

jointed Arthritis & Osteoporosis NT

Inside this issue:

Page 2

- Falls Prevention Guide

Page 3

- Healthy vegetables and cheese
- New research — crocodile cartilage
- Make a bequest

Page 4 and 5

- Eat a rainbow

Page 6

- What we do
- Helping you
- Support the work of AONT
- Raffle winner

February 2019

Come and Meet Us



Morning Tea

Please join us on Friday 1st March from 10.30 am (if you want to come earlier you will be very welcome).

This is an opportunity for you to look at our resources and catch up with volunteers, board members and other AONT members.

As the office is not normally open on Fridays we welcome this opportunity to have an informal catch up with members, their families and friends.

ALL WELCOME

If you would like to attend, please advise the office on 8948 5232 before Thursday 21 February to assist with catering and seating. Our office hours are 9:30 am to 2:00pm Monday to Thursday.

If you need support with transport please let us know as soon as possible on the above number.

Saturday 13th April 2019

Fund-raising BBQ at Bunnings

AONT has been allocated a slot to run a BBQ at Bunnings, Bagot Rd on Sat April 13. These are usually good fund-raisers so we're very pleased to have this opportunity. Many thanks to volunteer Fiona Park for organising this event and volunteering to be there all day to supervise.

Volunteers to man the stall: 9.00 am to 4.00 pm; 1 1/2 hr to 2 hr shifts. If you or your family or friends are interested in helping please let the office know as soon as possible on 89485232.

Donations: if you would like to assist but are unable to help on the day, monetary donations to assist with the necessary purchases of food, drinks and a wide range of consumables would be much appreciated.

If you're a keen Bunnings browser/shopper, call in on that day and buy some lunch from us at the BBQ just by the entrance!



Falls Prevention Guide

Have you had a fall lately? Or noticed your balance isn't what it used to be?

Falls can cause injury or disability, loss of mobility, lower quality of life and fear of further falls.

You can prevent falling in three simple ways: practice exercises to improve your balance; strengthen your leg muscles and keep up daily walking.

These exercises challenge and improve balance — note that these are general ideas and may not be suitable for everyone. Seek professional guidance if you have specific injuries or conditions.

Always make sure you are near a support to grab if you need to!

1. Pick a stance on the right which challenges your balance or try all of them. Hold for 60 seconds per leg.

Make it more challenging by:

- holding on with only 1-2 fingers or hover hands above the support
- turn your head right, left, up and down.
- reach both hands in all different directions.
- throw and catch a ball on the spot.
- stand on a soft surface such as a foam mat.
- close your eyes.



2. Walk along touching your heels to toes as if walking a tightrope. Practice for a couple of minutes.

Make it more challenging by:

- crossing your arms over your chest
- turning your head from side to side
- throw and catch a ball
- walk in a figure 8 pattern
- try going backwards



3. Practice transferring your weight by rocking onto your toes then heels. Practice for 1 minute.



4. Practice braid walking by stepping in front, together, behind, together. Practice for a couple of minutes.



5. Practise walking around or stepping over objects for a couple of minutes.



6. Practice walking backwards for a couple of minutes.



Healthy vegetables and cheese!

Avocado and Pea Smash

Ingredients:

- 1/2 cup of frozen peas
- 1 avocado, peeled, pitted, cut into 2 cm cubes
- Juice of 1/2 a lime
- 2 tsp extra virgin olive oil
- 1 clove garlic, halved
- 2 slices sourdough
- 80 g goat's cheese, crumbled
- 1 tsp chilli flakes (optional)
- 40 g snow pea sprouts

1. Cook peas, either boil or microwave, lightly mash with a fork.
2. Add avocado, lime juice and a pinch of salt and pepper, and mash lightly to combine.
3. Toast the bread then drizzle with olive oil and rub lightly with cut garlic.
4. Top toast with pea and avocado mix, goat's cheese, chilli flakes and snow pea sprouts. Enjoy!



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart"

Helen Keller

New research — crocodile cartilage!



Where would a Queensland microbiologist studying cartilage repair look for inspiration and 'spare parts'? That would be the crocodile farm up the way, of course! Dr Padraig Strappe from CQ University is heading a team working to develop new techniques in stem cell biology and tissue engineering.

The team's 'donors' come from the Koorana Crocodile Farm — home to some 5000 crocodiles that are bred to supply leather and meat to the Australia market where it is considered a delicacy.

Crocodiles can grow to 7 metres long, weigh up to 1000 kg; they are not only powerful swimmers but also strong

runners (Australian saltwater crocodiles have a land speed record of 17 km per hour)!

