

Arthritis Action

A Publication of the Arthritis Foundation, Georgia Chapter

Arthritis Foundation, Georgia Chapter Laces Up for Arthritis Walk Atlanta

Did you know that more than 1.8 million people in Georgia alone are living with arthritis? Fortunately, you can help them by participating in the Arthritis Walk Atlanta! Slated for May 2, 2009 at 10 a.m. at Atlantic Station in midtown Atlanta, this year's Walk promises to be a family-friendly community event for people of all activity levels. At the event you will enjoy a festive environment full of music, activities for kids, and give-aways from our sponsors. Best of all, you will be walking to honor and support loved ones in your life who have arthritis. Money raised at the Arthritis Walk funds research initiatives, life improvement programs and advocacy initiatives, all which aim to improve the lives of those living with arthritis.

It is never too early to set up your own Arthritis Walk team! Plus, it is easy and fun. To register, visit www.arthritiswalkatlanta.org. Click on the Getting Started tab, and the site will walk you through setting up your own fundraising team and web page.

For more information, contact Molly Parks at 678-237-4446 or mparks@arthritis.org.



Hundreds of Georgians walk with friends and family in honor of someone they love who is living with arthritis.

Let's Move Together Officially Launches Nationwide

Let's Move Together is a nationwide movement led by the Arthritis Foundation that encourages people to move to prevent or treat arthritis. You can join the movement by committing to walk in your local 2009 Arthritis Walk. But don't stop there...move daily for better health.

The vision of the Arthritis Foundation is a world free of arthritis pain. Let's move together to reduce the pain of:

- 27 million people with osteoarthritis, the most common form of arthritis.
- 1.3 million people with rheumatoid arthritis, an autoimmune disease that can lead to chronic pain, loss of function and deformity.
- 300,000 children (or one in 250) with juvenile arthritis, one of the most common childhood diseases in the United States.

Start moving today: visit www.letsmove together.org



www.letsmove together.org

Dear Friends,

As we usher in a new year, it is with much honor and excitement that I accept the role of Board Chair for the Arthritis Foundation, Georgia Chapter. Our former chair, Don Bolia, has left me with very big shoes to fill, and I plan to build upon the very strong foundation that he and the leadership of the Arthritis Foundation, Georgia Chapter have set in place. I am very encouraged by the fact that each one of our events has grown in participation and funds raised. We have built a solid and energized group of volunteers who are committed to reaching even more people who need the help of the Arthritis Foundation, Georgia Chapter, even in areas outside of metropolitan Atlanta. I see the coming year as a challenge to reach more people, form stronger partnerships and raise more funds to find a cure for arthritis.

Many of you have heard me say that the Arthritis Foundation has allowed me to successfully meld my career with my passion for fighting arthritis. As a Senior Vice President at Delta Air Lines, I couldn't be prouder of the partnership between Delta Air Lines and the Arthritis Foundation. Even in the face of tough economic challenges, Delta Air Lines has consistently supported the efforts of the Arthritis Foundation, not only financially, but also in person and with passion. The Delta Air Lines Arthritis Walk team was one of the largest and most enthusiastic teams, which is just one of the many ways we show our commitment to fighting arthritis.

As the wife of someone deeply affected by arthritis, I fully understand how dire the need is for a cure. Arthritis imposes limitations on more than 1.8 million Georgians – including 9,200 children – who are full of energy and life. Arthritis affects not just the individual, but the entire family. Again, the need for a cure is tremendous, as arthritis does not discriminate.

As we plan for 2009, I look forward to meeting and working with many of you as we all move together to achieve our mission. I challenge you to make this the year that you really get involved with the Arthritis Foundation, whether it be as a volunteer, a team captain at the Arthritis Walk in May or as an advocate to increase awareness of arthritis. I am confident that together, we can create a world free from arthritis pain.

Gail Grimmatt
Chair, Arthritis Foundation, Georgia Chapter



Led by Gail Grimmatt, Delta Air Lines' Arthritis Walk Atlanta team was one of our most enthusiastic and successful groups.

