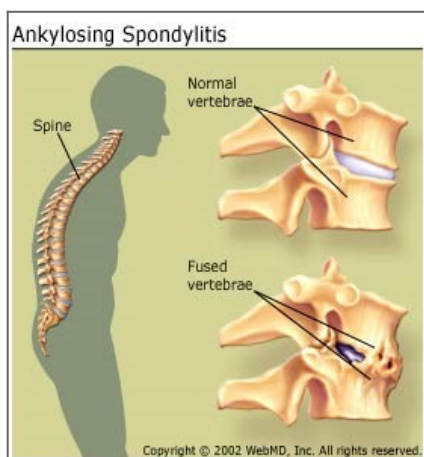


## *New Arthritis Australia website - MyAS*

This interactive website is designed to help people with axial spondyloarthritis (axSpA) understand their condition, how to manage it, and where to access support.

### *What is axial spondyloarthritis (axSpA)?*

Axial spondyloarthritis is a type of arthritis that affects the spine and other joints. Inflammatory arthritis like axSpA is an autoimmune disease. It describes both ankylosing spondylitis (AS) and non-radiographic axial spondyloarthritis (nr-axSpA)



Axial spondyloarthritis is the fourth most common form of arthritis and is traditionally known as a ‘male disease’ but in fact is also common in women.

Back pain and stiffness are the first signs but if ignored, the affected joints can deteriorate and potentially fuse, leading to severe, often debilitating pain.

*Extract from Media Release by Arthritis Australia and Australian Rheumatology Association website*

Arthritis Australia’s new website provides resources on symptoms, treatment options, working with your healthcare team, managing pain, mental health and support services.

**Website address:** <https://www.myas.org.au/>

Anne-Marie Raymond, who is now 49, was diagnosed with the condition 9 years ago. She is now a health coach for people with the condition. She can be reached through [annemariereymond.com](http://annemariereymond.com) to provide *“the support, resources and encouragement you need to start taking small steps back to a life you love.”*

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## *World Osteoporosis Day - 20 October*

When was the last time you had your bone density checked?

Osteoporosis doesn’t advertise itself with pain or obvious signs but it makes your bones less dense and more likely to break. This is a wake up call to the danger to your health and even your life.

The best way to prevent and manage osteoporosis is to:

- ♦ do regular weight-bearing & muscle-strengthening exercise
- ♦ eat a nutritious bone-healthy diet with plenty of calcium and adequate vitamin D
- ♦ do not smoke
- ♦ avoid excessive alcohol intake.

For more information and resources contact us on 1800 011 041.



## *New Arthritis Australia resources*

### **Managing your arthritis flare - information sheet**

Living with inflammatory arthritis can be unpredictable. Even with treatment there may be times when your symptoms flare - when your disease is more active, causing more inflammation. Flares can happen at any time, with little or no warning and without obvious cause. They may last from a few days to a few weeks.

This information sheet is relevant to anyone with inflammatory arthritis such as rheumatoid arthritis, psoriatic arthritis or axial spondyloarthritis which includes ankylosing spondylitis, with suggestions on how to best manage your flare/s.

### **Osteoarthritis of the knee - booklet**

Osteoarthritis is the most common form of joint disease, and the knee is one of the most commonly affected joints. This booklet explains how osteoarthritis of the knee develops, what causes it and how it can be treated. It also gives some hints and tips to help you manage your arthritis and suggest where you can find out more.

### **Available at the AONT office**

Both these resources (and much more) are available at our office - call in at Shop 18 Rapid Creek Business Village or contact us on 1800 011 041. We are happy to mail resources out to you.

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## *How healthy is your lifestyle?*

### **Six behaviours to make your lifestyle healthier**

*adapted from [www.wellnessworkdays.com](http://www.wellnessworkdays.com)*

#### **1. Get enough sleep**

Getting enough sleep is as important as diet and exercise. Sleep recharges both the body and mind. It helps the body to repair cells and get rid of wastes, and is important in making memories and reducing forgetfulness.

#### **2. Be physically active**

As well as strengthening muscles and reducing bone loss as you age, exercise protects heart health, increases blood flow, releases hormones that help us manage stress, increases alertness and burns calories.

Thirty minutes a day is ideal but even small amounts help. Improved fitness helps us better manage daily activities and routines. Regaining one's balance from a stumble or a trip, so not actually falling, is a real benefit of improved strength and balance.

#### **3. Maintain a healthy body weight**

Obesity is associated with a shorter lifespan and a higher risk of many diseases. Eating a healthy diet and exercising daily are the best ways to keep your weight healthy.

#### **4. Not smoking**

Smoking is a very difficult behaviour to change but not smoking helps you live better and longer.



