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

Support Groups

Our 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.

You will meet people who are having or have had similar experiences living with arthritis, osteoporosis or other musculoskeletal conditions. You will gain support and understanding with only as much information and advice as you wish to take away.

Notice of AGM 2018

2 pm Saturday 10th November

To be held at our office:
Shop 18 Rapid Creek Business Village, 48 Trower Rd Millner

Order of business
1. Consideration of accounts and reports of the Board
2. Election of new Board members
3. Any other business requiring consideration by members

Please contact the office by Thursday 1st November for:
- nomination forms for election to the Board;
- further items of business.
Phone: 8948 5232
Email: info@aont.org.au
Thank you Peg

Peg first came to us as an office volunteer in the late 1990’s. It was not long before she began compiling newsletters, continuing to do so up until this year’s June edition of justNTed. As well as the regular member newsletters (and assisting with Support Group newsletters in 2008) Peg developed many of our window displays, brochures, flyers, and posters. Our website and Facebook page have also benefitted from Peg’s artistic input.

She has shown an enormous amount of patience, ingenuity and imagination which has meant that we have been delighted with our products and have no hesitation in presenting them to our members and the public.

Not one to shy away from hard work, Peg helped at numerous fundraising events over the years, and assisted more recently in the presentation of our pain management courses.

We greatly appreciate Peg’s long term commitment in her various roles and we really miss her in the office and at Board Meetings since her relocation interstate.

Thank you Peg for being such a multi skilled office volunteer, a Board Member, Vice-President and President.

Suffering from Chronic Pain?

Chronic pain is very common in sufferers of arthritis and other musculoskeletal diseases, as well as many other conditions.

Unfortunately chronic pain is very difficult to treat but there are ways to manage it.

Arthritis and Osteoporosis NT presents a program to empower those with chronic pain with the skills to manage their pain and improve their health and well-being.

Take Charge of Pain Program

- Two sessions of two and a half hours each, a week apart
- Learn what causes chronic pain
- Learn a variety of strategies to help manage pain
- Discuss ways of coping with pain with other sufferers

Bookings essential—ring 8948 5232 to get dates, times and venue of the next course.

Cost: Gold coin donation towards materials and refreshments

Tell us what you think

As we hope you notice, this is a ‘new look’ newsletter. We’d love some feedback from you about such things as:

- is it easy to read?
- is it set out clearly?
- do you find the articles interesting?
- what kind of things would you like to see/read about in our newsletters?
- any other comment you would like to make.

Ring the office on 8948 5232 Mon to Thurs 9.30 am to 2 pm to give us your comments and ideas.

My Health Record – Quick Facts

My Health Record is the name of the national digital health record system. Having a My Health Record means your important health information like allergies, medical conditions and treatments, medicine details and test or scan reports can be digitally available in one place.

Healthcare providers like doctors, specialists and hospital staff may be able to see it online from anywhere at any time when they need to, like in an accident or emergency.

As more people use the My Health Record system, Australia’s national health system will become better connected. This will result in faster and more efficient care for you and your family.

Try this Sandra Lee recipe for a quick, easy-to-prepare meal. The celebrity chef created an arthritis recipe for the program “I Can with RA in the Kitchen,” sponsored by Bristol-Myers Squibb and the Arthritis Foundation UK. It takes only 10 minutes to prepare – a boon when painful joints limit your time in the kitchen.

Lemon Rosemary Chicken

Time: Prep 10 min, bake 20 mins

- Four 6 oz. boneless, skinless chicken breast halves
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon salt-free lemon-pepper seasoning
- 1 teaspoon salt-free citrus herb seasoning, Spice Islands® Salt (optional)
- 3 organic lemons, thinly sliced
- Fresh rosemary sprigs
- ½ cup organic chicken broth
- ½ tsp. crushed garlic

Preheat oven to 375 degrees F. Brush both sides of chicken pieces with olive oil and sprinkle with lemon-pepper seasoning, citrus-herb seasoning and salt (optional); set aside.

In a small saucepan, combine half of garlic, rosemary, lemon slices and rosemary from the baking dish and discard solids.

Discard solids. Preheat oven to 375 degrees F. Brush both sides of chicken pieces with olive oil and sprinkle with lemon-pepper seasoning, citrus-herb seasoning and salt (optional); set aside.

In a baking dish, arrange 2 to 3 slices of lemon and a sprig of rosemary for each chicken piece. Place chicken, smooth sides up, on lemon and rosemary. Top each chicken piece with another sprig of rosemary and 2 to 3 slices of lemon.

Bake in preheated oven for 20 to 25 minutes or until chicken is no longer pink (165 degrees F). Remove chicken to platter and cover with aluminum foil to keep warm.