As part of their work, the team are perfecting a process to extract growth factors from the cartilage of crocodiles — particularly from sites around the animal's ribcage and upper tail. "That gives us a soup or glue that might promote our own adult stem cells, stem cells we take from fat tissue or bone marrow, to become cartilage" Dr Strappe said. "We hope that it might promote cartilage repair, which is a big challenge and becoming more so in elderly populations".

The team is hoping that the cartilage 'soup' can be added to the stem cells and stabilised in a nutrient rich medium that is shaped to mimic the area of cartilage damage using 3D printing methods. An orthopaedic surgeon could then inject or place the new cartilage 'plug' in the spot where the cartilage has been damaged. This would allow the area to 'heal' - something that cartilage is unable to do by itself, as it does not have a blood supply.

Interest in crocodile cartilage stemmed from research conducted by the CSIRO a decade ago that looked at the proteoglycans (protein compounds present in connective tissue) across different species. That research found that crocodiles came out on top—giving Dr Strappe an ideal place to start.

Source: <https://www.3dprintingprogress.com/articles/15063/crocodile-cartilage-human-stem-cells-for-3d-printed-joint-cartilage>

Make a Bequest!

Remembering Arthritis and Osteoporosis NT with a bequest in your will would be a hugely appreciated gesture.

We advise you to discuss your wishes with your family and consult a lawyer for the correct procedure.



Eat a Rainbow

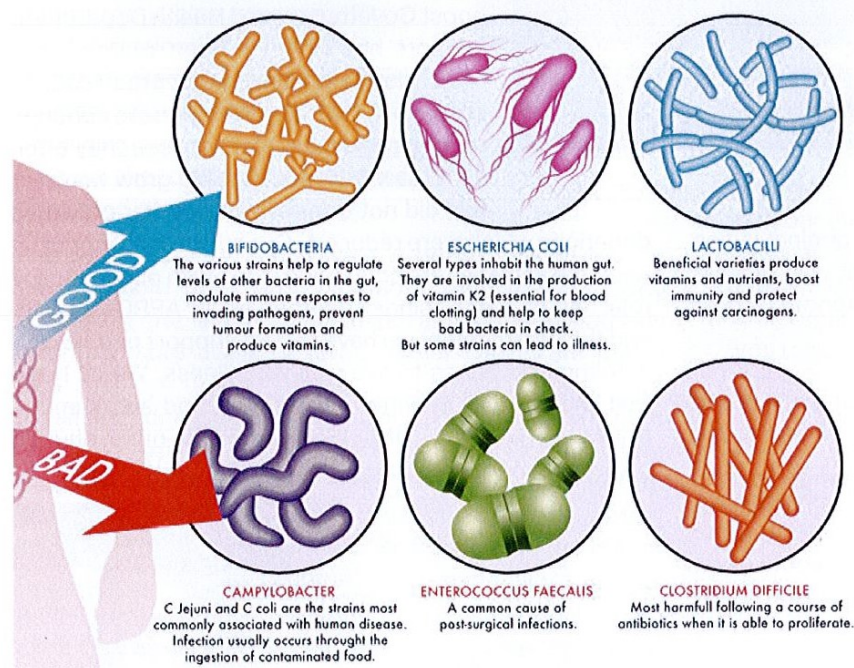


Eat your vitamins by eating a rainbow. Aim for at least three of four different colours in each meal. It is not just your greens but also your red, yellows, blues, purples and even your whites. Eat a variety of natural foods from each colour to get the vitamins, minerals, phytochemicals and other health boosting compounds that a healthy body needs to function and remain well. Research shows that taking vitamin/mineral supplements are no substitute for a healthy diet unless your body is in need of extra support and has difficulty metabolising sources. In general the vitamins and minerals you get from supplements do not work as well as those obtained from the food we eat. An exception to this rule is folate which is better absorbed as a supplement within fortified foods or in pill form.

It is important that we heed the warning that too much of anything can be toxic to our systems. This is true for vitamins and minerals as well. In particular doses of fat soluble vitamins A,D,E and K taken above what is recommended can lead to toxicity as they are stored within the body. Water soluble vitamins B and C can also become toxic and if taken in high doses mask other vitamin deficiencies and hinder the use of some prescribed medications.

Signs of toxicity: diarrhoea, constipations, birth defects, weakened teeth and bones, decreased blood clotting, nausea, mood alterations, as well as central nervous system, liver, bone and skin disorders. If supplementation is used then they should not exceed the dietary recommendations and in high doses only with supportive medical care.