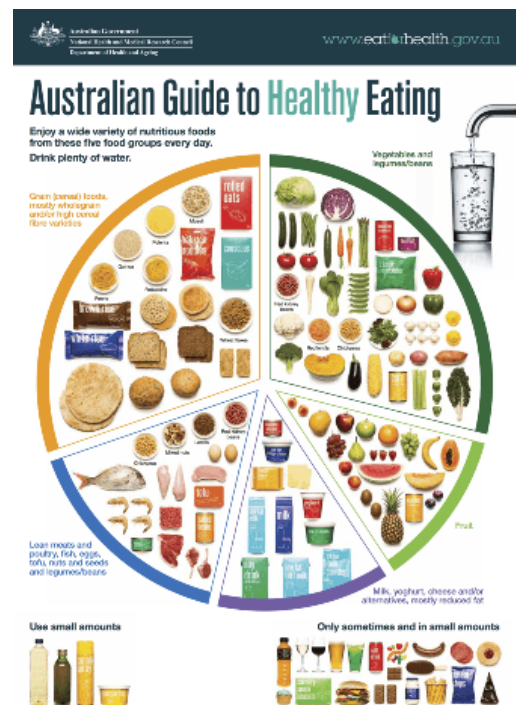
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### 5. Limit alcohol

Excessive use leads to long term health risks such as breast cancer for women. No more than 1 drink a day for women and 2 for men are the recommended limits.

### 6. Eat a healthy diet

A healthy diet gives you energy and lowers your risk of heart disease, diabetes, cancer, stroke and other diseases. A Mediterranean diet is recommended for your health - this includes lots of vegetables, one of the major food groups in the Australian Guide to Healthy Eating.



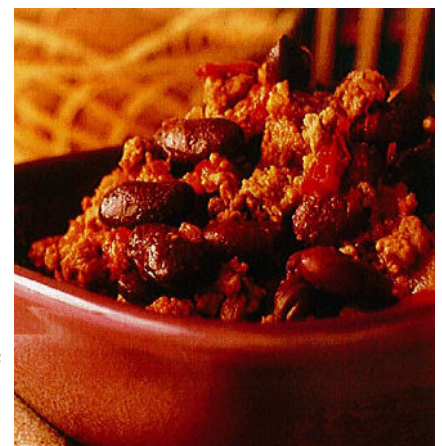
## Easy Mince Pasta Bake

### Ingredients

- 2 tsp unsaturated oil
- 1 small onion chopped
- 1 medium carrot diced
- 1 stick celery diced
- 1 clove garlic crushed, optional
- 500 g lean beef mince
- 3/4 cup water or no added salt stock
- 1 tin no added salt diced tomatoes
- 1 tin no added salt four bean mix, drained & rinsed
- 1 tsp Worcestershire sauce
- 200 g wholemeal penne pasta
- grated cheese

### Method

1. Heat a nonstick pan, add the oil and fry the onion, carrot and celery for a few minutes. Then add the garlic if using and fry until fragrant and soft.
2. Add the beef mince and brown, breaking up the clumps of meat into fine pieces with the edge of a wooden spoon.
3. Add the water or stock, tin of tomatoes, drained beans and Worcestershire sauce. Bring to the boil then turn the heat low to simmer, covered, for about 20 minutes to let the flavours develop.
4. Cook the pasta for half the time recommended on the pack, drain and mix with the meat sauce.
5. Pile into a casserole dish. Top with grated cheese and bake until the top is golden and crispy.





*Board membership* – is open to all members and you can join the Board at any time during the year, not just at the AGM.

We would be very happy to welcome you to a regular meeting. Regardless of previous experience everybody has something to contribute and a variety of interests and suggestions is always very valuable.

The Board currently meets on the third Wednesday of each month at 4.00 pm in our office. If this day and time doesn't suit, and you would like to be involved with the board, please contact us so we can discuss possibilities.

If you are interested contact Ruth Garden or Hilary Fowler on 1800 011 041 or 8948 5232.

Office hours are 9:30am to 2:00pm Monday to Thursday



### *Membership renewals*



Thank you to all those of you who have responded to renewal notices sent out with the August newsletter, renewing your annual membership. Special thanks to those who have added donations! Membership and donation income are both highly valued. That income really does make a difference to the viability of the our organisation.

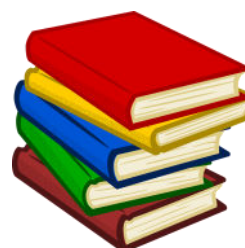
### *Resources available for loan to members of AONT:*

#### *Ankylosing Spondylitis and Rheumatoid Arthritis.*

1. "A practical guide to living with Ankylosing Spondylitis"
2. "A practical guide to living with Rheumatoid Arthritis"

Both these books are produced by Arthritis & Osteoporosis Western Australia. Contributors include a wide range of leading health professionals, such as: rheumatologists, rheumatology nurses, physiotherapists, and orthopaedic surgeons - all with a genuine interest in helping patients to better understand their conditions, and how to still get the most out of life!

Contact us on 1800 011 041 to arrange to borrow these books or call in to the office at Shop 18 Rapid Creek Business Village.



The library also includes a wide range of books on other specific conditions, as well as general management.

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"Life is like riding a bicycle. To keep your balance, you must keep moving."

**Albert Einstein**

## *Palmerston support group*

### *Obituary - Sylvia Bugg 1930 - September 2022*

Soon after joining AONT in 2000, Sylvia became involved with the Palmerston Support Group. For many years she was the group convener, arranging guest speakers and keeping meticulous records of meetings. Most important to Sylvia was the care and support of the group members, including remembering birthdays and reaching out whenever anyone was unwell or going through difficult times.

