

jointed

Arthritis & Osteoporosis NT

March 2020

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Australian
Rheumatology
Association



Australian Rheumatology Association and Arthritis Australia Statement regarding the use of glucosamine for the treatment of Osteoarthritis

Recent media reports have raised concern over the use of glucosamine in the treatment of osteoarthritis. These reports appear to be based on two unrelated recent events:

1. A change in recommendation by the American College of Rheumatology (ACR) [1]

In October 2019 the ACR updated their guidelines for the management of osteoarthritis from a longstanding *conditional* recommendation against the use of glucosamine for osteoarthritis (on the basis that it probably does not help), to a *strong* recommendation against the use of glucosamine for osteoarthritis (on the basis that it convincingly does not help). They did not cite new safety concerns.

2. A recent paper highlighting the known risks associated with glucosamine, particularly in people with shellfish allergy [2]

This paper reviewed 366 glucosamine related adverse drug reactions reported to the Therapeutic Goods Administration between 2000-2011, including 43 classified as severe, possibly related to the known risks of glucosamine in those with shellfish allergy. This highlights a valid concern but the number of adverse events needs to be considered in the context of the many hundreds of thousands of people who took glucosamine during that period. This suggests that severe adverse reactions are very uncommon.

Continued on page 4 including references

Defence Welcome to the Top End

Saturday Feb 8th at the Darwin Convention Centre

Once again we had a stall at this annual event. Along with many other community organisations, we appreciate the opportunity to meet newcomers to the Darwin region and showcase our services. Carol & Joan (not pictured!) assisted Ruth with manning the stall.

Hosted by the Defence Community Organisation, a separate event was held in Katherine on the previous weekend.



Chicken and Cashew Stir Fry

Ingredients:

Serves 4

- 1 tbs peanut oil
- 2 garlic cloves crushed
- 400 g chicken breasts, thinly sliced
- 500 g stir fry vegetables
- 2 tbs salt-reduced soy sauce
- 2 cups cooked brown rice
- 1/2 cup cashews



Directions:

1. Heat oil in a medium saucepan over medium heat. Add chicken and stir-fry for 5 minutes or until chicken is cooked through. Add vegetables and cook, stirring for 2-3 minutes or until vegetables are tender. Add soy sauce and stir through. Remove from heat.
2. Divide rice among serving bowls and top with stir fried chicken and vegetables. Garnish with cashews to serve.

Don't let chronic pain stop you doing the things you enjoy!

Take Charge of Pain is a short course to help you manage your chronic pain: two sessions, each two and a half hours with different content, one week apart .

These interactive workshops are led by experienced facilitators, who guide participants in learning tried and true strategies for pain management:

- empowering you with the skills to manage your pain and improve your health and well-being.
- Gain more control over your life by taking charge of pain!

AN ELDERLY GENTLEMAN HAD SERIOUS HEARING PROBLEMS FOR A NUMBER OF YEARS. HE WENT TO THE DOCTOR AND THE DOCTOR WAS ABLE TO HAVE HIM FITTED FOR A SET OF HEARING AIDS THAT ALLOWED THE GENTLEMAN TO HEAR 100%.

THE ELDERLY GENTLEMAN WENT BACK IN A MONTH TO THE DOCTOR AND THE DOCTOR SAID, 'YOUR HEARING IS PERFECT. YOUR FAMILY MUST BE REALLY PLEASED THAT YOU CAN HEAR AGAIN.'

THE GENTLEMAN REPLIED, 'OH, I HAVEN'T TOLD MY FAMILY YET. I JUST SIT AROUND AND LISTEN TO THE CONVERSATIONS. I'VE CHANGED MY WILL THREE TIMES!'

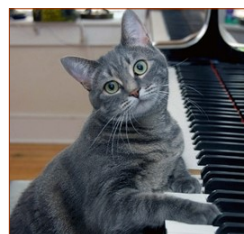
www.retirement-online.com

Call Arthritis & Osteoporosis NT today 8948 5232 or Email info@aont.org.au or

- details of course dates, times,
- venue and cost.

Developed by Arthritis SA, Take Charge of Pain is presented by Arthritis & Osteoporosis NT under licence.

There are two means of refuge from the miseries of life: music and cats.
Albert Schweitzer



The Joint Movement Program[®]

The Joint Movement Programs[®]

are all run by licenced exercise professionals who complete specialised training. So you can be confident that you're exercising safely, correctly and for maximum benefit.

- ◆ Evidence based
- ◆ Light to moderate exercise program
- ◆ Designed specifically for those experiencing arthritis-related symptoms
- ◆ Pre exercise assessment included
- ◆ Fun and beneficial for anyone, with or without arthritis

Move better— feel better

Exercise strengthens muscles, bones and joints.

Stronger muscles help you do more.

And if you experience pain, exercise actually helps reduce pain by taking strain off your joints.

No matter what your age, the evidence is loud and clear: simple strength training completed regularly, can and will help.

Call 1800 011 041 or 89485232 today for details of the classes nearest to you!



