

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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Annual General Meeting

Thank you to those loyal members who came along to the AGM on 23rd November. Your support and interest is appreciated.

There were no changes to the Board:

| | |
|---------------|----------------|
| Ruth Quinn | President |
| Amin islam | Vice President |
| Hilary Fowler | Secretary |
| Ruth Garden | Treasurer |
| Lyn Skipper | |
| Sami Azam | |

There are still positions available and these can be filled any time during the year. Our Constitution require us to have a minimum of two and up to 10 ordinary board members.

As noted in Ms Quinn's President's report to the AGM, new Board members are always welcome and strongly encouraged. The Board meets for about an hour on the third Wednesday of every month. More members would make it more representative of our membership, so please don't hesitate to contact the office for more information and/or to arrange a chat with any of the above Board members.

Membership

Thank you to all those who have renewed their membership to June 2025. Final notices are included for those who might have forgotten. ***Membership renewals made by post, direct transfer, or phone message during the Christmas closing are welcome and will be processed as soon as possible.***

Office closing over Christmas

The office will close on Thursday 12 December, to reopen on Monday 13 January at 9:30am.

During this time there will be regular checking of our post office box, emails and phone messages.



**We wish you all a
Merry Christmas and a
Happy New Year**

Maggie Beer's fall is a reminder to us all

This article is adapted from the National Seniors website

<https://nationalseniors.com.au/news/latest-news/maggie-beers-fall-is-a-reminder-to-us-all>

Australian chef and food icon, and recent champion of improving meals for aged care residents, Maggie Beer is recovering from a serious fall at her home. She sustained bone fractures, but doctors expect the popular food personality, aged 79, to make a full recovery.



This incident is a reminder that falls can be a dangerous part of ageing, as the body becomes less flexible, less stable, weaker, and brittle.

There are many things we can do to prevent falls and enhance recovery, with regular exercise and good nutrition being important.

Professor Batchelor of the National Ageing Research Institute (NARI) offered some encouragement and advice to help Maggie get back on her feet, including some important information about falls:

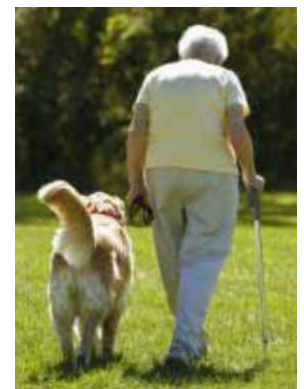


- Falls are a major health issue in the community with around 30% of Australians aged over 65 experiencing at least one fall per year;
 - Falls are Australia's leading cause of injury hospitalisation and death, representing 43% of injury hospitalisations and 42% of injury deaths;
 - Falls requiring hospitalisation occur more frequently in females, and with increasing age, and are most likely to occur in the home;
 - Falls requiring hospitalisation are 1.4 times for more likely for those living in very remote areas compared with inner regional areas.
- The cost of falls will increase significantly with Australia's ageing population and is expected to rise to around \$1.4 billion per year by 2051. A higher number of falls will also create greater need for precious hospital and residential aged care beds.

Physical and emotional recovery after falling takes time, and people in this situation should follow their healthcare provider's advice and try not to rush the process. The professor's **top tips for fall prevention and recovery** include:

1. **Stay active safely.** Exercise is vital in helping improve your strength, balance, flexibility and fitness but should be tailored to ensure that it's right for you and your stage of recovery. Always consult with your healthcare provider before starting any new exercise program. Professor Batchelor recommends the **Safe Exercise at Home** website as "a trustworthy and reliable place to find out about exercise".

Go to <https://www.safeexerciseathome.org.au/>



2. **Home modifications.** Living spaces should be safe and free from hazards that could cause another fall. Occupational therapists can provide expert advice.
3. **Assistive devices.** If a walking stick or frame is recommended, use it. It will provide support and confidence while you regain your strength and balance. Be extra careful on wet or uneven surfaces.
4. **Balanced diet.** A diet rich in calcium and vitamin D is crucial for bone health. Eat dairy products, leafy greens, and fortified cereals.
5. **Stay connected.** Professor Batchelor says that emotional and psychological support is an important part of recovery. Concerns about falling again or a fear of falling are common and can cause limitations in activity.



