

the *joinT*ed **December 2017**

Arthritis & Osteoporosis NT newsletter

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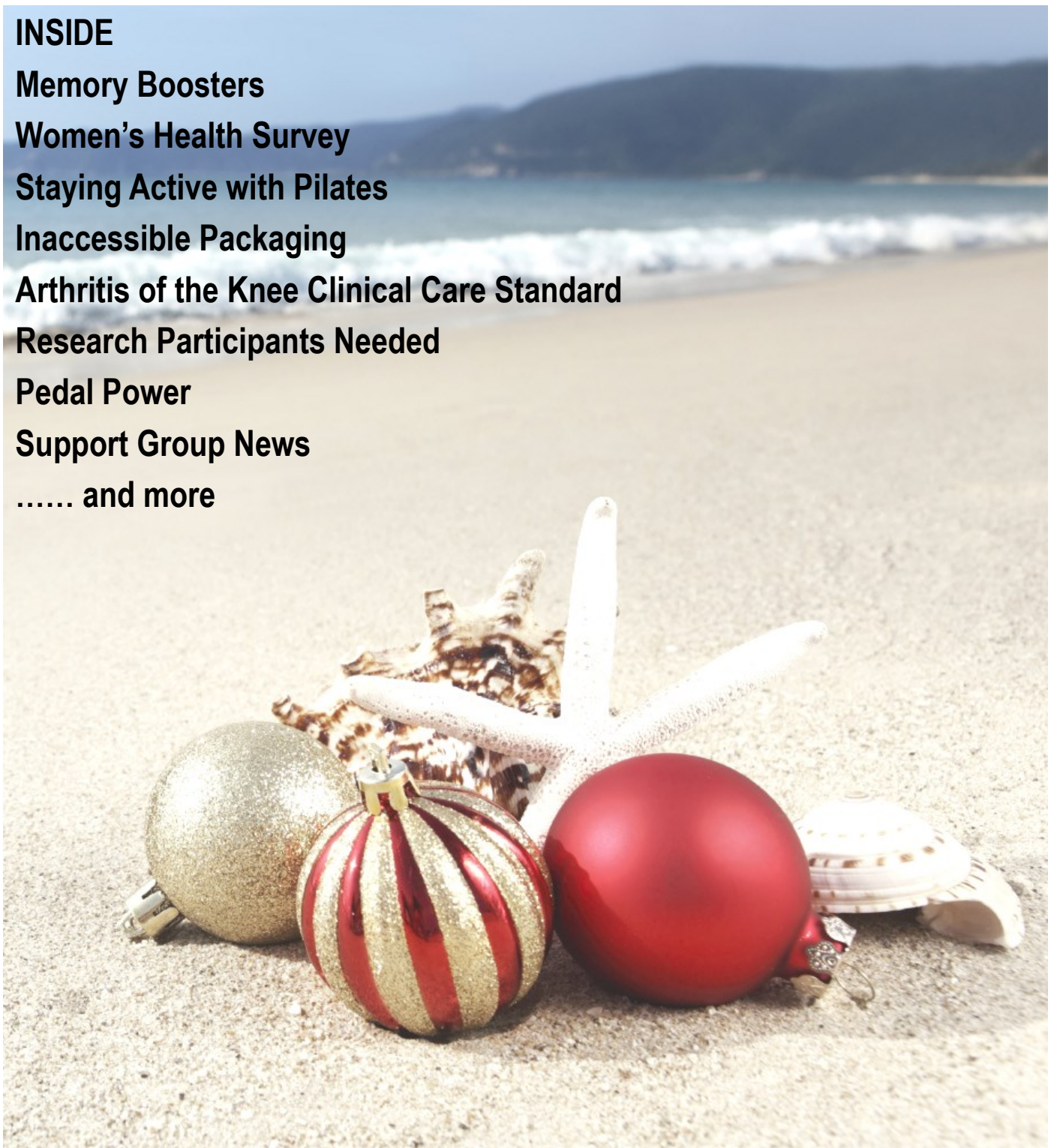
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Women's Health Survey

Jean Hailes Foundation launched the Women's Health Survey 2017 in August. The annual national study is designed to better understand the health information needs and behaviours of women in Australia and involves more than 10,000 women aged 18 to 89 years.



