

Christmas/ holiday closing dates

Last day the office
will be open:

Thursday

13 Dec 2018

First day of
opening in the
New Year:

Monday

14 Jan 2019

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jointNTed

Arthritis & Osteoporosis NT

December 2018

Christmas Fundraising

Acrylic Blanket Raffle



Hand crafted & donated by member Anne Coutts, this lightweight acrylic blanket measures 137 cm (54 inches) at the widest point and weighs just 589 grams.

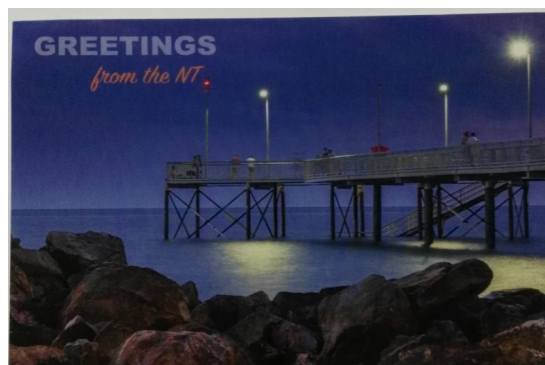
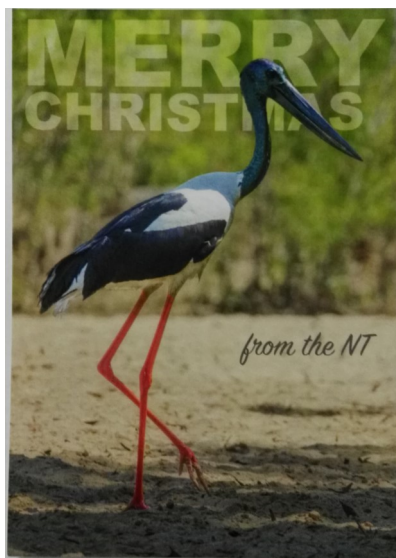
A perfect gift for a loved one in a cooler climate. It could be used as a knee rug or as a handy wrap when out and about with a baby.

Tickets \$2 each or 3 for \$5.

To be drawn **17 December 2018**

Christmas and Greeting postcards

Just \$1.00 each



Very attractive postcards for Christmas and loved ones at any time. Locally designed and produced as an AONT fundraiser.

Call the office 89485232 to arrange your purchase

Thank you for
your generous
donation
to Arthritis and
Osteoporosis NT

*Follow
your bliss!
Do what
makes you
feel alive!*



Give up your Gifts

Christmas is just around the corner. Or do you have a birthday, wedding or anniversary coming up? Would you like a gift that is not just another knickknack?

Whatever the occasion consider a gift that gives back to a good cause. Get your friends to donate to Arthritis & Osteoporosis NT instead of giving presents.

We will send the recipient an attractive bookmark to acknowledge your gift, showing who it has come from. Our receipt will be made out to the donor.

Practical Morning Tips for Rheumatoid Arthritis (and other kinds of arthritis)

Start With Your Hips

Get your joints moving and warmed up before you get out of bed. Loosen your hips with this quick range-of-motion exercise. Lie on your back with your knees bent. Roll your knees out then in. Repeat five times.

Loosen Your Shoulders

Wake up your upper body. Lie on your back with your arms at your sides. Lift one arm until your fingers point at the ceiling. Lower the arm to your side and raise your other arm. Repeat five times.



Get Stronger

Strength training helps your muscles support your joints. It can include lifting weights or using your own body weight for resistance. A morning workout helps you burn more fat throughout the day. If you've never lifted weights before, check with your doctor first. It's also a good idea to talk to a trainer, exercise physiologist or physiotherapist about how to do each move.



Stretch in the Shower

Take a long, warm shower every morning. To ease stiffness even more, do some simple stretches while the water warms your muscles and joints. Shrug your shoulders, roll your neck, and circle your wrists. If it's hard to balance, use a shower chair and stretch while seated.

Tap Into the Power of Music

Put on your favorite tunes. People with arthritis and other types of long-lasting pain who listen to music for an hour a day say they hurt less and have less disability. Doctors think it may cause the brain to release natural painkillers. The type of music doesn't matter. So crank up the country, or rock out to your heart's content.

Boost Balance With Tai Chi

This traditional Chinese martial art is good for your mind and body. It's a gentle form of exercise that relieves arthritis pain and improves balance, research shows. When you do it in the morning, it may also help your focus. You won't need any special equipment. You can buy a DVD with a tai chi program designed for arthritis.



