

arthritis *matters*

ISSUE 48 | JANUARY 2022



We're made to move ... good things can happen when we do!

Welcome to the New Year... and what better time to make a plan and take action to find ways to move more. This issue of Arthritis Matters focusses on exercise and arthritis, and why it is such an important and effective self-management strategy for people with arthritis and related conditions.

Arthritis and Exercise: The Essentials, Arthritis Australia's recently updated guide, found that the evidence is clear, people with arthritis can experience improvements in their condition and overall wellbeing by participating in regular, appropriate exercise. The health benefits of exercise and physical activity are hard to ignore, and everyone can benefit, regardless of age or physical limitations.

It's understandable that many people living with arthritis are anxious about increasing their level of physical activity, concerned that they may cause damage to their joints and/or increase their pain. However, research shows that people with arthritis can participate in regular, suitable exercise without causing joint damage or worsening of symptoms. Motion truly is lotion for our tissues and joints.

In this issue we unpack the potential benefits of moving more, speak to people who are reaping the benefits of doing so, and provide links to resources and services that may assist you. We also introduce our new Board members and highlight some recent research findings.

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Arthritis Matters is available in print or electronic format. Please let us know if you prefer to receive your copy by email.



19A Main Road, Moonah TAS 7009

Tel: 03 6228 4824

Email: info@arthritistas.org.au

www.arthritistas.org.au

ARTHRITIS INFOLINE: 1800 011 041

** Disclaimer: The content provided in this newsletter is for information purposes only and should not be used in place of medical advice.*

Welcome *Newest Team Members*

Arthritis & Osteoporosis Tasmania is excited to welcome new recruits Kym Child and Ari Magalhaes onto our skills-based Board of Governance. We are indeed fortunate to have attracted such highly credentialled, committed volunteers whose collective skills and knowledge will complement those of our existing Board members.



KYM CHILD Kym holds formal qualifications as a Lawyer, a Registered Nurse, and in Government Investigations (Regulatory Compliance). She possesses strong leadership, communication, analytical and investigative skills, and is a member of the Australian Institute of Company Directors.

Kim currently works in the Department of Justice in the role of Senior Investigation Officer – in the Office of the Ombudsman and Health Complaints Commissioner.

With her legal background, she has also held positions on the Tasmanian Mental Health Tribunal and the Guardianship and Administration Board. Kym is a current member of the Therapeutic Goods Administration Advisory Committee on its Complementary Medicines Committee and is a Board Member at Corumbene Care. Kym's skills, knowledge and experience in governance and risk management will be an asset to our organisation.



ARI MAGALHAES Living with arthritis since her teenage years, Ari has a passion for our cause and is keen to use her considerable skills and experience to help our organisation move forward. Since moving to Tasmania in 2016, Ari has been involved with not-for-profit organisations in both volunteer and professional capacities. Ari

holds formal qualifications in Economics and has a Masters in International Management. She is a member of the Australian Institute of Company Directors and a Fellow of both the Governance Institute of Australia and the Institute of Managers and Leaders.

As Managing Director of BluePrint Consulting, Ari has worked collaboratively with a range of organisations,

driving change and helping them to realise measurable and sustainable outcomes. As an economist and business consultant specialising in strategy, stakeholder engagement, risk, and performance improvement, Ari's input will prove invaluable in helping our organisation understand and adapt to economic and financial trends in these uncertain times.

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Welcome to Anita Busch as our new Manager Community Engagement and Marketing.

ANITA BUSCH has proven skills in communications, stakeholder engagement, strategic development, marketing, registered training organisation management, government liaison, grant writing, event management and executive leadership. She has extensive experience and knowledge gained from working in roles across the private, government and not-for-profit sectors.



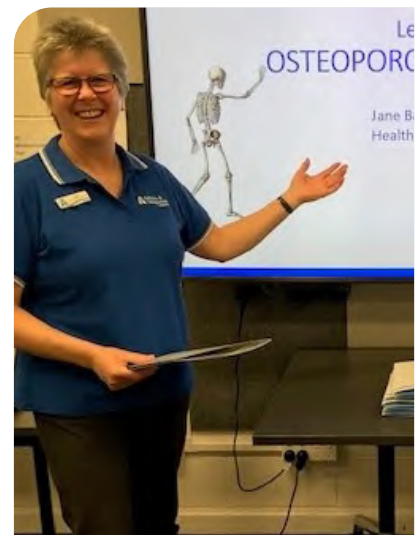
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Happy Retirement Jane

We wish **JANE BARRETT** farewell in February as she retires from her position of Health & Education Services Officer with Arthritis & Osteoporosis Tasmania. It is likely that many of you would have met or spoken with Jane over the past 5½ years, either in the community or via the InfoLine.

