

# **jointNTed** **rthritis & Osteoporosis NT**

May 2019

## **ELECTION 2019 – ARTHRITIS AUSTRALIA** is campaigning for more funds for arthritis

Recently Arthritis Australia was commissioned by the Federal Health Minister to write a National Strategic Action Plan for Arthritis (see p. 3). But without adequate funding, support for people with arthritis will not improve.

### **URGENT URGENT!!**

**Postcard campaign** — enclosed with this newsletter is a Reply Paid postcard which we urge you to use to express your concern for the lack of sufficient funding from the Federal Government. If you wish you can write a brief statement on the back, or just post it. **BUT** please put your name and address on the back or it will not be included in the count.

With the election coming up soon these need to be sent as quickly as possible.



## **COMING SOON**

### **COTA SENIORS EXPO**

When: Friday 31st May, 10:00am to 2:00 pm  
Where: Palmerston Recreation Centre, 11 The Boulevard  
Theme: “Be Bolder Not Just Older”  
Activities: Lots of stalls; free refreshments; live music, choirs and dance performances; ‘have a try’ Tai Chi and table tennis; chance to win \$1000 travel voucher.  
Prize for “Best Dressed in Gold” to celebrate COTAs 50th Anniversary in the Territory  
**SEE YOU AT THE AONT STALL!**

### **TAKE CHARGE OF PAIN — self-management program**

Taking charge of pain means gaining more control over your life!

#### **Wednesday 19th and 26th June**

Two 2 ½ hour sessions one week apart.

10:00am to 12:30pm

Topics include:

- ◇ Benefits of physical activity, relaxation and meditation
- ◇ Tips on pacing, flare-ups, sleep, diet and stress and much more

**Bookings essential**—call 8948 5232

Gold coin donation towards costs of materials and refreshments

*Venue to be advised.*



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## EXERCISE

We are bringing you something about exercise in each newsletter because it is so important, especially for people with arthritis and many other health problems.

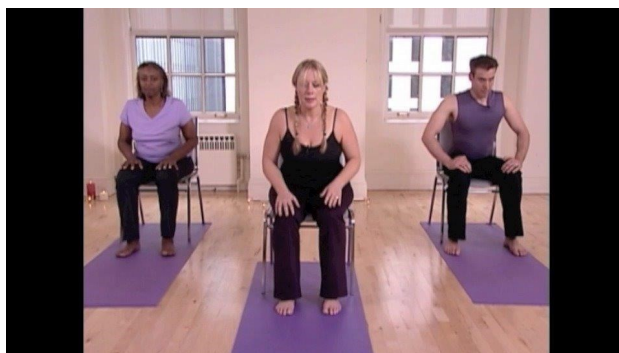
You need to find the kind of exercise that **SUITS YOU** and that **YOU WILL ACTUALLY DO!!** Once you've found what you like make sure you do it regularly

### Tips for improving flexibility, balance and strength

Try to some form of stretching every day — even if it is while you are watching TV. Also try to reduce the time you are sitting for long periods.

#### Stand up and sit down (for strength and balance)

Sit on a chair with your feet flat on the floor and slightly apart. Try to keep your back and shoulders straight. Slowly stand up, using your hands as little as possible. Repeat 8-15 times.



#### Shoulder roll (for flexibility)

Using a gentle circular motion, draw your shoulders backwards, downwards and forwards. Do this slowly 5 times and 5 times in reverse.

#### Knee lifts (for strength)

Sit in your chair with your back straight. Bend your knee and lift your left leg towards your chest. Hold for a few seconds then lower slowly. Repeat 8-10 times with each leg.

#### Heels up toes up (for flexibility)

While seated start with your feet flat on the floor and lift your heels as high as you can, keeping the balls of your feet on the floor. Slowly lower your heels until your feet are flat, then lift your toes until they point upwards. Repeat these up and down movements for 30 seconds.

#### Side leg raises (for strength and balance)

Stand sideways to a bench and hold on with your right hand to support you. Slowly take your left leg out to the side. Keep your back and both legs straight. Hold the position for 1 second then slowly lower. Repeat 8 times, increasing to 15 as your strength improves. Turn around and hold on with your left hand and repeat with your right leg.

#### Half squats (for leg strength)

Stand facing a bench with your feet about shoulder width apart, feet facing forwards and holding on with both hand. Leaning slightly forward, back straight, slowly bend both legs keeping your knees above your feet. Do not go down too far. As you return to standing squeeze your buttocks tightly. Repeat 8 times, increasing to 15 as your strength improves.