Even when experiencing her own health setbacks, Sylvia always thought of others. Her commitment and many kindnesses are a wonderful legacy to leave behind.



## *Scleroderma*

Scleroderma, or systemic sclerosis, is generally classified as one of the autoimmune rheumatic conditions. It is a chronic connective tissue condition. One of the common symptoms is the thickening or hardening of skin. The word “scleroderma” comes from the Greek: sclero = hard, derma = skin

The sunflower is the national icon of **Scleroderma Australia**, as people with scleroderma are usually more comfortable in warmer weather. Available at AONT are separate resources developed by Arthritis Australia and Scleroderma Australia.



Contact us on 1800 011 041 for more information.

The following library books are available to loan to members:

1. “The first year - Scleroderma. An essential guide for the newly diagnosed”  
Karen Gottesman 2003
2. “Scleroderma - Coping strategies” B. Bianca Podestra 2011

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## *Water cycling - a new exercise opportunity*

Exercise physiologist Sally Goetz of Emerse is planning to deliver five of these 45 minute classes per week, commencing on 24<sup>th</sup> October at the Henbury School pool. Sally enjoys working with the over 50s and is a keen advocate for water based exercise, saying: *“water cycling an ideal mode of exercise to help strengthen muscles and reduce the stress on joints”*

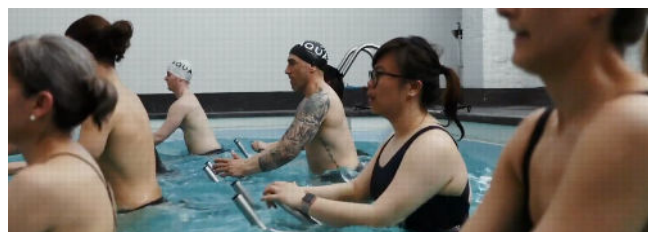


To find out more:

Email: [sally@emerse.com.au](mailto:sally@emerse.com.au)

Website: [emerse.com.au](http://emerse.com.au)

Phone: 0491 366 693



## *A Miracle Cure - or Not!*

When you look at an advertisement, how do you know whether or not you can believe what it is claiming?

This is especially important when the ad claims to be selling something that will improve your health.

Some points to watch out for:

- ♦ Headlines designed to draw your interest because of your health conditions
  - ♦ Claims that are not supported by evidence
  - ♦ Claims that the products are natural — this does not necessarily mean they are safe
  - ♦ Claims that the products 'cure' a disease. There is no cure for diseases such as arthritis and diabetes.
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## *Out and About - past the Berrimah Line!*

Presentations to CWA Litchfield and Palmerston Combined Probus:

On both occasions, the presentation focused on the role of AONT - who we are and what we do - rather than a lecture on arthritis and osteoporosis. Samples of information sheets, booklets and brochures were made available to audience members.



### *CWA Litchfield*



It was a pleasure to meet such a friendly, enthusiastic and energetic group of women. The Country Women's Association work towards improving conditions of life for women and families, giving community service, and supporting town and district schemes for cultural and welfare projects.

Thank you very much CWA Litchfield for your kind donation.

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**Probus**  
SOUTH PACIFIC

### *Palmerston Combined Probus:*

meet on the third Thursday of each month at Cazalys, Palmerston. Starting at 10:30am with a guest speaker, the group moves on to morning tea and socialising. A short formal meeting follows. Events are also organised during each month, for example: dinner, movie group, golf, and book club. Prospective new members are always welcome.

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“Kind words can be short and easy to speak, but their echoes are truly endless.”

**Mother Theresa**

**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

**Find us at:**

Shop 18 Rapid Creek  
Business Village,  
48 Trower Rd Millner

[www.aont.org.au](http://www.aont.org.au)

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

**We are open:**

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

**Contact us:**

Free call: 1800 011 041  
(08) 8948 5232  
PO Box 452,  
Nightcliff 0814  
[info@aont.org.au](mailto:info@aont.org.au)

**Staff**

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Deirdre Moldenhauer

*Accounts*  
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Ruth Garden

*Board Members*  
Amin Islam  
Ruth Quinn  
Lyn Skipper  
Renaë Callaway



**Arthritis & Osteoporosis NT**

*What we do*

**Our work includes:**

- Responding to walk in, email and telephone enquiries
- Providing personalised information packs in response to enquiries
- Producing this newsletter six times throughout the year
- Hosting pain self-management courses for consumers - ring the office, 8948 5232, for more details of the next available course
- Providing information stands at a range of forums throughout the year



At the 2022 COTA Seniors Expo: Ruth Garden and Ruth Quinn answering queries and distributing materials.

- Keeping in touch with other community health organization and the services they provide
- Delivering bulk materials on request to a range of health services
- Presentations to community groups by invitation
- Making applications for various small grants to assist with special projects
- Liaising with Arthritis Australia and other state and territory arthritis organisations
- Liaising with Healthy Bones Australia



Funny Pictures on [www.lefunny.net](http://www.lefunny.net)