Jane's wealth of experience in the health sector, extensive knowledge of arthritic conditions, practical management tips (and sense of humour), will be greatly missed. We wish Jane all the very best of health and happiness in her retirement.

Jane Hope will be returning to fill the very big shoes of Jane Barrett in the health education role.





Arthritis Matters Feedback Survey

We invite you to let us know what you think about our 'new look' Arthritis Matters newsletter.

To access our brief survey, please scan this QR Code or phone our InfoLine on 1800 011 041 to request a paper copy. We value your response.

DONATIONS

As a small non-profit association donations are a crucial part of our overall funding, and we sincerely thank the following individuals and organisations for their support:

DONATION IN MEMORY

Late Lynette (Pam) McKnight

GROUPS/CLUBS

- Vaucluse Gardens *Gingerbread Day*
- Magra CWA



Advocacy Update

Keeping arthritis on the agenda for health planners and government continues to be a major priority for Arthritis & Osteoporosis Tasmania, as we strive to improve services for those living with arthritis and ensure a greater understanding of the prevalence and impact of arthritis. Unfortunately (and as many of you would know from personal experience) arthritis can turn up when you least expect it.

In the later part of 2021 the CEO, Jackie Slyp, met with Senior Health Advisor, Narelle Butt, to brief her on the current issues and priorities for arthritis in Tasmania. It was promising to learn that tucked away in the Government's State-wide Elective Surgery Plan (2021-2024) released in August 2021 were several of the proposed reforms and service enhancement strategies Arthritis & Osteoporosis has long been advocating. For example:

- the implementation of a State-wide Musculoskeletal Triage Assessment System which would streamline musculoskeletal services and enable timely access to the most appropriate care pathway; and
- the extension of both the Joint and Spinal Assessment Services state-wide.

Persistent Pain Services have been flagged for LGH and NWRH, as well as the development of a state-wide hip fracture pathway and osteoporosis management guidelines. A follow-up meeting is planned with the Senior Health Advisor in late January to learn what progress has taken place.

The Legislative Council Inquiry into Rural Health Services in Tasmania held public hearings in late 2021 with the CEO appearing to speak to Arthritis & Osteoporosis Tasmania's submission, and to highlight the need for improved access to affordable public health services for the 1 in 4 Tasmanians living with arthritis, and the urgent need for rheumatology and pain specialist services for those living in the north/north-west. Committee Members, including Hon Ruth Forrest MLC (Chair) and Hon Dr Bastian Seidel MLC (Deputy Chair) were empathetic and responsive to the issues raised, particularly the long waiting lists for outpatient clinics and the difficulties arising from the recent changes to the Patient Travel Assistance Program. Thankyou also to AOTas member and supporter, Diana Hardy Wilson for her submission and presentation to the Inquiry, providing a valuable personal perspective of the service needs for people living with long term health conditions in rural areas.

At the national level, the House of Representatives Standing Committee on Health, Aged Care and Sport has commenced an inquiry into childhood rheumatic diseases. The Committee will examine research into the causes of childhood rheumatic diseases and will focus on the health, social, educational and economic health impacts on children and adults who develop these diseases.

More information on the Inquiry can be found at https://www.aph.gov.au/Parliamentary_Business/Committees/House/Health_Aged_Care_and_Sport/rheumaticdiseases. Arthritis Australia has prepared a submission informed by its Juvenile Arthritis Impacts and Support Needs Survey. We will keep you informed of the Inquiry's progress.

Physical Activity – perhaps the best medicine for arthritis

Moving more really can help to improve your health and wellbeing in so many ways. Regular physical activity/exercise can enhance your:

- muscle strength, endurance, balance and coordination
- energy levels through the delivery of oxygen and nutrients to your tissues
- heart and lung function, making them work together more efficiently
- sleep, helping you fall asleep faster, get better quality sleep and deeper sleep, and
- mood, by stimulating brain chemicals to leave you feeling happier and less anxious.

Physical activity can be enjoyable, giving you a chance to unwind or simply engage in activities that make you happy, and help you to connect with family and friends in a fun, social setting.