Walk With a Purpose

A morning walk is one of the best things you can do for your RA. Walking nourishes the joints and strengthens the muscles around them. It also gives you energy and helps you stay at a healthy weight. Give your walk a purpose to keep yourself motivated. Meet up with a walking buddy, bring your dog, or stride to the local coffee shop.

Use Errands for Exercise

Give this idea a try when you have too much to do to fit in a walk or workout routine. For instance, at the supermarket, walk down every aisle. (You never know what you'll find!) Pace yourself. If you tend to get tired in the afternoon, schedule your errands for early in the day.

Steer Clear of Pain

A few changes can make driving with RA more comfortable. Wear weight-lifting gloves if you have trouble gripping the steering wheel. Trade in your keys for a remote that unlocks your car and starts the engine. These small upgrades can add up to less pain and stress at the start of your day.

<https://www.webmd.com/rheumatoid-arthritis/ss/slideshow-morning-tips-ra>

How to Manage Fatigue From Rheumatoid Arthritis (and other forms of arthritis)

By Amanda MacMillan

When your rheumatoid arthritis leaves you feeling drained, reboot your energy levels with the right moves. Exercise, healthy food, and good sleep habits are secret weapons in your fight against fatigue.

Move Your Muscles

It might seem counter-intuitive, but regular exercise can help you strike back against extreme tiredness. It makes your muscles stronger, which takes some of the strain off your damaged joints. It also boosts blood flow to your brain, which makes you more alert. And when you're active during the day, it can help you sleep better at night, too, so your body's able to re-charge.

Jean Foster, who's had RA for 14 years, learned that lesson firsthand. She does some type of exercise every day. "This does wonders for my energy levels because I sleep better and have less stress," she says. "If I'm tired or stiff, sitting in the same position makes it worse."

Walking, cycling, and swimming are activities that get your heart pumping but are easy on your joints. In one study from the University of California, San Francisco, people with RA who wore pedometers and kept track of how many steps they took every day had less fatigue than those who didn't.



Take Breaks When You Need Them

If you do too much exercise or do it too intensely, it can sometimes backfire. It could leave you more tired than when you started. And if you're in the middle of an RA flare-up, even normal activities may be too much for your body to handle.

"There are enormous benefits to what I would call common sense," says Susan Goodman, MD, associate professor of clinical medicine at Weill Cornell Medical School. "If you're exhausted just doing the housework, get someone to help. If you're feeling really run down, take a nap or a day off work."

You can also use devices to help you get around more easily, like a walking cane or a brace, which take stress off your joints and may help you feel less worn-out.

Get Better Sleep

It sounds like a bit of a no-brainer, but you might have fatigue because you're not sleeping well. Even one night of tossing and turning can affect how you feel during the day. "It's harder on patients with RA to lose sleep than it is for other people," Goodman says. You'll get more shut-eye if you take up the right bedtime habits. Make sure your bedroom is dark and cool, and avoid looking at your cell phone or watching TV in bed, Goodman says. If pain keeps you awake, talk to your doctor about whether there are better ways to manage your symptoms.

Lift Your Spirits

RA and some of the medicines that treat it raise your risk for depression, which can make you feel more tired than usual. A therapist can help you manage your emotional health. A psychiatrist may also prescribe antidepressants if he thinks that's right for you.

Goodman also recommends joining a support group to talk to others who have rheumatoid arthritis. "They can make you feel less isolated if you're having a tough time," she says, "and help you find different ways to approach the challenges that come with RA".

Check Your Medicines

Ask your doctor if any of the meds you take could play a role in your fatigue. Drugs such as nonsteroidal anti-inflammatories (NSAIDs), antihistamines, and selective serotonin-reuptake inhibitors (SSRIs) can cause you to feel drowsy.

Also, keep in mind that RA is an autoimmune disorder, which means it makes the body's immune system, your body's defense against germs, work overtime. This can make you feel exhausted, almost like you're constantly fighting the flu. Medicines that stop the immune system from working so hard may help you feel better overall and boost your energy levels.

Choose Healthy Foods

Eat balanced meals that have plenty of fruits, veggies, and lean protein. It will give you a steady stream of energy throughout the day. Avoid food that's high in fat and sugar, and keep an eye on portion sizes. When you put on kilos it can make you feel sluggish, and your RA symptoms may get worse.

Find the Root Cause

Your energy levels are affected by a lot of different things when you have RA. Some are directly related to your disease, but some are not. "I think the major strategy in managing fatigue is to try to sort out what's causing it," Goodman says. "Then you and your doctor can address it at its source."

Since she was diagnosed, Foster says she's become good at learning what makes her RA symptoms better or worse. "Every time I have a flare-up, I think about what I've done differently in the past few days," she says. "Educating myself about my condition, and understanding how it impacts my body, has been very helpful in keeping my energy levels up."