#### Heel raises (for strength and balance)

Stand sideways to the bench, feet shoulder width apart, holding on to the bench with one hand. Slowly rise up on to your toes, hold for one second and lower again. Do this 8 times to start with then increase to 15 as your strength increases.

The steeper  
the mountain  
the harder the  
climb, the  
better the  
view from  
the finishing  
line.

Anonymous

## RECENT EVENTS

### April Falls Day — emphasising the importance of preventing falls



Tai chi

We ran a stall at the April Falls Day event at RDH as part of Falls Prevention Awareness Week. Our display focused on the importance of Calcium and Vitamin D.

We also had the opportunity to participate in a tai chi demonstration class. Tai chi is another way to improve fitness, strength and balance in particular.



Stallholders

### Bunnings BBQ fundraiser

How many people does it take to run a fundraiser BBQ?

20 altogether – not just contributing time on the day but also a very large amount of time planning, sourcing donations and buying before the day!

On the day we had a work force of 15, on 1½ to 2 hour shifts covering all the tasks: cooking, taking orders, assembling and serving food, and serving drinks.



President Joan Crombie  
with volunteer Tim  
Munson happily cooking  
and serving

Five of the volunteers were AONT “regulars” supported by family members and friends.

Many thanks especially to Fiona Park for the work she did beforehand setting up the day, her all day commitment to supervising and supporting the volunteers and for recruiting six of her work colleagues.

Without all this assistance it would have been impossible to run the BBQ.

We made a profit of around \$1,700 which will immediately go towards running costs of AONT.



Yummy sausages

## NEWS FROM ARTHRITIS AUSTRALIA

### National Strategic Action Plan for Arthritis

Arthritis Australia was requested to produce an Action Plan by the Federal Minister for Health. The final plan was released on March 21.

The Plan focuses on preventing arthritis, improving treatment and support for people living with the condition and investing in research to find better ways to treat and, ultimately to cure, arthritis in its many forms.

- People need to be aware that they can reduce the risk of developing arthritis by avoiding joint injuries, maintaining a healthy weight and not smoking.
- We need to diagnose and treat arthritis early. With prompt treatment, we can achieve remission (in some forms of arthritis), and slow or even halt disease progression.
- We need to increase funding for appropriate health services and treatments so people with arthritis can receive timely and affordable access to the care they need, including non-drug, non-surgical treatment options such as exercise, weight loss and pain management strategies.
- We need better information and support services for people with arthritis to help them learn to cope with and manage their condition.
- We also need to support health professionals with education and tools to help them to deliver best-practice care for people with arthritis.

The Federal Government has allocated \$4 m of funding: \$2m for consumer awareness, education and support; \$1m will be provided directly to Arthritis Australia with the additional \$1m to be made available through a competitive grant process; \$2m for health professional awareness and education — also through a competitive grant process.

## WHAT'S YOUR GUT TELLING YOU?

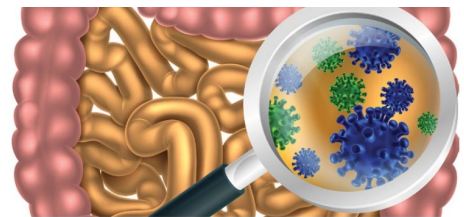
Recent research has revealed how our gut 'bugs' or bacteria can influence our health and contribute to our overall wellbeing.

### Gutsy bacteria

Your gut, or intestine, is home to tens of trillions of bacteria, weighing nearly 2 kg. This mixture of both 'good' and 'bad' bacteria is known as our 'microbiome'. This evolved with us over millions of years. About two thirds is specific to us individually. Recent research has discovered that small changes in the finely balanced biome can affect our immune system, metabolism, weight and mood.

### How good bacteria keep you well

- They reduce numbers of bad bacteria by producing lactic acid and fatty acids, which lowers the acidity in the large bowel making it difficult for bad bacteria to over-multiply.
- They aid digestion by breaking down fibre in the gut to produce nutrients for the cells that line the bowel, keeping the gut healthy.
- They make vitamins such as some B vitamins and vitamin K.
- They attack infections — when we have a virus our healthy bacteria leap into action, aiming to neutralise toxins that the virus makes, reducing the likelihood the virus will progress.



### Is there a link between bacteria and arthritis?

Studies in 2013 and 2014 found that people with rheumatoid arthritis were much more likely to have a bug called *Prevotella copri* in their gut than people without RA, while people with psoriatic arthritis had significantly lower levels of other types of gut bacteria.

This suggests that bacteria may be linked to triggering the autoimmune response leading to joint inflammation. Studies have also found that 'leaky gut syndrome' and other gastrointestinal problems could trigger flare-ups in people with conditions such as rheumatoid arthritis and lupus.