Additionally, for people living with arthritis, exercise can really help with:

- reduction of pain and inflammation
- increasing muscle strength to support and stabilise affected joints
- improvement in joint movement and flexibility
- loss of weight or maintenance of a healthy weight to reduce the load on sore joints
- prevention of de-conditioning (loss of fitness and muscle wasting)
- improvement in your ability to independently manage tasks of daily living ^{1,2&3}

Osteoarthritis (OA) and Exercise

Exercise is strongly recommended for people with OA, in fact being physically active is the first-line strategy to help manage the pain and stiffness of OA. It has relatively few side effects and research has shown that exercise provides benefits similar in magnitude to those of pain-relieving medications (without the side effects). Movement and loading can increase the production of synovial fluid, which lubricates joints, nourishes cartilage and helps our bones to glide over one another allowing us to move freely.

Rheumatoid Arthritis (RA) and Exercise

In addition to disease modifying drugs, exercise is an important part of managing RA and other types of inflammatory arthritis. Many people with RA are anxious about exercising, perhaps due to fear of causing damage to the joints and/or increasing their pain.

Research shows that people with RA can participate in regular, appropriate exercise without causing joint damage or worsening of symptoms.

People with RA who exercise have:

- higher levels of fitness
- better muscle strength and size
- greater ability to do daily tasks
- improved mood and emotional well-being.

Exercise and Fibromyalgia (FM)

Regular exercise is one of the most important things you can do to manage fibromyalgia even though it may be the last thing you feel like doing. Research shows that people with FM who exercise have:

- less pain and fewer tender points
- higher levels of fitness
- greater ability to do daily tasks
- reduced stress and depression.

Exercise and Osteoporosis (OP)

Regular exercise plays an important role in developing and maintaining healthy bones. They remodel and adapt to become stronger when impact or extra strain is placed on them this serves to modify bone density, shape and size. Varying the types of loading, by doing different activities, is an important strategy to ensure that exercise continues to be a positive stimulus for bone.

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Exercise has significant anti-inflammatory effects. Walking often helps the arthritic knee feel better because it stimulates the production of our natural anti-inflammatories like Interleukin-10 (IL-10 - a cartilage protective chemical in the knee). Exercise has been proven to decrease the concentration of proteins and compounds in our knees that are hostile to cartilage health. – Dr Howard Luks, Orthopaedic Surgeon⁴

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What good things could being more active do for you?



Moving Medicine – reproduced with their kind permission.

SO, WHAT TYPES OF PHYSICAL ACTIVITY ARE BENEFICIAL?

There is a saying that ‘the best form of exercise is the one you will do!’ Choose a type (or two) of exercise that you enjoy and can easily incorporate into your daily life.

There are many activities that are safe and effective if you have arthritis. Any activity that works your muscles a bit harder or causes you to ‘puff’ a little, without increasing your pain and other symptoms too much, will be beneficial.

Decisions about the type of exercise/activity should be based on your preference and ability, their availability, access and cost. Everyone’s fitness levels and limitations will be different so start with activities that suit you.

Low-impact exercises, with less weight or force going through your joints, are usually the most comfortable. Evidence shows that the following activities can be helpful in managing arthritis. Generally, what works best is a mix of flexibility, strengthening and fitness activities.

Warm Water Exercise

This type of exercise can be done individually or in a class or group. The buoyancy of the water takes pressure off painful joints, and you may find you can move more freely than you can on land. Warm water can also be soothing for sore muscles and stiff joints. Water can provide as little or as much resistance as you like. This means exercises can be easily adjusted to suit people with varied strength and mobility. Exercising in water can also improve endurance and fitness.

Strength Training

Muscle weakness is very common in people living with types of arthritis. Strong muscles help to take pressure off sore joints, strengthen bones and improve balance. Research has shown that muscle weakness can be prevented and even reversed by strength training. This type of training involves working your muscles a little harder than you do in normal life. You can do this by working with hand weights, leg weights, sometimes gym machines, resistance bands or even just using your own body weight.

The key to successful strength training is to:

- start with supervision from a qualified health or exercise professional who understands arthritis
- learn the right way to do the exercises and how much resistance to add to prevent injury
- keep challenging your muscles by doing different exercises and using more resistance.

Fitness (Aerobic) Activity

Aerobic exercise involves activity that increases your pulse rate and makes you breathe a bit harder. Examples of this type of activity include brisk walking, swimming, cycling, walking your dog or dancing. As well as benefiting your heart, lungs and general wellbeing, over time, regular aerobic activity can help you sleep better, build stamina and increase your energy levels. It is the type of activity that helps burn calories and stimulates our brain to release pain-relieving hormones called endorphins.