<https://www.webmd.com/rheumatoid-arthritis/features/coping-with-fatigue>

Obituary : Denis Power

We were recently advised by Denis' family that he had passed away after a long illness.

Having first joined the organisation in October 2009 he volunteered for the Board at the AGM the following month. He subsequently served as President for four years from early 2013.

For most of this period until late 2016 Denis manned our reception desk on a weekly basis and was the face of the organisation on Sunday mornings during the Rapid Creek markets — he successfully recruited quite a few new members! This commitment was greatly appreciated.

Denis retired from the Board in early 2017, moving interstate to be with family.

We acknowledge Denis' many years contribution and extend our condolences to his family and friends.

Membership renewals

A big thank you to all those members who have renewed their membership since receiving renewal notices with the last newsletter.

Final notices have been included for those who have not yet got round to renewing!

Details of how to pay fees are included on the notices.

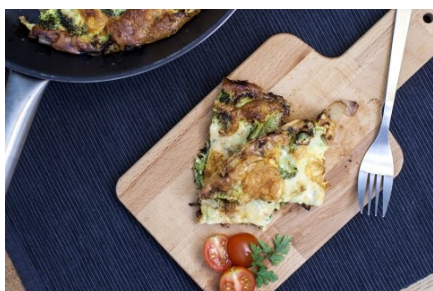
Membership income is greatly appreciated. It really does make a difference.

And an extra thank you to those who have included donations.



Lots of calcium - good for your bones

Cheese and Broccoli Frittata



Number of Servings:	2
Preparation time:	25mins
Energy:	219 kcal
Protein:	13 g
Calcium:	236 mg
Vitamin D:	0.99 IU
% Ca recommended daily intake:	23.60%

Ingredients

- 4 large eggs
- 1/2 small onion, sliced
- 1 tsp olive oil
- 150 g / 1 cup broccoli, chopped
- Salt and pepper to taste
- 1/4 cup shredded cheese – e.g. aged Cheddar or Gruyère

Preparation

1. Separate 2 of the eggs, putting the whites into a bowl (discard the yolks). Add the 2 whole eggs and 1 tablespoon of water to the whites and whisk well.
2. Boil, steam or microwave the broccoli until just slightly soft.
3. In a medium ovenproof nonstick skillet/frying pan heat the oil at medium heat. Add the onion and cook until it begins to soften, about 5 minutes.
4. Add the broccoli and cook for another 2 minutes. Add salt and pepper.
5. Pour the egg mixture over the vegetables in the skillet covering them evenly. Reduce heat to medium-low, cover, and let cook until the egg mixture is firm around the edges but slightly liquid in the middle, about 7-8 minutes.
6. Preheat the grill (or oven).
7. Once ready, sprinkle with the cheese. Place the skillet under the grill (or in oven) until the surface is set and golden brown, about 2-3 minutes.
8. Cut the frittata into 4 wedges. Serve with green or mixed salad.

Source: International Osteoporosis Foundation – Bone Healthy Recipes - <https://www.iofbonehealth.org/recipes>

ADVERTORIAL

Arthritis and Lymphatic Drainage

The Soft Touch is run by an Occupational Therapist with many years experience treating various injuries, conditions, and symptoms that affect the upper and lower limbs. Our mission is to make you feel cared for, to reduce aches and pains, and to help you to relax. Our mobile service comes to you, and so whether you live at home, in a nursing home, respite or hospice facility, we can treat you where you are. We specialise in seated relaxation massage and lymphatic drainage for those who may be suffering from arthritis, or from any other condition that affects mobility and function, and the ability to do daily activities. We tailor our services to consider your health conditions, mobility, and special needs.

Lymphatic therapy can have a relieving effect on the pain and stiffness of arthritis, due to reducing the inflammatory load in the tissues. The lymphatic system is part of the vascular system, and an important part of the immune system, and it helps to protect us from infection and disease. Its roles include acting as a one-way drainage system, transporting fluid from the body's tissues back into the blood circulation, and helping to fight infection. As fluid flows through the body's network of lymph vessels, it flows through lymph nodes. The lymph nodes contain lymphocytes, which attack and break down bacteria, viruses, or damaged cells. Waste products and the destroyed bacteria are then carried in the lymph fluid back into the bloodstream, and are removed from the body with other waste.¹

Lymphatic drainage consists of gentle, slow strokes that are applied gently to the surface of the skin where a complex web of superficial lymphatic vessels are located. The gentle repetition of directed massage strokes encourages the lymphatic system to work a bit more efficiently, and help to remove the cellular, metabolic and inflammatory wastes from the tissues and joints, which relieves the ache and pain of arthritis, amongst many other things. Plus, due to the nature of this very gentle therapy, it stimulates the parasympathetic response from the nervous system, so you get the added benefit of a better night's sleep, the feeling of relaxation, reduced agitation and anxiety, an improvement in skin integrity, and for those with pain and stiffness, a reduction in the inflammatory load that is present in the affected area.^{1,2} There are many other tools to help with arthritis symptoms, such as adaptive aids or compensatory techniques, however that's a topic for another time.

