

**WE HAVE ARTHRITIS
IT DOESN'T HAVE US**



*The Arthritis
Society*

The Arthritis Society

Cari Taylor
Manager of Education & Services
Vancouver Island

WE HAVE ARTHRITIS IT DOESN'T HAVE US





"I get a real sharp pain when I do this."

Outline



- About The Arthritis Society
- Statistics
- How we can help you!

ARTHRITIS  FIGHT IT!



The Arthritis
Society

In British Columbia...

The Arthritis Society, BC & Yukon Division Office
200-1645 West 7th Ave, Vancouver, BC, V6J 1S4
604.714.5550

- Vancouver Regional Centre
- 895 West 10th Ave,
Vancouver, BC, V5Z 1L7
- 604.875.5002
- Fraser Arthritis Centre
- 101-5501 204th St,
Langley, BC, V3A 5N8
- 604.514.9902
- Kelowna Arthritis Centre
- 150A -1855 Kirschner Road,
Kelowna, BC, V1Y 4N7
- 250.868.8643
- ***Victoria Arthritis Centre***
- ***2nd Flr -2680 Richmond***
- ***Victoria, BC, V8R 4S9***
- ***250.519.4000***

ARTHRITIS  FIGHT IT!

Questions?

For more information about arthritis and
The Arthritis Society
programs and services call the



ARTHRITIS ANSWERS LINE

1.800.321.1433

or visit

www.arthritis.ca

ARTHRITIS  FIGHT IT!

Mission & Vision



Our Mission:

- The Arthritis Society provides leadership and funding for research, advocacy and solutions to improve the quality of life for Canadians affected by Arthritis.

Vision:

- Living Well while creating a future without Arthritis.

ARTHRITIS  FIGHT IT!

About The Arthritis Society



- Started in the late 1940's by Mary Pack
- Canada's principle health charity for arthritis.
 - We help people with arthritis to live their lives to the fullest, by fighting the daily limitations of arthritis.
- Over the last 70 years we have invested over \$175 million towards arthritis research (to develop better treatments and ultimately find a cure).

ARTHRITIS  FIGHT IT!

- Nearly 4.6 million Canadians have arthritis
- 650,000 people in BC
- 1 in 10, 1 in 100, 1 in 1000
 - That translates to.....

- So give them to me.....
- **Help me Help You!**
- I can relieve your time constraints in your limited office time with your patients.
- I can help your patients *'live a better life with their arthritis'*.

What I do that can help you!

- Public Education
 - What does arthritis look like? & why does it hurt? What can they expect? What challenges will they face?
 - Working effectively with your doctor
 - Options
- Self Management Classes
- Create involvement
- Pamphlets, Booklets in your offices
- Other Community Resources