The Joint Movement Arthritis AUSTRALIA



A class in Alice Springs, run by Get Physical Fitness and Squash, 13 Gap Road Alice Springs, from the first of their three completed courses.

Developed by Arthritis Australia, and funded by a “Better Ageing Grant” from Sport Australia, The Joint Movement[®] is being rolled out Australia wide through affiliate Arthritis Foundations.



ways to thrive

- **Engagement:** keeping involved with life and people
- **Relationships:** feeling loved valued and connected
- **Meaning:** having a sense of direction, feeling our lives are valuable and worthwhile
- **Accomplishment:** the belief and ability to have goals that matter to us
- **Positive emotions:** for example joy, calmness, satisfaction

Source: <https://www.psychology.org.au/psychologyweek/compass-for-life/>



Australian Rheumatology Association and Arthritis Australia Statement regarding glucosamine - continued from Page 1.

Many other osteoarthritis treatment guidelines make conditional recommendations against the use of glucosamine on the basis that it probably does not help, including The Royal Australian College of General Practitioners guideline for the management of knee and hip OA [3].

Arthritis Australia and Australian Rheumatology Association comment:

This information highlights growing evidence that glucosamine does not help people with osteoarthritis and is a reminder that people with shellfish allergy should not take glucosamine (which is commonly derived from shellfish). It does not identify any new safety concerns and should not cause undue alarm in people already taking glucosamine.

Comment from The Royal College of General Practitioners (RACGP):

Dr Harry Nespolon, President of the RACGP stated "The RACGP does not recommend the use of glucosamine as a way of preventing osteoarthritis. If you have concerns about using glucosamine or treatment for osteoarthritis I recommend you have a chat with your local GP about the options available to you."

References:

- [1] <https://www.rheumatology.org/Portals/0/Files/Osteoarthritis-Guideline-Early-View-2019.pdf>
- [2] <https://www.ncbi.nlm.nih.gov/pubmed/31597786>
- [3] <https://rheumatology.org.au/gps/clinical-guidelines.asp>

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The Royal College of General Practitioners – T: 03 8699 0939 | E: John.Ronan@racgp.org.au

Hydrotherapy for Seniors

What is hydrotherapy?

A therapeutic technique commonly used in older adults in which heated water is used as treatment for various types of injuries and diseases. It is highly recommended for older adults who are experiencing pain.

How does it work?

The warm water alleviates various pains. The immune system is stimulated as the water applies heat and pressure to the body. The water gives a massage like feeling and the nerves carry the heat and pressure deeper into the body where it can help improve blood circulation, lessen the body's reaction to pain and eliminate stress hormones.

Who can benefit?

It is very good for older people suffering from ailments affecting their mobility.

It reduces muscle tension

When submerged in water the weightlessness relieves aching muscles and reduces tension. It is believed it encourages the production of endorphins which act as a natural pain reliever.



It rejuvenates aging or injured muscles

Once you are immersed in warm water your body temperature rises and your blood circulation increases. This helps to heal damaged tissues and injured muscles.

It improves your immune system

Warm water increases blood flow and allows white blood cells to circulate through your body. It also helps lymph to move through the different parts of your body. This helps your body fight off various illnesses.

It relieves stress and anxiety

Warm water helps lower blood pressure which is believed to help reduce stress and anxiety.

Darwin & Palmerston warm water options:

Darwin Swim School in Coconut Grove - Ph 8948 1000 Parap pool in Parap - ;Ph 8981 2662

Movement for Life Physiotherapy in Coconut Grove - Ph 8945 3799

Goldfishbowl in Yarrowonga - Ph 8931 1000

If you are unable to access a warm-water hydrotherapy pool, any sort of water exercise can be helpful. The buoyancy of the water takes the weight off painful joints. For example, if you stand in chest deep water your legs only have to support a third of your body weight. Exercises in water can be easily adjusted to suit people with varying strength and mobility and can also improve endurance and fitness.

Public pools:

Casuarina - 8927 9091, Nightcliff - 8985 1682, Parap - 8981 2662, Palmerston - 8932 3474

Or try Lake Alexander at East Point or the lagoon at the Waterfront Precinct!

Pain management course:

Read more on page 2 for our program:

“Take Charge of Pain”

Arthritis Australia have received a grant from the Australian Department of Health to further develop the National Info Line and the Camps for Kids with Arthritis programs, as part of the National Strategic Action Plan to improve services for those affected by arthritis.

More information next newsletter.

**The Arthritis
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Trading as
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Osteoporosis NT**
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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, *joinT*, four times a year
- Hosting pain self-management courses for consumers - ring the office, 8948 5232, for more details if you are interested in attending
- 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
- Making applications for various small grants to assist with special projects
- Liaising with Arthritis Australia and Osteoporosis Australia



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

Next issue:

Facts for wellbeing (article extracted from ARRC Hive, the quarterly newsletter from the Autoimmune Resource & Research Centre) by Dr Marline Squance.



The article considers the ingredients for abating stress related health issues: the environment, our physical state, how our genes work, food & hydration, medicines, and our spiritual condition.

Limitations live only in our minds, but if we use our imaginations our possibilities become endless. Jamie Paolinetti



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