“I’m too old and my pain is very severe and limiting. Any exercise will make me worse.”

Evidence-based response:

Prescribed exercise programs have been shown to be beneficial no matter what your age, joints involved, radiographic severity, pain intensity or functional level.¹

Exercise is the most commonly used treatment for chronic, musculoskeletal pain, and while it can be very helpful in restoring confidence, movement and function, it can also help with restoring normal brain and nervous system pain processing.²

Mobility Activities

These types of activity will help maintain and improve flexibility and the range of movement of your joints and muscles. They often involve reaching, bending and stretching movements to help you stay flexible, and can assist with balance - Tai Chi (standing or seated), yoga, dancing and gardening are examples.

...Continued on page 8

“I haven’t got the energy. I’m just too tired to exercise.”

Evidence-based response:

Regular exercise will increase energy over the longer term. While you might feel tired initially, continued regular exercise will increase energy. Sleep quality will also improve, and this will also result in reduced tiredness.¹

Powering up with coffee!

Are you one of those people who need a coffee (or two) to face your day? That just might be (or not) because you know how healthy it is! Coffee is actually one of the healthiest beverages you can drink (unless you fill it with sugar, that is). It contains high levels of anti-oxidants (more than fruit and vegetables combined), beneficial vitamins (B2, B3 and B5) and also essential nutrients (manganese, magnesium and potassium).



Coffee is one of the most commonly consumed psychoactive substances (stimulants) and is associated with improved brain function including boosting our mood, attentiveness, memory and general mental function. For some time it has been known that coffee has health benefits – coffee drinkers have a decreased risk of developing Type 2 diabetes (up to 50% lower risk), Alzheimer's (up to 65%) and Parkinson's (up to 60%) diseases, stroke (up to 20%). It is also protective against cirrhosis, liver cancer and colorectal cancer.

A recent study conducted by researchers at the University of California, San Francisco, is the first randomised trial to investigate the 'real time' physiological consequences of coffee consumption. One hundred volunteers wore sensors and monitors that tracked physical activity and sleep (amongst other things).

The study, presented at the American Heart Association's Scientific Sessions 2021, showed that coffee consumption was consistently associated with more physical activity – in the order of an additional 1 000 steps, this worked out on average to be 600 steps per cup or a daily energy boost of approximately 5%. On the down-side, coffee was associated with a reduction in sleep duration, 36 minutes for the first cup and 18 minutes for each cup after that. It was also associated with an increase in abnormal heartbeats.

"More physical activity, which appears to be prompted by coffee consumption, has numerous health benefits, such as reduced risks of Type 2 diabetes and several cancers, and is associated with greater longevity. On the other hand, reduced sleep is associated with a variety of adverse psychiatric, neurologic and cardiovascular outcomes. These results highlight the complex relationship between coffee and health" reported Gregory Marcus, M.D., M.A.S., study author, associate chief of cardiology for research and endowed professor, University of California, San Francisco.

Source: Medical News Life Sciences
<https://www.news-medical.net/news/20211115/Study-finds-beneficial-and-harmful-short-term-health-effects-of-caffeinated-coffee-consumption.aspx>

The inside story on bones

Imagine if your doctors could examine the health of your bones without subjecting you to repeated x-rays and scans. A team at the University of Arizona is working towards making this a reality in the form of an osseosurface electronic device.

At only 200 microns thick (as thin as a piece of paper), the device attaches and conforms to the shape of the bone. It contains sensors which measure and transmit continuous data that can then be used to monitor aspects of the health of the bone such as its strength and inflammation or how it heals after a fracture.

"There are currently no tools that allow us to get live data on bone health. Patients would benefit dramatically if you have a device that provides real-time information on how your bone performs even under load" said Philipp Gutruf, Assistant Professor of Biomedical Engineering.

Bone is a hardened tissue that constantly sheds old cells, so in order to keep the device in place long term the team members developed an adhesive, containing calcium particles with an atomic structure similar to that of bone. This secures the device and new bone grows around it. Strength gauges in the device then monitor the movement or flexing of the bone as an indicator of its health.

"With this interface, you basically have a computer on the bone. This technology platform allows us to create investigative tools for scientists to discover how the musculoskeletal system works and to use the information gathered to benefit recovery and therapy. The wireless bone device could one day be used not only to

monitor health, but to improve it” Prof. Gutruf reported.

It is anticipated that these devices could aid in the management of people with osteoporosis and other bone diseases or be key in the clinical trials of new drugs to treat the same.