Faces of Arthritis Breakfast Touts Research, Offers Hope

The annual Faces of Arthritis Breakfast, held December 2 at Villa Christina, raised more than



\$40,000 to help support arthritis research, programs and services that will benefit the more than 1.8 million Georgians living with arthritis. Sponsored by UCB, the event gave attendees the chance to learn more about Arthritis Foundation research, as well as hear the stories of local people who are living with arthritis. Special thanks to our speakers: Debbie McCoy-Massey, Aimee Busquet, Zach Jamison, Darice Jamison and Theresa Lawrence-Ford.



The Young Professionals Board offers the perfect opportunity to meet other young professionals in Georgia who are living with arthritis.

Young Professionals Plan for 2009

The Arthritis Foundation, Georgia Chapter's newly formed Young Professionals Board met in December to celebrate the holidays and begin preparations for the new year. In 2009, the Board plans to expand its membership and help raise awareness and funds for arthritis. For more information, contact Aimee Busquet at 706-974-5223 or afbusquet@yahoo.com.

Welcome New Arthritis Foundation, Georgia Chapter Board Members!

Aimee Busquet
Debbie McCoy-Massey, M.S.
Margaret Miller
Eileen Rosencrants
David Schneider
Kelly Weselman, M.D.
Dale Yake, M.P.T.



In Memoriam

The Arthritis Foundation, Georgia Chapter lost two beloved and dedicated volunteers in 2008. We wish to express our heartfelt appreciation to them, as well as our sympathies to their families.

Mr. John O. Mitchell served the Arthritis Foundation, Georgia Chapter in many ways. He and his wife, Beverly, served as heads of the steering committee for the Crystal Ball, as well as co-chaired the event in 1988. For their hard work, they were recognized as Crystal Ball honorees in 1991. John was also instrumental in the success of the Arthritis Foundation, Georgia Golf Classic. In addition to serving on the Arthritis Foundation Board of Directors for many years, the Mitchells most recently served as the Power of 60 Committee co-chairs, helping to celebrate the Arthritis Foundation's 60th anniversary and reconnect with long time volunteers.

Anne Shearer served the Arthritis Foundation, Georgia Chapter as an enthusiastic and committed chair of the 2003 Crystal Ball, bringing the event to a new level to support Arthritis Foundation programs, services, research and advocacy initiatives that benefit the more than 1.8 million Georgians living with arthritis. The mission of the Arthritis Foundation became very personal too Anne, and she continued her involvement by serving on the Arthritis Foundation, Georgia Chapter Board of Directors. Anne was known for her ability to form strong and lasting relationships, as well as being tireless in her efforts to fulfill the mission of the Arthritis Foundation.

Southwest Branch Update

The Arthritis Foundation, Georgia Chapter, Southwest Georgia Branch is pleased to announce its Board of Directors for 2009:

Arthur Barker – Chair

Frank Brown

Emily Johnson

Reginald Pugh

Faye Melton – First Vice Chair

Cathy Buck

Lance Kelly

Heidi Rehak

Lori Cooper – Second Vice Chair

Jake Burrus

Stephanie Lee

Eddie Roberts

Clair Thayer – Member at Large

Tracy Dean

Lisa Long

Suzanne Ruffner

Mark Lupo – Past Chairman

Leigh Dudley

George Luttrell

Bobby Sanders

Emily Johnson - Secretary

Dennis Durham

Sheree Mitchell

Darlene Shirley

Jerome Berchard

Eddie James

Deani Pahl

Mark Smith

If you are interested in getting involved with the Arthritis Foundation, Southwest Georgia Branch, please call 1-800-933-7023



Let's get moving, Southwest Georgia! The Southwest Georgia Branch, located in Columbus, Georgia, offers many opportunities to get involved, including the Arthritis Walk Columbus in the Fall.

Knee OA Worse in Obese

In people with knee osteoarthritis (OA), those who are obese are more likely to develop advanced, end-stage disease than those who are of healthy weight, according to research funded in part by the Arthritis Foundation.

Using a computer model of knee OA progression based on published national data, scientists from Brigham and Women's Hospital and New England Baptist Hospital in Boston and University of North Carolina in Chapel Hill projected the occurrence and progression of knee osteoarthritis among several cohorts of individuals. The groups were stratified by the presence of obesity, knee pain, and knee osteoarthritis visible by X-ray at age 60.