Some key findings from the 2017 study include:

- ⌘ 95% of women were non-smokers
- ⌘ Overwhelmingly women want their health information from independent health organisations and medical professionals (doctor, specialist, allied health worker or nurse)
- ⌘ Respondents predominantly prefer to receive their health information online via websites and in hardcopy
- ⌘ 40% have had diagnosed anxiety or depression
- ⌘ Approx 60% of women are not taking part in moderate physical activity each week (at least 2.5 hours)
- ⌘ Top 5 health issues that women worry about -
 - bowel health,
 - breast health,
 - menopause,
 - bone health and
 - painful sex

For more information about the health survey go to [Jean Hailes Foundation](http://www.jeanhailesfoundation.org.au) website.

SUPPORT GROUPS

Palmerston Support Group

Meet every third Monday of the month at 10.30am in the Brennan Electoral Office meeting room (opposite Target)

Convenor Anne Coutts 0409 852 606

This long-standing group recently celebrated their 21st anniversary.

First meeting for 2018 will be on February 19th.

Darwin Support Group

Meet every first Friday of the month at 11 am in the AONT office, Shop 18 Rapid Creek Business Village

Convenor Margaret Murray 8981 0642

This newly formed group have already had their third meeting.

First meeting for 2018 will be on January 5th.

Both groups welcome new members

Contact the convenor or the AONT Office for more information.

New Osteoarthritis of the Knee Clinical Care Standard Launched - July '17

People with osteoarthritis of the knee should start to receive more consistent and appropriate care following the release of a new clinical care standard for the condition. A consumer fact sheet about the new standards outlines what they mean for people living with knee osteoarthritis.

The standard was developed by the Australian Commission on Safety and Quality in Health Care in response to evidence that clinical care for people with knee osteoarthritis varies and is not always appropriate.

Go to the commission's website to download the Consumer fact sheet (PDF 318KB)

The standard provides guidance to healthcare professionals and people living with knee osteoarthritis on the best way to manage the condition. Topics covered include assessment and diagnosis of the condition, patient education, self-management and review, conservative treatment options including medications, weight loss and exercise, and specialist referral for this common chronic condition.



The clinical care standard emphasises the importance of patient-centred care, team care and the role of general practitioners, specialists and allied health care professionals in helping people living with knee osteoarthritis to manage their condition.

Arthritis Australia provided input to the development of the clinical care standard and has endorsed it.

Osteoarthritis affects about 2.1 million Australians, particularly those aged over 45. Knee osteoarthritis is a major contributor to disability and lost productivity, yet there are varying levels of understanding about its diagnosis and treatment options among healthcare professionals and consumers.

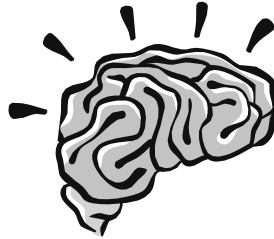
To download a copy of the care standard and additional resources, please go to -

<https://www.safetyandquality.gov.au/our-work/clinical-care-standards/osteoarthritis-clinical-care-standard>

7 Simple Memory Boosters

Stay sharp and stave off forgetfulness now and in years to come.

If your memory has been less than stellar lately, don't despair. While most people experience a mild decline in memory starting in their 30s or 40s - and up to 15% of those older than 65 develop Alzheimer's disease - memory loss isn't inevitable. In fact, there's plenty you can do to ward off more serious cognitive problems, according to neurologist David Perlmutter MD, founder of the Perlmutter Health Centre in Florida. "The key is to take a whole-health approach to your brain, He explains. "Challenging your mind, improving your diet and being smart about the supplements you take can lead to a drastic improvement in memory and mental functioning."



Start building a better brain

with these simple tips:

1. **CATCH SOME ZZZs** Skimping on shut-eye can impair your recollection, according to a study in Cleveland which found that medical students who suffered long-term sleep deprivation had difficulty with both their short- and long-term memory. For optimal brain power, aim to get seven to nine hours of sleep each night.
2. **USE YOUR NOSE** Be sure to note smells whenever possible, as scent has a powerful ability to trigger memory. A study published in the journal *Neuron* reported that adults shown images accompanied by a scent were better able to remember those images than those who viewed images not accompanied by a scent.
3. **SIP SOME TEA** A study from the University of Newcastle Upon Tyne in the UK found that drinking green or black tea may inhibit the activity of certain enzymes in the brain associated with memory decline.
4. **SEE YOUR DOCTOR** If your memory has seemed fuzzy lately, ask your physician to perform a simple blood test to check your homocysteine levels. Studies have tied high levels of homocysteine, an amino-like substance that circulates in the blood, to memory loss. Reversing this effect is usually as simple as increasing your intake of B vitamins.
5. **DO DAILY MENTAL AEROBICS** "Your mind is the same as a muscle - if you don't exercise it regularly, it's going to get stiff and slow," says Dr Perlmutter. Crossword puzzles, board games, card games and even computer games like Tetris are all good mind-strengthening activities.