### What is a leaky gut?

A single layer of cells make up the mucosal barrier lining the inside of the intestine. This is good at absorbing nutrients but prevents most large molecules and germs from passing from inside the intestine into the blood stream, potentially causing widespread symptoms.

Poor diet or overuse of antibiotics can result in an imbalance of good and bad bacteria and the barrier becomes less effective, making the gut 'leaky', although this is not generally thought to be sufficient to cause serious problems. Good gut health will keep your immune system strong.

### How do I take better care of my gut health?

Gut health is influenced by our genes. We can't change our inheritance but we can change our unique digestive system by eating more of the foods that keep good bacteria thriving.

- Eat a healthy, high-fibre, balanced diet — meals should be based on wholegrain and plant foods such as wholemeal grainy bread, brown rice and a wide range of brightly coloured vegetables and seeds/nuts. Keep saturated fats low by eating lean meats. Legumes and pulses such as chick peas and lentils make a great meat replacement and are beneficial for gut bacteria.
- Rebalance with probiotics (the good bacteria) — probiotics are healthy bacteria which help balance out good and bad bacteria in the gut. Many food items contain probiotics such as yoghurts and drinks as well as probiotic supplements. Look for the words *lactobacillus* and *bifido* bacteria on food labels.
- Take antibiotics only when necessary — if your doctor has prescribed antibiotics it is important that you follow this advice. But antibiotics can upset the balance of good and bad bacteria, so when you're on antibiotics, consider taking a daily probiotic supplement and continuing them for a month afterwards.

If you need support and guidance with your diet you can consult an Accredited Practising Dietitian (APD). An APD will help ensure your diet will maintain good health. To find a dietitian visit [www.daa.asn.au](http://www.daa.asn.au).

Laura Vincent, Dietitian, Arthritis & Osteoporosis NSW

## GRILLED SALMON WITH SOY SAUCE AND GINGER

Salmon is excellent for your health. It contains a good quantity of the fats which are good for your heart as well as vitamins such as Vitamin D and minerals such as iron and calcium. This recipe is quick and easy to cook.

### Ingredients

- 1 tbsp soy sauce salt reduced
- 1 tsp sesame oil
- 2 tbs finely chopped coriander
- steamed baby bok choy, to serve
- 1 1/2 tbs rice wine vinegar
- 1 1/2 tsp caster sugar
- 3 shallots, finely sliced
- 3cm piece of ginger, peeled, shredded
- olive oil cooking spray
- 4 salmon fillets

### Method

1. Preheat grill on high. Combine soy, vinegar, sugar, sesame oil, shallots, coriander and ginger in a jug. Set aside.
2. Place salmon fillets on a baking tray lined with baking paper. Grill salmon on each side for 3 mins or until cooked to your liking. Place baby bok choy onto serving plates. Top with salmon fillets and spoon the sauce over to serve.



## MEMBERSHIP

### Don't Forget

Membership renewals fall due on 1st July each year.

You can renew any time. Early birds are always welcome!

Thank you to those who have already renewed. For those who haven't, personalised renewal notices will be sent out with the next newsletter.

### HOW TO CALL THE POLICE WHEN YOU'RE OLD AND DON'T MOVE FAST ANYMORE.

George Phillips of Meridian, Mississippi was going up to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. George opened the back door to go turn off the light but saw that there were people in the shed stealing things. He phoned the police, who asked "Is someone in your house?" and he said "no". Then they said that all patrols were busy, and that he should simply lock his door and an officer would be along when available. George said, "Okay," hung up, counted to 30, and phoned the police again. "Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I've just shot them." Then he hung up. Within five minutes three police cars, an Armed Response Unit, and an ambulance showed up at the Phillips' residence and caught the burglars red-handed. One of the Policemen said to George: "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available!"



(True Story) **Don't mess with old people!!**

**The Arthritis  
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Northern Territory Inc.**

Trading as  
**Arthritis &  
Osteoporosis NT**  
ABN 67 099 326 608

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(excluding Public Holidays)

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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 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

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

## 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!

The office was open for a series of Sunday mornings in February March while the market was on.

A number of people called in for a chat and to get information.

We are considering whether or not to continue opening on Sundays.

**We really need more  
volunteers**—not just to open on Sunday but for other activities as well.

## OFFICE BREAK-IN

On 22 February our office was broken into through a smashed glass door panel.

The intruder/s turned the office over presumably looking for keys to the safe, which was stolen. It was a long day's work for staff, volunteers and the property manager to organise replacement glass and change of locks.

Thanks to Victims of Crime for assistance with the cost of securing the premises.



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