The research team, led by first author Holly Holt and Principal Investigator, Elena Losina, Ph.D., of Brigham and Women's Hospital found that 70 percent of obese adults with mild knee OA at age 60 will develop advanced, end-stage disease by age 80. In contrast, just 43 percent of non-obese adults with mild knee OA will have end-stage disease after 20 years.

Arthritis Foundation grant recipient and senior study investigator Losina concludes, "These data can be used to project utilization of total knee replacement surgery and other health care expenditures over the next two decades. They also provide a compelling rationale for the development of obesity interventions."

Holt HL, et al. Forecasting the burden of advanced knee osteoarthritis over a 20 year period in a cohort of older US adults: impact of obesity. Abstract presented at American College of Rheumatology Annual Scientific Meeting, San Francisco, October 25-29, 2008.

Pain and Psychosocial Health

Both pain intensity and limitation due to pain affect mental health in people with arthritis, according to research funded in part by the Arthritis Foundation.

Researchers from University of North Carolina at Chapel Hill surveyed 2,156 people from a Family Medicine Research Network. The survey collected data on chronic conditions, pain, health attitudes and beliefs, and sociodemographic variables. Pain was assessed as pain intensity and limitations due to pain. Health attitudes and beliefs were assessed using seven different measurement tools.

Of the respondents, 53 percent reported that they had arthritis. Using mediation analyses, the team found that pain partially moderates the relationship between arthritis and poorer psychosocial health outcomes. That is to say that those with arthritis had greater pain intensity and greater pain limitations than those respondents without arthritis, and greater pain led to poorer mental health, less satisfaction with life, greater symptoms of depression and more negative effects in those respondents with arthritis.

First author and Arthritis Foundation grant recipient, Kathryn Remmes Martin, M.P.H., concludes, "Identification of pain symptoms and effective pain management may be important strategies in maintaining good mental health in individuals with arthritis."

Martin KR, et al. The role of pain intensity and pain limitation as mediators in the relationship between arthritis status and seven psychosocial health outcomes. Abstract presented at American College of Rheumatology Annual Scientific Meeting, San Francisco, October 25-29, 2008.

Donation Form

One in four adult Georgians is affected by arthritis and related diseases. Resources available through the Arthritis Foundation membership make it possible for Georgians with arthritis to take control. A minimum of \$20 is required for membership (a portion is tax-deductible).

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____

Type of Arthritis _____

\$20 \$50 \$100 \$500 \$1,000 Other

Payment Selection: Check enclosed Charge my: Visa MasterCard AmEx

Card# _____

Amount \$ _____ Exp. Date _____ Signature _____

I would like information on my type of arthritis. I would like to receive information on how I can further support the work of the Arthritis Foundation through my estate plans.

Arthritis Foundation, Georgia Chapter • 2970 Peachtree Road, Suite 200 • Atlanta, GA 30305
phone 800.933.7023 or 404.237.8771 (In South Georgia, call 706.576.4086)

“Kids’ Place”

New Pediatric Rheumatologist Comes to Atlanta

The Arthritis Foundation, Georgia Chapter is pleased to welcome Sampath Prahalad, M.D., M.Sc. who is an Associate Professor of Pediatrics and



Human Genetics at the Emory University School of Medicine. Dr. Prahalad will join Larry Vogler, M.D., and Sheila Han, M.D. in the Division of Pediatric Rheumatology at the Emory Children’s Center. With the addition of Dr. Prahalad, there are now five pediatric rheumatologists to serve the 9,200 children in Georgia who are living with arthritis.

Most recently, Dr. Prahalad was an Assistant Professor of Pediatrics at the University of Utah in the Division of Immunology and Pediatric Rheumatology at Salt Lake City, UT. He is a board-certified pediatrician with specialist training in pediatric rheumatology. He completed his residency in pediatrics at Penn State University, followed by a clinical fellowship in pediatric rheumatology at Children’s Hospital Medical Center in Cincinnati, Ohio.