Bone health

The following materials, produced by Healthy Bones Australia, are available from our office, covering a wide range of topics in relation to bone health and the likelihood of developing osteoporosis.

With this newsletter is a copy of a new fact sheet “Blokes, bones and breaks”. If this is not relevant to you, please pass it on - it has valuable information for all the men in our lives!

Other new materials are Fact Sheets “Epilepsy” and “Menopause”, and the Booklet “Men’s bone health explained”. Here is the full list of materials.

Booklets

- Bone Health Explained,
- Exercise and bone density
- Men’s bone health explained

Fact sheets

Bone health

- Blokes, bones and breaks
- 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
- Epilepsy
- Glucocorticoids
- Menopause
- Pregnancy
- Prostate cancer
- Rheumatoid arthritis
- Thyroid conditions

Elbow Exercises

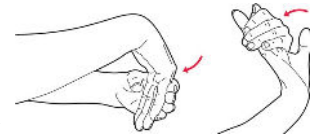
Elbow bend



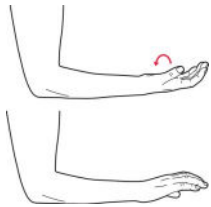
Stand up straight and lower your arm to one side. Bend the arm slowly upwards so your hand is touching your shoulder. Hold for 15-30 seconds. Repeat 10 times. This exercise can also be done with a light weight.

Wrist Flex

Keeping your arm straight in front with your palm facing down, gently bend your wrist down. Use the opposite hand to press the stretching hand back towards your body and hold for 15-30 seconds. Straighten your wrist. Gently bend the stretching hand backwards and use your other hand to pull the fingers back. Hold for 15-30 seconds. Do this three times with each wrist.



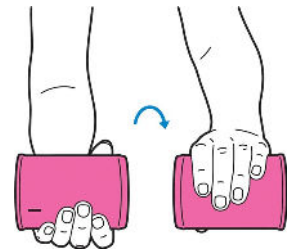
Wrist Turn



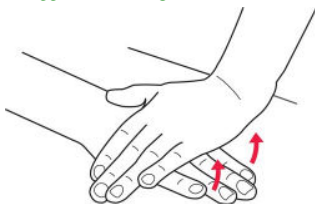
Bend your elbow at a right angle and hold out your hand, palm up. Turn your wrist slowly so that your palm is now facing down. Hold for five seconds, and then slowly release. Try to do this a total of 30 times with a break after every 10.

Wrist turn with weight

Repeat the exercise above while holding a light weight, such as a tin of beans.



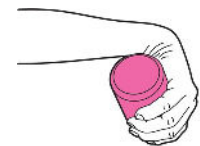
Palm lift



Place your palm on the table and lift the fingers up. Place your other hand across the knuckles at 90 degrees and push down as the bottom hand tries to pull up. You should feel the muscles of your forearms contracting. Swap hands and repeat. This is a useful basic exercise for tennis elbow.

Wrist list—palm down

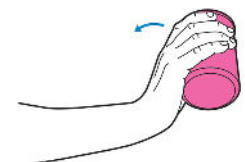
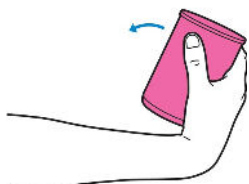
Bend your elbow at a right angle. Hold a light weight (for example a tin of beans), palm down. Bend your wrist slowly towards you, and then slowly release. Do 3 sets of 15 repetitions twice a day. This is a useful exercise for tennis elbow and needs to be done for 8-12 weeks.



Wrist lift—palm up



Bend your elbow at a right angle. Hold a light weight, such as a tin of beans, with your palm facing upwards. Bend your wrist slowly towards you. Hold for five seconds, and then slowly release. Try to do this 30 times with a break after every 10.