Source: MDD+DI Qmed

<https://www.mddionline.com/orthopedic/osseosurface-electronics-capture-real-time-bone-data>



A potential screening tool for RA

Could a non-invasive diagnostic test be used to predict an individual’s susceptibility to rheumatoid arthritis (RA)? Researchers from the Washington State University and Arthritis Northwest believe so.

In their study, published in Scientific Reports, the group took cells (using a swab) from the cheeks of women with RA and from healthy controls. From these cells, the team were able to identify changes (epimutations) in the cells of those living with this challenging condition.

“The discovery could advance treatment for rheumatoid arthritis” said Professor Michael Skinner, from WSU’s School of Biological Sciences. “If we can identify these patients ten years earlier, before the disease develops, it opens up a whole arena of preventative medicine that we did not have access to before. Having biomarkers could allow treatment to begin even earlier before the first signs of it start.”

Early diagnosis and treatment of RA represents the gold standard and is associated with better outcomes – being less joint and/or organ damage, reduction in progression of the disease and potentially disease remission. Currently the mean time to diagnosis (after symptoms become evident) is six months – imagine if this figure was minus ten years!

If epimutations are known to be passed down through generations, would the family members of people currently living with the condition be potential candidates for screening in the future? Maybe so.

Source: WSU Insider <https://news.wsu.edu/press-release/2021/12/10/new-biomarkers-could-predict-rheumatoid-arthritis-susceptibility/#:~:text=Epimutations%20are%20molecular%20factors%20and,senior%20author%20on%20the%20paper>

Managing pain through diet changes

Isn’t it ironic that in countries like ours, where fresh produce is plentiful and of high quality, we are eating ourselves sick – literally and figuratively. The diet in western countries used to be the envy of people across the globe, now the Western Diet is characterised by a high intake of saturated fats, processed meats, refined ‘empty’ carbohydrates, sugar, salt and alcohol, and associated with a reduced consumption of vegetables, fruits, whole grains and seafood.

The Western Diet is being increasingly implicated in a range of medical conditions affecting most systems of the body. It is also associated with an increased risk of painful conditions including arthritis and/or chronic pain.

A consortium of researchers led by the University of Texas Science Centre have been studying the role of polyunsaturated fatty acids in these conditions. They found that the typical Western diet, high in omega-6 fats, posed a significant risk factor in the development of inflammatory and neuropathic pain. Whilst omega-6 fats play a crucial role in brain function, bone health and stimulate hair and skin growth and more, this diet offers too much of this type of fat which can be found in processed snacks, junk food and cakes.

In their paper, published in Nature Metabolism, the researchers reported that high levels of omega-6 in the skin of study participants was strongly associated with pain and the need for pain relieving drugs. They also found that reversal of this diet (with less omega-6 and more omega-3) greatly reduced their pain.

The team hope that their finding will help people living with chronic pain to find relief, either by a change in diet or by the development of drugs that block the release of omega-6 fatty acids in the body.

Source: UT Health Newsroom <https://news.uthscsa.edu/western-high-fat-diet-can-cause-chronic-pain-according-to-groundbreaking-paper-by-ut-health-san-antonio-led-team/>





TIPS FROM HEALTH & EXERCISE PROFESSIONALS:

- If you haven't been active for a while or want to start a new activity, consult your GP, physiotherapist or an accredited exercise physiologist for guidance
- When you first start, do less than you think you will be able to manage. If you cope well, do a little bit more next time and keep building up gradually. Pacing yourself will help you avoid aggravating your symptoms. Pace it, don't race it!
- Don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. Just get more active throughout your day and remember that housework, gardening and other incidental movement all counts
- Despite our physical limitations we can all do something to move more even if we just start by standing up out of our chair and sitting down again a few times during TV advertisement breaks.
- Consistency is key - don't do more on good days and less on bad days.
- Consider some aerobic exercise as well as activities that help gain balance and strength. After a period of time, if you lose interest in the activity you are doing, try something new rather than stop being physically active completely.

We need to keep at it to continue to reap the benefits that moving more can bring. Remember, if you rest, you rust!

For further information on exercise, contact the Arthritis & Osteoporosis Tasmania InfoLine on 1800 011 041 - we can provide information about evidence-based activities you might want to consider and what may be available within your community.