1 Complex Lymphatic Therapy, Casley-Smith Method Workbook (2009)

2 Bouta, EM; Bell, RD; Rahimi, H; Xing, L; Wood, RW; Bingham III, CO; Ritchlin, CT & Schwarz, EM (2018) – Targeting lymphatic function as a novel therapeutic intervention for rheumatoid arthritis. Nature Reviews Rheumatology Vol 14, pages 94–106

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The Soft Touch offers a 10% discount to
Arthritis & Osteoporosis NT members.

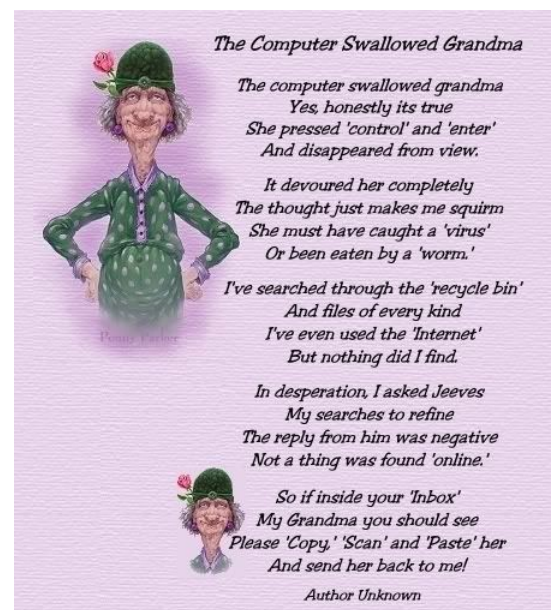
Bicep curls—how do you hold the dumbbells?



After we published the article on exercises for osteoporosis in the last newsletter, one of our members asked how you hold the dumbbells for this exercise. The picture shows you the starting position.

You can perform bicep curls either with dumbbells weighing between 1 to 2 kilos or use two small cans of food. They can be performed seated or standing, depending on what you're most comfortable with.

- Take a dumbbell in each hand.
- Keeping your upper arms steady and elbows close to your sides, bend at the elbow to raise the weights towards your shoulders, gently turning your wrists at the same time so that the weights are facing your shoulders. You can watch the bicep muscles on the fronts of your upper arms contract.
- Lower your arms to return to your starting position.
- Repeat eight to 12 times. Rest and repeat for a second set, if possible.



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

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Vicki O'Halloran AM
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Vice Patron:

The Honourable
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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
- Producing our publication, joiNTed, four times a year
- Hosting pain self-management courses for members and the general public: ring the office on 8948 5232 for more details of dates and venues
- Providing information stands at a range of forums throughout the year
- Promoting Arthritis Awareness Week and other special occasions
- Delivering bulk materials to both the private and public hospitals in Darwin as well as to a range of health service providers
- Community presentations
- Liaising with Arthritis Australia and Osteoporosis Australia
- Making applications for various small grants to assist with special projects

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

Helping our members

All members are welcome to our support groups. The idea of a support group is to leave feeling better than when you arrived.

These forums provide opportunities to meet informally over a cup of tea or coffee, and meet others who are having or have had similar experiences of living with arthritis, osteoporosis or other musculoskeletal conditions.



Palmerston support group

This long established group meets at the Brennan Electorate Office, Palmerston Shopping Centre (opposite Target) on the third Monday of each month at 10.00 am.

Arrangements are often made for guest speakers or special outings.

Darwin, northern suburbs

Darwin Support Group has been suspended for the time being. If you are interested please contact the office on 89485232 and let us know if a different day and time would suit you better.

Previously, meetings have been held on the first Friday of each month at 11.00am at our office in Rapid Creek.

2018 Annual General Meeting Saturday 10th November

Copies of the Annual Report are available at the office. Presented at the AGM, this Report includes the audited Financial Statement. The president, Secretary and Treasurer all spoke to various aspects of the Report.

Election of board:
Farewell to outgoing members Mary Willis, Fiona Park, and Shilpi.
Welcome to new members Janette Evers and Carol Francis.



facebook.com/arthritis.osteoporosis.nt



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