<https://versusarthritis.org/about-arthritis/exercising-with-arthritis/exercises-for-healthy-joints/exercises-for-the-elbows/>

Fact Sheets on 'Gout' and 'Gout and diet'

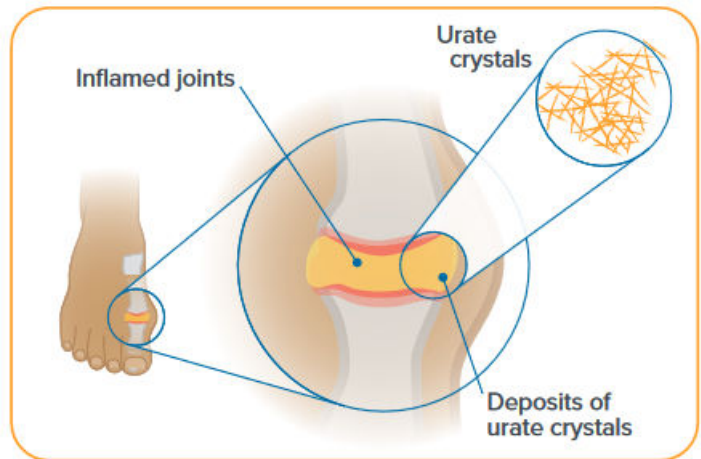
<https://arthritisaustralia.com.au/types-of-arthritis/gout/>

Arthritis Australia, with the assistance of the Quality Use of Medicines Alliance, has produced two updated fact sheets on Gout. The following information is a brief summary of these sheets. If gout is an issue for you, or someone you know, please don't hesitate in contacting the office for the copies of either or both sheets.

Gout is a type of arthritis which occurs when uric acid (urate) levels in the blood are unusually high. This can happen when our bodies make too much uric acid, or our kidneys cannot get rid of the uric acid quickly enough. The first sign of gout is often a flare. The excess acid forms tiny crystals, often inside small joints.

Symptoms of a gout flare include:

- Joint pain, redness, heat and swelling that can be painful to touch
- Difficulty walking or moving the joint.



Busting myths:

1. Gout can be controlled with diet changes alone.

No, medication is important for most patients.

2. It's caused by drinking too much alcohol.

No, though it may trigger a flare. Even non-drinkers may develop gout.

3. Not eating fruit (high in fructose) will help.

No, but limit drinks high in fructose (non-diet soft drinks and some fruit juices).

4. Vitamin C helps lower uric acid levels.

No, there is no evidence that it reduces the severity or frequency of flares.

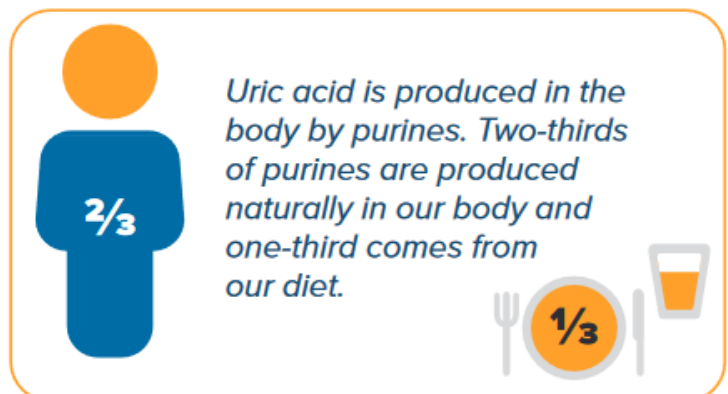
5. Cherry juice will reduce flares.

No strong evidence.

Do certain foods trigger a gout flare?

Yes, some foods high in purines **may** trigger a flare, eg: red meat, white meat, organ meat (also known as offal), and seafood (especially shellfish). Purines are chemicals found naturally in the body and in many foods we eat and drink. Our bodies turn some of these purines into uric acid.

For full copies of these fact sheets contact our office.



Are you a carer?

You might be a carer and not even know it. A carer is someone who provides unpaid care and support to family members and/or friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are aged and frail.

Carers NT

This organisation supports carers in the NT to maintain their caring role and to take a break for themselves when they need to. It provides respite, therapy services, education and training, advice and information, Volunteer Community Support, ongoing Aged Care Services, and support to people with disabilities as a Registered NDIS provider.

Respite services are an opportunity to take time out from caring responsibilities, which is important to maintain health and wellbeing. It may be in-home respite, emergency respite, carer support or residential respite.