We also offer **Joint Movement Strength Training** group exercise classes and a warm water exercise program in southern Tasmania or call us for a free copy of our booklet "*Taking the first step... Help to get yourself moving.*"

Source:

1. *Arthritis Australia*. Arthritis and Exercise: The Essentials. Oct 2021
2. Exercise is Medicine Australia. *Arthritis Information Sheets*. 2020
3. *Mayo Clinic*. Exercise: 7 benefits of regular physical activity Oct 2021
4. *Joint Action Podcast Episode 15 Nov. 2021 Dr Howard Luks*. Do you really need surgery for your knee osteoarthritis?

Follow these Top Tips to keep you active:

1

If new to physical activity start gently and build up gradually over 3-6 months

2

Adequate warm up and cool down of 5-10 minutes helps to minimise pain.

3

Some discomfort during and immediately after activity does not mean damage. It is normal for anyone to experience some muscle soreness after doing a new exercise, particularly if not previously active. Over time, as your body adapts and strengthens, this will reduce.

4

Regular stretching can help maintain a good range of movement in your joints.

5

Pace yourself and listen your body - if after an activity you feel you've done too much, make a note to do slightly less next time until you gradually build up. It can take time to feel the benefits of activity.

6

Build up how often you do your activity first, then do each activity for slightly longer, then finally work harder during each activity.

7

Doing something you enjoy is more important than the exact exercise you choose.

8

Try to undertake physical activity at the time of day you are most comfortable.

9

Don't stop your physical activity altogether during a flare - think about other things you could do.



Meet Smoother Movers David & Karen

Four years ago, David's physiotherapist suggested that he join an Arthritis Tasmania Smoother Movers warm water exercise group to help him regain movement in his 'frozen' shoulder. Karen, who's lived with an inflammatory form of arthritis since her 20's initially went along to support David but seeing the group having so much fun as they exercised, she decided to join in. David tells us that being in warm water makes it easier to move and it is the only time he uses all of his joints and muscles. "The classes reset your body every week. The regular strength exercises have really helped, and I'm reminded that I can still do physical things."

Karen enjoys the structure of having a leader to guide the class and loves the social benefits of exercising in a group. "I love it. It's a full body workout that helps me manage pain and build my strength. Living with arthritis it is difficult moving my spine through its full range of movement. All that gets stretched without pain when I'm in the warm water and, if I miss a class, it's really noticeable how less flexible I am. It's a manageable, full-range of motion workout for your whole body every week – that's where the magic happens."

When asked what their advice would be to others contemplating warm water exercise, both David and Karen were unanimous "Just do it. It's fun, it's friendly, supportive and it is so comprehensive. If you can't swim or are worried about being in water, know that you don't have to go out of your depth. You don't even have to get your hair wet." They explain that the exercises can be adapted to meet each individual's needs. "You do what you can do and, if you can't, you don't have to. We don't think we would be physically able to regularly look after our two grandchildren if we didn't do our warm water classes." What better motivation!

Coralie's moving from strength to strength

After hearing about the benefits of land-based strength training during a Probus Club talk by Arthritis Tasmania's Health Educator, Coralie was motivated to act. "I was challenged by my mobility and, following spinal and knee surgeries, I knew I needed to strengthen my muscles to better support my joints. I performed badly in my pre-class assessment but was significantly better after the 12-week program, so it was a 'no-brainer' for me to keep going to classes."

Prior to doing strength training, Coralie couldn't get out of a low chair and believed she would never be able to stand from sitting without having to push off. A frequent traveller, getting up out of the seats was difficult. "I've had immediate benefits from doing regular strength training" says Coralie. "I have greater mobility, flexibility and can now do practical things that I couldn't do before including reaching the clothesline. My legs are much stronger, and I can now get up off a chair just using my legs. I no longer fear low chairs! I thought I was stuck where I was but can now do so much more."

Coralie tells us she likes the face-to-face aspect of the classes, being with people who understand and the support and encouragement the group provides socially. "Our leader is amazing; enthusiastic, understanding, encouraging, and always introducing new ideas to keep the classes interesting. The classes are supportive and friendly, and structured to meet our individual goals. The leader always provides alternative movements so you can feel confident that what you are doing is right for you, and you can go at your own pace. The pain really will subside if you keep moving and build your strength."

Thanks to David, Karen and Coralie for sharing their experiences with exercise.