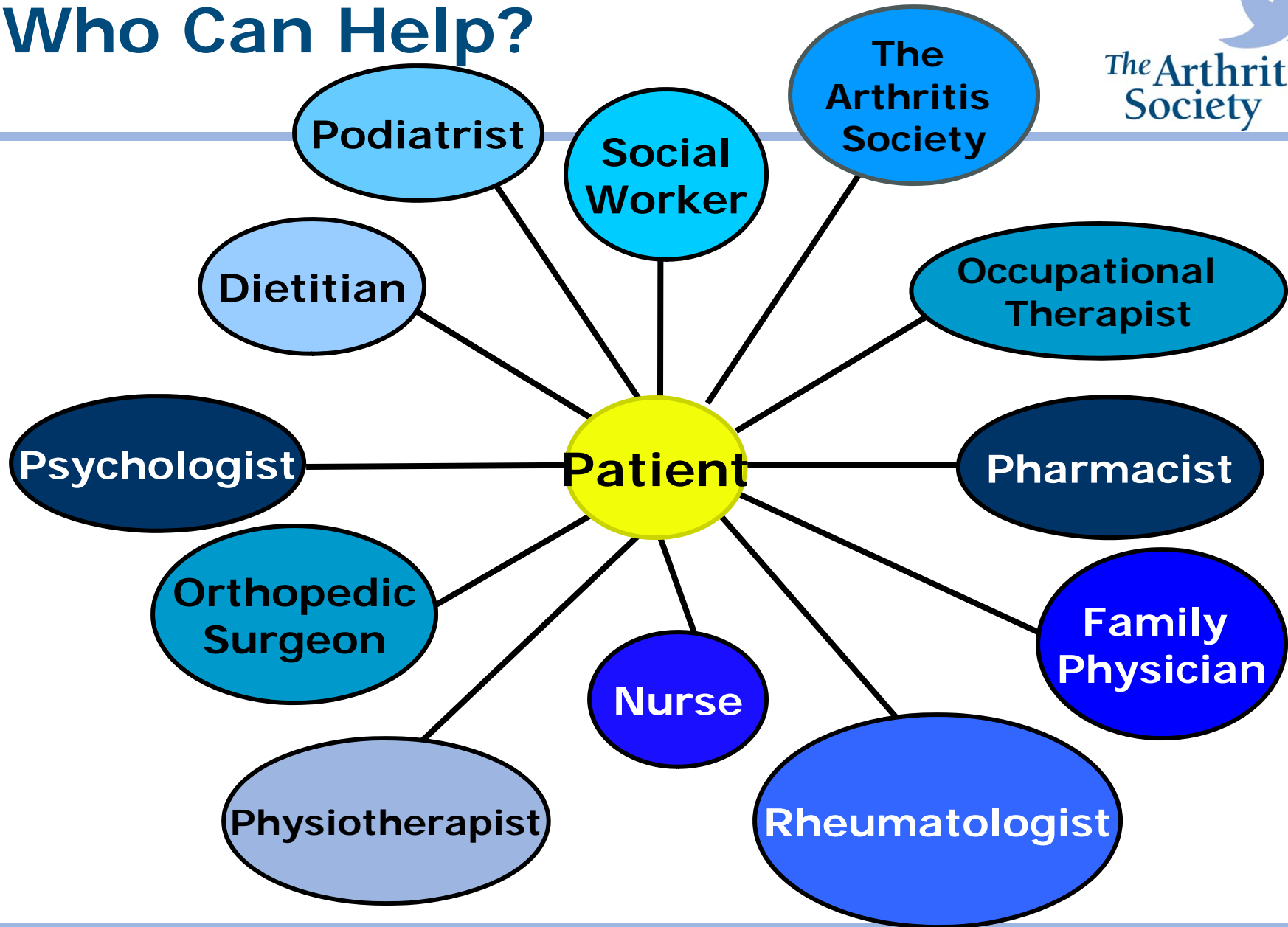
WE HAVE ARTHRITIS IT DOESN'T HAVE US

How can patients Manage their Arthritis?

- Understanding Medication
- Heat & Cold
- Daily-Living Adjustments
- Pain management
- Other healthcare support
- Exercise (benefits) & Healthy Weight
- Alternative Therapies
- Find a balance between rest and activity
- Use strongest or largest muscles and joints
- Use of helpful devices
- Support Groups

WE HAVE ARTHRITIS IT DOESN'T HAVE US

Who Can Help?



ARTHRITIS  FIGHT IT!

- **What is the most effective way to provide you and your office with information?**
 - Information such as.....
 - arthritis classes being offered that you can tell your patients about.
 - how can your patients contact us
- Email?
- Fax?
- Mail?

WE WALK NOW MORE THAN EVER
 I GO | REFUSE TO DANCING LET IT CONTROL MY
MORE LIFE | I AM CONFIDENT I CAN DO ANYTHING I PUT MY MIND TO
 HIKER THAN I USED TO
WE HAVE ARTHRITIS IT DOESN'T HAVE US
 THERE ARE OVER 100 DIFFERENT FORMS OF ARTHRITIS WAITING TO BE CONQUERED
WE ARE STRONG 4.6 MILLION
 I MOVE TO IMPROVE MY HEALTH
EMPOWERMENT ASK WHAT MAKES YOU FEEL ALIVE AND GO DO IT
 NOTHING WILL STAND IN MY WAY
 I AM FREE TO BE MYSELF
CREATE CHANGE PERSEVERANCE IS NEVER GIVING UP
 GET INVOLVED, TAKE CHARGE, KEEP MOVING
 EACH OF US IS STRONG TOGETHER WE ARE STRONGER
 COURAGE DOES NOT ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, "I WILL TRY AGAIN TOMORROW."
STRENGTH
I WILL NEVER GIVE IN ALWAYS TRUST IN YOURSELF
I DON'T LET IT SLOW ME DOWN ME HAPPINESS STARTS WITH A
ATTITUDE YOU CAN CHANGE YOUR LIFE SIMPLY BY CHANGING YOUR HEART
I AM STRONG