Good and Bad Bacterial Flora



Orange and Yellow

Pumpkin, papaya, mango, squash, carrots, sweet potatoes, peaches get their colour from Carotenoids which are vital for conversion of Vitamin A in the body. Vitamin A helps our immune function and helps to maintain healthy eyes and skin. Citrus fruits provide us with vitamin C, which is necessary for the development and repair of all body tissues. Vitamin C helps also in the formation of the protein collagen and wound healing, absorption of iron, and in keeping healthy teeth, bones and joint cartilage.

Red and Pink

Think about lycopene and its cancer fighting properties in tomatoes, pink grapefruit and watermelon. Antioxidants and anthocyanins found in berries, grapes, beetroot and even red onions, these are thought to aid our cardiovascular system reducing the risk of heart disease, diabetes, cancer and arthritic conditions.

Purple and Blue

Cherries, berries and beans (kidney, borlotti) with a few eggplants as well. These foods also contain anthocyanins to help with reducing inflammation and improving our memory. Many of these foods are a package of multivitamins containing both water and fat soluble vitamins. (Australia's own ex-Prime Minister, Bob Hawke, swears that eating red cherries every day keeps the arthritis away.)

Green

Green leafy vegetables, fruits contain sources of lutein, iron and folate along with Vitamins E and K which are a key for strong immune system, healthy skin and eyes (helps to reduce cataracts and macular degeneration). Vitamin E is a powerful antioxidant and is useful for the promotion of healing damaged cells whilst Vitamin K is an essential vitamin involved in blood clotting, bone remodelling and mineralization, metabolism and helps to maintain brain function. Green vegetables are also thought to help heart health and reduction of birth defects particularly those related to folate deficiency.

White

Despite their bland tone white fruits and vegetables can be high in the minerals potassium and magnesium, important for muscular function. White foods can include bananas, mushrooms, potatoes, cruciferous vegetables and some foods such as onions, garlic and leeks that are reported to have strong antibacterial, antiviral and antifungal properties. Onions are also said to be a healthy addition to a diet due to its prebiotic status. Think about white foods being some of our biggest proteins suppliers: eggs, dairy, nuts, seeds, chicken, fish, tofu and all the grains. These are a building block of all the amino acids we need to maintain our energy as well as the cell and organ structures within and without the body. Many parts of the body are protein based; about 50% of the body's dry weight is made of protein e.g. cells, muscle, hair, nails and skin are all protein based. The human body cannot store amino acids, so it must be supplied daily from the foods we eat.

Remember there is no one single diet that suits everyone. Some people will benefit from different diets (FODMAP, gluten free, paleo, dairy free, vegan, Mediterranean) but in general keep it simple. A good diet is one that meets your nutrition needs and fits into your lifestyle.

Eat a rainbow which is filled with a variety of fibre rich foods that are natural and not laden with salt, sugar, fats and preserving chemicals.

If you need help then seek out a dietician who can help you map your way through to gaining a healthy diet that meets nutrition needs.

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

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Ruth Garden

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Mitzi Ferguson

Janette Evers

Carol Francis

What We Do

Our work includes providing information stands at a range of forums throughout the year.

We recently had an stand at the Convention Centre as part of the Welcome to the Top End Expo hosted by the Defence Community Organisation for families new to town. While not shown in this photo, we also had a "Grip Strength Test" gadget which proved very popular. Skeleton Bob, also on loan to us for the day, was a talking point for visitors.



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, exchange news and ideas or anything else you want to do. We hope you feel better when you leave than when you arrived!

Palmerston Support Group

Meets at the Brennan Electorate Office,
Palmerston Shopping Centre
(opposite Target)

Third Monday of each month
at 10.00 am.



Sunday Market Meet Ups

A new opportunity! See the enclosed flyer for more details.

We're opening the office on some Sundays in February and March.

We'd love to see you for a chat if you're visiting the Markets.

Support the work of AONT

Make a donation:

Your gift of \$2.00 or more is tax deductible (receipt provided)

- Ring 8948 5232 to make a donation with your credit card
- Direct transfer to:
AONT BSB 065 901
Acc. No: 00918225. Please provide your name as the reference
- Donate online at our website:
www.aont.org.au



facebook.com/arthritis.osteoporosis.nt

Raffle Winner



Congratulations to Margaret Murray, the winner of the raffle for the lovely blanket crocheted by Anne Coutts. Margaret was very keen to win it and is delighted with her prize.

Huge thanks to Anne for this contribution to our fund-raising.



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