

Providing

reliable and up to date information to improve the understanding of arthritis and osteoporosis, and

Promoting

healthy lifestyles and self-management to optimise health outcomes.

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Reducing medicinal harm

An important message from NT Health

A new system is being launched by the NT Government as part of a national push to reduce the harms of some medicines used to treat pain, anxiety and sleep issues. These medicines provide relief but without good oversight and supervision, people can end up taking high doses or for longer than recommended and this can lead to becoming dependant on the medicines. This risk is much higher if someone is seeing multiple doctors and pharmacies.

NTScript is an upgrade of the existing monitoring program operated by NT Health since 2004 and lets doctors and pharmacists see records of the supply of high risk medicines to their patients in the NT. Access to this information is restricted to the doctors and pharmacists who are looking after you as well as government regulators to ensure the legal supply of medicines in the NT. This new program will encourage discussions with patients around the safe use of medicines as well as support plans to reduce any risks of overuse of high doses and you may find your health professionals will want to talk more about your medicines use.

NTScript will be rolled out in the second half of 2021 and you can get more information from tiny.cc/ntscript and through the AONT June newsletter.



Article by Sam Keitaanpaa, NTScript project officer, Department of Health

Board Update

The position of President remains vacant and we look forward to hearing from you, our members, on how to fill this position.

While there is sufficient experience and skills on the board to ensure we meet all our Service Agreement and legal obligations, it would be wonderful to have more representation from our membership, to ensure we remain in touch with your needs and expectations.

There are also vacancies for more non-executive board members. Currently we have just the two minimum required. Sometimes it is touch and go as to whether we have the quorum of four for our monthly board meetings, the full board being five members.



Currently, the board meets on the third Wednesday of each month at 4:00pm, with days and times negotiable according to availability of genuinely interested prospective board members. Meetings usually finish by 5:15 to 5:30pm.

Apple-berry and cream cheese scrolls

From The Dairy Kitchen

Ingredients

30 g dairy spread
2 cups self raising flour
3/4 cup low fat milk
1/2 cup low fat cream cheese
1 teaspoon cinnamon
1 apple, finely chopped
1 cup fresh or frozen raspberries
2 tablespoons castor sugar

Fiddly to make, but well worth the effort!



Method

1. Line 20cm x 30cm baking tray with baking paper. Preheat oven to 220° C.
2. Rub spread into sifted flour until mixture resembles fine breadcrumbs. Make a well in the centre and add all the milk. Mix to a soft dough. Turn out to floured surface and knead lightly.
3. Roll out dough to a 1cm thick rectangle. Spread with warmed cream cheese, sprinkle with cinnamon, fruit and sugar.
4. Roll up as for a swiss roll. Cut into 12 slices, wiping the knife between each cut. Snugly fit the scrolls into the baking tray.
5. Bake for 15-20 minutes, or until golden and cooked.

HEALTHY BONES AUSTRALIA

Formerly known as Osteoporosis Australia

The following fact sheets are available from our office, covering a wide range of topics in relation to bone health: and the likelihood of developing osteoporosis.

Bone health

Breaking a bone

Osteopenia

Supplements & lifestyle

Calcium

Vitamin D

Exercise

Medications

Osteoporosis treatment

Other conditions and bone health

Anorexia nervosa

Breast cancer

Coeliac disease

Diabetes

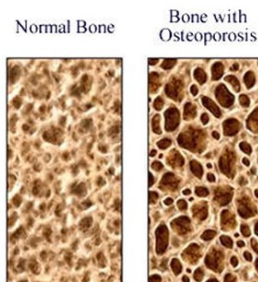
Glucocorticoids

Pregnancy

Prostate cancer

Rheumatoid arthritis

Thyroid conditions



29th June
World
Scleroderma
Day -



scleroderma
australia

For this special awareness day, Scleroderma Australia is lighting up landmarks across the country in yellow to “Shine like a sunflower”.



More information on this condition is planned for the June newsletter.

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



Each meeting usually starts with some simple chair-based exercises. Most meetings include guest speakers and/or activities and the group is delighted to welcome three new members this year. Thanks to Anne for her continued dedication to the group, a strong example having been set by her predecessor Sylvia.

**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

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We are open:

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

Staff

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President

Vacant

Vice President

Margaret Murray

Secretary

Hilary Fowler

**Treasurer and Public
Officer**

Ruth Garden

Ordinary Board Members

Anne Coutts
Amin Islam

What We Do

- Respond to walk in, email and telephone enquiries with tailored information packs
- Produce this newsletter up to six times each year
- Conduct pain management courses for consumers – relevant to anyone experiencing chronic pain, whatever the cause
- Provide information stands at a range of forums throughout the year, to showcase and share our resources
- Keep in touch with other community health organisations and the services they provide
- Deliver bulk materials to various providers on request
- Give presentations on pre-arranged topics to community groups
- Collaborate with Arthritis Australia on various national projects to contribute towards better outcomes for those with arthritis.
- Source the latest information from our national bodies, Arthritis Australia and Healthy Bones Australia, so we can provide reliable and up to date material to clients.

 **Arthritis &
Osteoporosis NT**
www.aont.org.au



One
approach
to getting
organised

I find it helps to
organize chores into categories:
Things I won't do now; Things I
won't do later; Things I'll
Never Do...



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 **Northern Territory
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