In a small saucepan, combine half of the rosemary from the baking dish and any browned bits from baking dish. Add chicken broth and garlic. Bring to a boil over medium-high heat; cook until mixture is reduced by half. Using a fine-mesh strainer, strain mixture. Discard solids.

Serve mixture with chicken. Garnish with additional lemon slices and rosemary sprigs. Servings: 4
Hand Exercise to Ease Arthritis Pain

There are many home treatments you can use to reduce the pain and disability of arthritis. One easy and non-invasive way to keep the joints flexible, improve range of motion, and relieve arthritis pain is by doing hand exercises. Hand exercises can help strengthen the muscles that support the hand joints. This can help you perform hand movements with less discomfort.

Movement can also help to keep ligaments and tendons flexible, which can help improve range of motion and hand function. Finally, exercise can increase the production of synovial fluid, which can also improve joint function.

Exercise: Make a fist
You can do this easy exercise anywhere and anytime your hand feels stiff.

Start by holding your left hand out with all of your fingers straight. Then, slowly bend your hand into a fist, placing your thumb on the outside of your hand. Be gentle, don’t squeeze your hand. Open your hand back up until your fingers are straight once again. Do the exercise 10 times with the left hand. Then, repeat the whole sequence with the right hand.

Living with Osteoporosis: Two Exercises to Strengthen Your Bones

When you have osteoporosis, exercise can be an important component of strengthening your bones as well as reducing your risks for falls through balance exercise. But before you begin any exercise program, it’s important to get your doctor’s approval first. Your doctor will be able to help point you to the right exercises for you depending on your condition, your age, and other physical constraints.

Exercises that build healthy bones
While most types of exercise are good for you, some types are especially good for improving bone strength. For example, weight-bearing exercises can build healthy bone. These exercises involve challenging your muscle strength against gravity and putting pressure on your bones. As a result, your bones will signal your body to produce added tissue to build stronger bones. Exercises such as swimming may be beneficial to your lung and heart health but won’t necessarily help you strengthen your bones. Anyone with osteoporosis who is looking to increase their bone strength can benefit from the following two exercises. These exercises are easy to do at home.

1. Foot stomps
The goal for exercise to reduce osteoporosis is to challenge the key areas of your body that osteoporosis most commonly affects, such as your hips. One way to challenge your hip bones is through foot stomps:
   • While standing, stomp your foot, imagining you are crushing an imaginary can underneath it.
   • Repeat four times on one foot, then repeat the exercise on the other foot.
   • Hold on to a railing or sturdy piece of furniture if you have difficulty maintaining your balance.

2. Bicep curls
You can perform bicep curls with either dumbbells weighing between 1 to 5 pounds or a resistance band. They can be performed seated or standing, depending on what you’re most comfortable with.
   • Take a dumbbell in each hand. Or step on a resistance band while holding an end in each hand.
   • Pull the bands or weights in toward your chest, watching the bicep muscles on the fronts of your upper arms contract.
   • Lower your arms to return to your starting position.

Why do doctors keep talking about exercise?

Many scientific studies have shown that exercise:

¢ helps you live longer
¢ makes your heart healthier
¢ lowers the risk for some cancers such as breast and colon cancer
¢ builds strong bones i.e. reduces the risk of osteoporosis
¢ wards off diabetes
¢ makes you smarter

What’s not to like about exercise?

It’s important to keep your joints moving and your muscles strong – if you don’t use it, you may lose it. If arthritis is causing pain, you may not want to move. But this can increase stiffness and in the long term your muscles will weaken, making movement even more difficult.

Here are some good reasons why exercise is helpful for people with arthritis:

1. Strong muscles protect joints
   With regular exercise, muscles are strengthened. Together with ligaments and tendons they then act like a brace to protect joints.

2. Synovial fluid lubricates the joint.
   This fluid is produced by the synovial membrane which surrounds the joint. Its job is to allow the bones to move smoothly past each other and physical exercise also has positive mental effects.

Often you will feel much better and more self-confident when you’ve done some exercise, improving the way you cope with a condition.

Exercise for Hips and Knees with Osteoarthritis

GLA:D is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritic symptoms. Research in Denmark has found that participants show less pain, reduce their use of painkillers and take less sick leave.

GLA:D participants reported high levels of satisfaction with the program and that they were doing more physical activity 12 months after starting the program.

Rehabilitation Services, Palmerston Regional Hospital, is excited to be the first location to offer the GLA:D program in the NT.

The program is free and consists of two education sessions and 12 supervised exercise sessions, two each week over 6 weeks, which are all run by a trained physiotherapist.

One participant, Carol, has told us that she highly recommends the program as she found it very worthwhile. The education sessions were excellent. The exercises are very straightforward and easy to do at home. She intends to continue with them into the future.