5. **DON'T FORGET GOOD FATS** Omega-3 fatty acids, which are found primarily in fish like salmon and tuna, nourish brain cells and help regulate brain chemicals.
6. **FEED YOUR BRAIN** Like the rest of your body, your brain needs nutrients to function optimally. In addition to a balanced diet and a multivitamin, make sure you eat antioxidant-containing fruits and vegetables. A study published in the journal *Archives of Neurology* found that when antioxidant vitamins E and C were taken together in supplement form, they had the potential to prevent Alzheimer's by fighting memory-damaging free radicals in the brain.

From a back-issue of the US magazine "*Arthritis Today*"

Date and Nut Pinwheels

2 cups packed chopped dates
½ cup finely chopped raw cashews

1 cup flaked or shredded coconut, divided



- ♦ Wrap dates in plastic wrap and place on a cutting board; mash with a rolling pin or wooden mallet. **Or** pulse in a food processor until they form a paste and hold together.
- ♦ Place another piece of plastic wrap about 40cm long with the short end facing you. Spoon dates lengthwise down the middle in a line about 25cm long.
- ♦ Cover with another piece of plastic wrap; flatten with hands into as even a rectangle as possible. With rolling pin, roll into an even rectangle about 33cm by 20cm, lifting wrap and flipping over to eliminate wrinkles.
- ♦ With long end facing you, remove upper plastic wrap. Sprinkle date surface with cashews, leaving a ½cm border on far long edge. Top with half of the coconut.
- ♦ Starting at edge closest to you, with the help of plastic wrap, carefully form into a roll, peeling off the plastic wrap as you roll and pressing to compact. Pinch edge to seal.
- ♦ On another piece of plastic wrap, sprinkle remaining coconut. Transfer roll onto the coconut and roll to cover the date mix completely.
- ♦ Roll up tightly in plastic wrap, twisting ends to enclose. Refrigerate for at least 3 hours or for up to 3 days.
- ♦ With a sharp knife, cut into 1cm thick slices. Cut straight down; do not use sawing motion.

Nutrients per pinwheel:

Calories 71 Fat 2g Carbohydrates 14g Protein 1g

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

Patron:
TBA

Vice Patrons:
The Honourable
Ken Vowles MLA
The Honourable Peter Styles

**PO Box 452
Nightcliff 0814
Shop 18
Rapid Creek Business
Village
48 Trower Rd Millner
Phone (08) 8948 5232
Email
info@aont.org.au
Website
www.aont.org.au**

Staff

Administrative Assistant
Deirdre Moldenhauer

Accounts
Natalie Valastro

Board
President
Peg Gellert

Vice President
Margaret Murray

Secretary
Hilary Fowler

Treasurer and Public Officer
Ruth Garden

Board Members
Joan Crombie
Mitzi Ferguson
Mary Willis

Newsletter Editor
Peg Gellert

Members are invited to contribute articles, news, views, photos and items of interest for inclusion in future editions. Normal editorial prerogatives apply.

The opinions expressed in joinTed are those of the authors and advertisers respectively and do not necessarily reflect the view of AONT.

From the Board

As you may deduce from the panel to the left of this page, following our AGM, there have been no changes to the composition of the Board. However, whilst we have sufficient board member numbers to comply with our constitution, we are currently working with the minimum. This means that the departure of any one of the current members would place us under the required quota. Consequently, we would welcome applications from interested people who would be prepared to act as a board member. What does this mean? To be a part of a close-knit team of volunteers who meet once a month and who want to make a difference for people suffering from arthritis, osteoporosis and other musculoskeletal conditions. Some background in either administration or health would be advantageous, but not essential.