Programs & services

NORTH WEST

Exercise Right for Active Ageing

(Subsidised program for over 65's conducted by Exercise Physiologist)

SMITHTON

Wellbeing Indoor Recreation & Leisure

Contact: 6452 4890

Tai Chi for Arthritis

WYNYARD Senior Citizens Centre

Contact: Maxine – M: 0419 870 471

Aqua Lite suitable for Arthritis

WYNYARD Hydrotherapy Centre

Contact: 6442 3844

Tai Chi for Beginners

ULVERSTONE, EAST DEVONPORT, PORT SORELL

Contact: Barbara – Ph. 6425 5275

Ageing Stronger, Active Longer Seniors Fitness classes

DEVONPORT Recreation Centre

Contact: 6424 4109

Tai Chi for Health and Beginners Tai Chi

DEVONPORT Recreation Centre

Contact: 6424 4109

WEST COAST

Exercise Treatment Program

QUEENSTOWN 14 week free program run by visiting Exercise Physiologist

Contact: Enquire at Community Health Centre or your GP as a referral is required

NORTHERN TASMANIA

Osteoarthritis Management Program

(commencing Feb. 2022) Free program conducted by community physiotherapists

VARIOUS LOCATIONS throughout northern Tasmania

Contact: Your nearest Community Health Centre for details

Living Longer Living

Stronger - Group exercise program for Seniors

LONGFORD

Contact: Ph. 6391 1055

LAUNCESTON YMCA

(commencing early 2022)

Contact: Ph. 6344 3844

The Joint Movement® - Group Warm Water Exercise Classes

LAUNCESTON

Provided by Martin O'Toole

Licensed Joint Movement Leader

Contact: Martin O'Toole

M. 0412 296 694

Tai Chi Classes (including beginners)

LAUNCESTON & SUBURBS, BEACONSFIELD, LONGFORD

Contact: Grant – M. 0418 606 656

Healthy George Town

GEORGE TOWN

Seasonal program of a range of active, free or low-cost activities

More information:

<https://georgetown.tas.gov.au/healthy-george-town-programs/>

SOUTHERN TASMANIA

The Joint Movement® Land Based Group Strength Training

CLARENCE, LINDISFARNE, GLENORCHY, KINGSTON, SOUTH HOBART AND OLD BEACH. ONLINE LIVE-STREAMED CLASSES ALSO AVAILABLE.

Designed for people with arthritis.

Supportive, supervised small group environment.

Contact: Arthritis Tasmania

Ph. 1800 011 041 for an info pack

Women's Health Tasmania: Health & Wellbeing Activities

Tai Chi and walking groups

NORTH HOBART

ONLINE CLASSES ALSO AVAILABLE

Contact: Ph. 6231 3212

Mathers House: Activities for Older Adults

(Service provided by the City of Hobart)

HOBART CITY

Contact: Ph. 6234 1441

Walking Group

SORELL Community Health Centre

Contact: Ph. 6166 1400

Tai Chi Classes

MIDWAY POINT

Contact: Leon – M. 0447 487 917

HUON VALLEY

Yoga in a Chair – Huonville Hub

HUONVILLE

Contact: Claire – Ph. 6264 0300

Gentle Yoga Evening classes

Huonville Hub

Contact: Alison – Ph. 0400 288 545

Strong for Life Program

Community Health Centre

Contact: Emma – M. 0404 815 669

NEIGHBOURHOOD CENTRES AND COMMUNITY HOUSES

Located throughout Tasmania, community houses offer a range of exercise and activity opportunities which may include, Be Active programs, gentle exercise groups, walking groups and Tai Chi at low or no cost.

To contact your nearest community house, go to:

www.nht.org.au/find-a-house

or phone our InfoLine 1800 011 041 for assistance.



If you don't access the internet, contact our InfoLine Service 1800 011 041 if you would like a printed copy of any of these resources mailed to you.

Exercise for Older Adults – Free eBook

ESSA (Exercise & Sports Science Australia) (2020)

This is an electronic book (eBook) available to download for free. It has been compiled by ESSA with the help of Accredited Exercise Physiologists and researchers who are working together to ensure Australians are ageing actively to increase their quality of life.

Download from <https://mailchi.mp/essa/exerciseforolderadults>

Staying Strong at Home - strength and balance training for older Tasmanians

COTA Tasmania (2020)

Developed by a fitness professional, *Staying Strong at Home* is an evidence-based exercise program that can be done from home with little or no equipment.

This free booklet is available for download from COTA Tasmania's website or you can contact them to request a printed copy. Ph. 6231 3265



Fibromyalgia and Exercise

Helpful 2021 article produced by Exercise Right



Explains in plain English how exercise can benefit fibromyalgia, what types of exercise are most useful and what should be avoided. Also includes advice about how much to do, together with top tips from an Accredited Exercise Physiologist.