Other services include:

- Advocacy, as it is vital for the needs of the caring community to be clearly understood by those individuals and organisations sanctioned to support carers.
- Counselling. A counsellor is someone a carer can talk to about their caring role, and any issues they may be having, to enable the carer to explore aspects of their life and feelings by talking openly and freely - rarely possible with family and friends.
- Carer activities. Peer support Groups provide registered carers with the opportunity to be part of a supportive, comfortable and welcoming environment where carers are able to discuss day to day issues or topics of interest and collectively seek solutions through mutual support. These forums are facilitated by Carer Peer Support Workers.
- Young Carers Program. This program aims to support those up to the age of 25 years who take care of a friend or family member

Carers NT is a not-for-profit, community based organisation and registered charity dedicated to improving the lives of family carers living in the Northern Territory. They work collaboratively with the Carers Associations in each state and territory along with their partners to influence the development of policies and essential services in the Northern Territory.

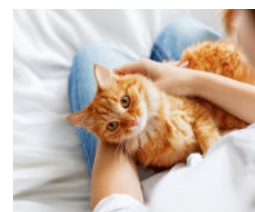
**For more information call Carers NT on
1800 422 737**

The above information is taken from the Carers NT website -
www.carersnt.asn.au



“If a dog jumps on to your lap it is because he is fond of you; but if a cat does the same thing it is because your lap is warmer.”

A.N. Whitehead



Greek Roast Pork

A very easy to cook succulent dish just right for Christmas.

<https://www.bestrecipes.com.au/recipes/greek-roast-pork-recipe/6ryw4lqp>
from the Mediterranean Lifestyle Cooking cookbook by New Holland Publishers.

Ingredients

- 1.5 kg pork leg
- salt and pepper to taste
- 4 tsp dried rosemary
- 1 lemon, juiced
- 1 orange, juiced
- 5 garlic cloves, halved

Method

1. Preheat the oven to 200⁰ C. Prepare the meat by washing and patting it dry with paper towel. Using a sharp knife, score the top into square or diamond shapes.
2. Place the pork into a roasting pan and rub salt, pepper, rosemary, lemon and orange juice all over the meat. Tuck the garlic cloves into the skin where you have scored it.
3. Pour 1 cup of water into the baking dish and place into oven to cook for 90 minutes. Baste the meat with the juices in the pan occasionally, adding more water if you think it is getting too dry. The meat does not need turning.
4. Increase the oven temperature to 220⁰ C for the last 20 minutes of cooking time so that the pork crisps up to a glorious golden brown. Serve hot with roast potatoes and salad.



Arthritis and massage

From the Arthritis Australia info sheet available at our office:

“Massage involves mobilization of tissues, using pressure, tension, motion or vibration. It targets the soft tissues of the body, such as muscles, tendons, and ligaments. ... Massage may help to temporarily improve the mobility of joints and muscles affected by arthritis. However, it will not reduce inflammation or joint damage from arthritis”

Relaxation massage - typically focuses on stress relief and reducing muscle tension.

Remedial or therapeutic massage - aims to address injuries and chronic muscle pain, such as that caused by arthritis. Treatments target specific problem areas and are more likely to be beneficial in temporarily relieving the symptoms of arthritis, such as pain.

For your copy of the full sheet, simply call our office on 8948 5232 Monday to Thursday between 9:30am and 2:00pm.

Humans are not the only ones to benefit from a massage

At the Werribee Open Range Zoo in Victoria, 23 year old Arabian camel Saffron has benefitted from soft tissue remedial massage, to the extent that she had improved mobility and did not require sedation for her health checks which included X-rays and thermal image scans. To quote: “This camel has been getting over the hump of chronic age-related arthritis” *NT News, Saturday 16-11-2024.*



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

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

Vice Patron
The Honourable Vicki
O'Halloran AM CVO

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facebook.com/
arthritis.osteoporosis.nt

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We are open
9:30am – 2:00pm
Monday to Thursday
(excluding Public Holidays)

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Ruth Quinn

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Amin Islam

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Hilary Fowler

**Treasurer and Public
Officer**

Ruth Garden

Ordinary Board Members
Lyn Skipper
Sami Azam

What We Do

Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Hosting pain self-management courses and “Taking the first step”. Call the office on 8948 5232, for more details
- Providing information stands at a range of forums throughout the year
- Presentations to community groups
- Keeping in touch 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**
www.aont.org.au

Something for next February...

A local production of the Musical based on the stories of P.L. Travers and the Walt Disney Film, featuring the Darwin Choral.



14, 15, 21, 22 February 2025
Darwin Entertainment Centre



Box Office phone lines
are open 10am - 4pm
Monday - Friday.
Call (08) 8980 3333.

Arthritis & Osteoporosis NT is

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