You may also notice there is also a vacancy in the panel on the left - that of Patron. John Hardy, our former Patron, has vacated the office of Administrator so all patronages he held in that position are no longer current. On behalf of AONT, Vice President Margaret Murray attended a farewell reception for Mr Hardy at Parliament House in October. At the last board meeting we decided to make a request to the incoming Administrator to become our Patron. We hope that she will accept.

In our last newsletter we offered members the opportunity to acquire one of our "Personal Medical Record" booklets. Many members have already taken advantage of this new service. The booklet is free to members but non-members are charged a small fee. If you are one of those who are using the booklet we would appreciate any feedback you may have.

We were pleased to hold another of our "Take Charge of Pain" programs last October. Please contact us with an expression of interest if you wish to take advantage of this beneficial course in 2018 so that we can start planning times, dates and venues for early in the year.

City of Palmerston celebrated International Day of People with Disability with some events in late November. AONT was invited to participate so, following a come-and-try croquet session, Ruth Garden gave a presentation on getting the most out of life while living with arthritis.

As we are about to move into the new year we still have a need for more volunteers to assist us in providing services to our members and the wider community. We require people with some specific skills other than just working in our office. Three areas we are keen to see filled are:-

Community speaker - speak to community groups about arthritis in its many forms and/or osteoporosis, and about the role of AONT.

Publications coordinator - work on the production of newsletters, brochures, posters, displays and other publications.
Pain management leader - co-lead our "Take Charge of Pain" course, two sessions one week apart, 2 or 3 times a year.

If you, or someone you know, may be interested in being a volunteer in one of these roles and would like to learn more about them, please contact us via one of the contact methods listed on this page.

The board, staff and volunteers at AONT wish you all a merry Christmas, a happy holiday season and a safe, healthy and prosperous New Year.



**The office will be closed from
2pm on Thurs. 14th December 2017 and will
re-open at 9.30am Mon. 15th January 2018**



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Have you suffered from the frustration of having a product packaged in a way that is extremely difficult to open or get into? People with arthritis can find such packaging extremely problematic.

You can make a complaint about your hard to open (wrap-rage) packaging experiences or about any products you have found accessible.

Making a complaint about inaccessible packaging

The Australian Packaging Covenant (APC) set up the **APC Packaging Line** to handle complaints and provide advice about consumer packaging.

If you have any enquiries or complaints about the packaging of an APC signatory (they can provide a list) contact the APC Packaging Line with the name of the product and the manufacture, or alternatively fill out a form.



APC Packaging Line

Go to pack-line@packagingcovenant.org.au

Form: Fill in the form which contains all the details needed to make a complaint and it will be automatically sent onto the APC.

Phone: 1300 308 030

The **Australian Packaging Covenant (APC)** is a sustainable packaging initiative, which aims to change the culture of business to design more sustainable packaging, increase recycling rates and reduce packaging litter. One of the principles of sustainable packaging is that it is 'fit-for-purpose'. This means packaging should be designed to meet market and consumer needs, including accessibility.

Research participants needed - have your say about services available for people with arthritis



Rheumatology Nurse Survey

Do you have inflammatory arthritis or a rheumatic condition needing specialist care? Or do you provide clinical care for someone with these conditions?

If so, Arthritis Australia and the Australian Healthcare and Hospitals Association would like to encourage you to participate in a survey which is part of a research project examining the potential benefits of rheumatology nursing in terms of patient experiences and outcomes, as well as health systems efficiencies and costs.

To participate in this survey please visit -
<http://bit.ly/2otLTTR>

**The really frightening thing about
being middle aged is the knowledge
that you'll grow out of it.**

Doris Day

Pedal Power

What's the big deal with movement, activity and exercise? Without getting too technical, our bodies are designed to move. Ever been laid up for a few days with bronchitis, the flu or gastro? You try to resume normal activities, normal meaning different things to different people. You feel as weak as a kitten and your legs are wobbly. Well your legs weren't directly affected by any of those infections. Through inactivity they've become **deconditioned**. Deconditioning is the opposite effect of the training effect achieved by regular activity.