Go to: <https://exerciseright.com.au/fibromyalgia-and-exercise/>



Moving Medicine's 12 week PACE-UP walking program

For people able to walk, walking has been described as the 'perfect exercise' since it is free to do, requires no special equipment and can be integrated into many aspects of routine daily life.

This simple and progressive 12 week walking programme, developed by the 'PACE-UP' trial team is proven to help increase walking and health in the long term. **You can download it from:** [PACE-up-MM-edit-v92.pdf](https://www.movingmedicine.ac.uk/PACE-up-MM-edit-v92.pdf)

Safe Exercise at Home

Website featured in our last newsletter is also an excellent source of information, advice, and ideas for evidence-based exercise. **Visit:** www.safeexerciseathome.org.au

Exercise and Bone Density Guide

Healthy Bones Australia (2021)

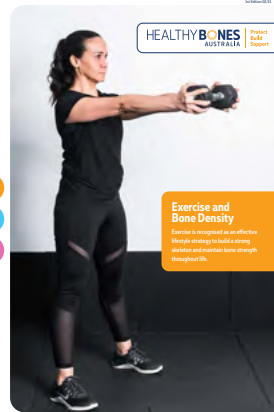
Healthy Bones Australia explain: "You should not be intimidated by exercise if you have osteoporosis or osteopenia. In fact, specific types of exercises are important for improving bone strength. Bones become stronger when a certain amount of impact or extra strain is placed on them, however it is recommended that exercise is supervised especially when first beginning an exercise program."

They have produced a free resource to help guide people seeking to build bone density and maintain strength. **Download from:** [HBA-Exercise-Brochure.pdf](https://www.healthybonesaustralia.org.au/HBA-Exercise-Brochure.pdf)

Knee Pain Info Video

University of Melbourne & University of Queensland

A new 12minute information video about knee osteoarthritis produced by the University of Melbourne's Centre for Health, Exercise and Sports Medicine in collaboration with researchers from the University of Queensland. Providing accurate information based on current evidence, the video aims to help people living with knee osteoarthritis to better understand their condition. **Go to:** <https://youtu.be/o8ZJN56aSic>



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Musculoskeletal Australia Free Consumer Webinars 2022

▶ WEDNESDAY 23RD FEBRUARY, 7PM

“What is fibromyalgia and what can you do about it?”

Dr Emma Guymer, Rheumatologist,
Monash Health

▶ TUESDAY 29TH MARCH, 7PM

“Osteoporosis and osteopenia –
Prevention and management”

Dr Sonia Davison, Endocrinologist,
Jean Hailes for Women’s Health

To register, go to Musculoskeletal
Australia’s website:

www.msk.org.au/community-webinars/

You can also visit this site to access
recordings of past sessions.

THE LUPUS ASSOCIATION OF TASMANIA



Systemic lupus erythematosus

(also called **SLE** or **lupus**) is an autoimmune condition. The normal role of your body’s immune system is to fight off infections and diseases to keep you healthy. In an autoimmune disease like lupus, your immune system starts attacking your own healthy tissues. For some people lupus may just affect the skin and/or joints. In other people the lungs, kidneys, blood vessels, brain or other parts of the body may also be affected.

The Lupus Association of Tasmania is a self-funded non-profit organisation served by volunteers. They are committed to understanding and supporting people with Lupus, Sjögren’s, Scleroderma, Fibromyalgia or any auto-immune disease by:

- providing education and information for people affected and their families
- providing support in the form of encouragement and service; and
- promoting and supporting research designed to discover the cause of, and a cure for, lupus and related auto-immune diseases.

They conduct support groups who meet regularly in the southern, northern and northwest regions and on the east and west coasts.

For further information and to contact the Association

Email: lupustas@lupustasmania.org.au or **visit:** www.lupustasmania.org.au

Clinical *Trial*



THE UNIVERSITY OF
SYDNEY

Are you interested in how an
online treatment could help
you cope better with your
rheumatoid arthritis?



Researchers at the University of Sydney and Macquarie University are conducting a trial looking at the effectiveness of two evidence-based interventions for people with rheumatoid arthritis.

ra.online@sydney.edu.au
The University of Sydney
HREC approval: 2021/516

These interventions are completely online and run for 8 weeks. Participation will involve filling out several online questionnaires and participating in a short phone interview. If you are interested in finding out more information, scan the QR code or go to:
<https://bit.ly/3Fb1Fu4>