A bike ride: I've recently rekindled my interest in bike riding, always strongly endorsed by my treating physiotherapist as a great way to manage my severe knee osteoarthritis. The effect of regular cycling is a perfect demonstration of "strong muscles support joints". Early this year I decided I wanted to participate in a long distance bike with my husband and 45 year old Gold Coast son. To that end, I committed to regularly riding three times a week, complemented by my long established strength training routine at the gym. An eight week layoff mid-year with an unrelated injury was disappointing. Once back in the saddle, literally and metaphorically, I set about building up to increasingly longer rides to be adequately prepared for the big event. An early recommendation by my son that I could opt for the "short course" was soon discounted as getting me to the different start would be complicated. It was all or nothing and by this time I was committed. So on a cool, wet and windy Brisbane day, we boarded the **4:00am** train to take us from Gold Coast to Brisbane. With a staggered start, along with hundreds of other riders we covered the 100 kilometres back to Broadbeach Parklands on the Gold Coast. For us Darwinians the weather conditions were tough and the hills challenging.



Cont next page

Staying Active With Pilates

Staying active can be a challenge for many of you living with arthritis.

Arthritis is very individual: not everyone has the same type of arthritis, the same joints affected, the same level of disease progression, the same symptoms, or the same degree of pain or functional limitation.

Just as arthritis affects people differently, an exercise program needs to be individually tailored, with Pilates being one form of exercise that might suit some readers.

Pilates is an exercise method featuring equipment with adjustable spring resistance as load and a progression of exercises as the person becomes more flexible, stable and stronger. Additionally, there are Pilates mat exercises that require no specialised equipment and are simple to do at home.

Pilates was created by Joseph Pilates in the 1920's which uses more than 500 exercises to blend breathing regulation and mental exercise into a program designed to deliver holistic benefits. Importantly, the method teaches participants greater awareness of the form and function of their bodies leading to boosted strength, stability and mobility in daily life.

A targeted Pilates program can provide many benefits for people living with arthritis, helping them live a full and active life. A Pilates program can be modified in response to an arthritis 'flare' or an increase in symptoms and can offer relief from pain and stiffness.

Pilates can also help relax the body and mind, manage stress and enhance a general sense of wellbeing and quality of life.



The significant benefits of regular Pilates practice for people with arthritis can include improvements in:

- Range of improvement in the joints, giving better flexibility and ease of movement in everyday activities
- Joint alignment, allowing better biomechanics of joints, providing protection of damaged joints and minimising further risk of future joint damage
- Strength and stability of muscles supporting affected joints
- Bone strength, which is important in the prevention and management of osteoporosis
- Balance, coordination and proprioception, providing confidence in daily activities and helping reduce the risk of a fall
- Posture, such as better alignment of the skeleton, reduce stress on the spine breathing function

Pilates Studios offer private lessons, semi-private classes and often mat classes. A private session can be a good place to start, so that your personal ability and limitations can be determined and suitable modifications to exercises made.

Mat Pilates classes are group-based classes (usually 8-12 participants) often incorporating a Theraband or small balls to assist. The instructor will offer variations and modifications for individuals. Specialised classes for seniors may also be suitable for people with arthritis.

Many gyms also offer Pilates group classes, however, they are usually larger classes (20-30 participants) and follow a set routine. These larger gym-based classes are not suitable for those with moderate to severe arthritis symptoms. Always speak to your doctor if you have not exercised for a while or are wondering if Pilates is a suitable form of exercise for you.

With permission from Arthritis Queensland

I have been doing Pilates for about 4 years. As an example of the women mentioned in the Jean Hailes article on P 2, I never used to do much exercise. However, with a knee replacement and a few other physical problems, I have found Pilates to be something that I enjoy doing and has great benefits for me. There seems to be an unlimited variety of exercises which are tailored for each person and their particular problems. In a group of 3 people, each one will be doing different things which are best for them. I highly recommend Pilates as a form of exercise.

Hilary Fowler, Secretary

From P 5

The knees: How did the knees react to these demands? They were just fine – until the eight hours travelling two days later to return home to Darwin. All that sitting, car, train, airport lounge and plane, took its toll.

Pilates and pedalling? Having always enjoyed a mix of exercise options at any time, some years back I attended several terms of Pilates classes. Since then I manage to integrate various Pilates elements into whatever else I'm doing. I'll certainly keep up the cycling. Part of the Queensland visit was to pick up a flash new bike eight days before the event. With a smaller and lighter frame than the old bikes I'd been riding in Darwin up until then, the ease of handling is a dream. Combined with my increasing familiarity with the modern gear arrangements, going for a ride has become even more satisfying. Mission accomplished.



Ruth Garden