Dr. Prahalad is a physician-scientist with a career vision of determining who gets juvenile arthritis and why. From the time of his fellowship he has authored numerous publications on juvenile arthritis. He is the principal investigator of a project that tests different genetic factors for their role in juvenile idiopathic arthritis (JIA) with the goal of identifying specific genes. Juvenile idiopathic arthritis (JIA) refers to a group of diseases that share the common feature of chronic joint inflammation. He oversaw the collection of families of children with JIA in the intermountain west. More than 500 children with JIA and their families, as well as 1000 healthy controls were collected as part of this project. Dr. Prahalad hopes that by identifying genetic factors linked to JIA, his research will improve our

understanding of JIA, improve the classification of JIA and aid in the development of more specific treatments. He is in the process of establishing a research program focused on juvenile arthritis at Emory.

Please welcome Dr. Prahalad!

Arthritis Foundation, Georgia Chapter Looking Forward to Camp Joint Venture



The Arthritis Foundation, Georgia Chapter is excited to announce that Camp Joint Venture will be a full day longer this year due to the awesome response from last year’s campers. We will again partner with MCG Health to host the sixth annual Camp Joint Venture, a no-cost four-day camp designed especially for children living with arthritis or a related condition. This year’s camp is slated for June 7-10 at Camp Will-a-Way in Winder, Georgia, a Camp Twin Lakes facility in Fort Yargo State Park. We hope to host our largest group ever!

The camp offers a wide range of activities for campers ages six through 18. From fishing and arts and crafts to boating and archery, Camp Joint Venture has something for everyone. The cabins are air-conditioned and handicapped-accessible, and our campers have access to medical staff 24/7. Best of all, the campers are able to meet and connect with other kids who are living with arthritis.

The camp registration deadline is April 15. To register, contact Patty Rech at 678-237-4450.

Family Education Day a Success for Children and Parents

Family Education Day was held November 1 at the Arthritis Foundation National Office in midtown Atlanta. Attendance more than doubled from 2007. The kids were entertained with a yoga demonstration, a ventriloquist act and kids’ arthritis discussion by Mrs. Georgia, Meredith Boyd, who has JRA. Party Animals Atlanta provided a live animal presentation. Parents and other adults attended educational sessions, including a general question and answer session with a pediatric rheumatologist. There were also information sessions on pharmaceuticals and juvenile arthritis and how it affects the eyes. Parents and children alike had the chance to network and connect with other families who are living with JA.



Just Add Water...

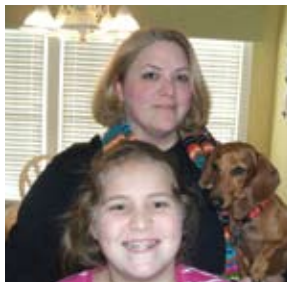
Did you know that aquatic exercise is one of the best exercises for people who are living with arthritis? Many people have expressed interest in a juvenile aquatics program for their children who are living with arthritis or a related disease. If you would like to see a juvenile aquatics program come to Georgia, please contact Towanda Gooden at 678-237-4448 or tgooden@arthritis.org.

For more information on programs for children, contact Patty Rech at 678-237-4450.

Advocacy Update

Olivia Goes To Washington: 2009 Advocacy and Kids' Summit

When Carolyn Litke's daughter, Olivia, was diagnosed with polyarticular juvenile idiopathic arthritis, Carolyn sought help from the Arthritis Foundation, Georgia Chapter. Carolyn credits the Arthritis Foundation for much of her daughter's improvement in quality of life. So now, she and Olivia aim to give to help others living with arthritis. That is just one of the many reasons that she and Olivia will be attending the Arthritis Foundation's **Advocacy and Kids' Summit** on Capitol Hill from March 2-4, 2009. The Summit is an opportunity to meet with Members of Congress and their staff to share personal stories about living with arthritis and to advocate for the Arthritis Foundation's legislative priorities. With the large number of new Members of Congress for the 111th Congress, advocates attending the Summit also will be introducing the Arthritis Foundation and its advocacy priorities to a new office.



Olivia, who has had arthritis since she was four years old, is now nine years old and looks forward to attending the Advocacy and Kids' Summit so that she can meet other kids her age who have arthritis. Olivia plans to tell her representatives what it is like to be a child living with arthritis. She wants them to know what it is like when her classmates go out on the playground and run around, and how it is not the same for her because it hurts. When she

wakes up in the morning her hands and legs are very stiff, and she has trouble tying her shoes and sitting down on the floor. Olivia hopes that the Members of Congress will understand her pain and work to make a difference in her life and the lives of others like her.

Similarly, Carolyn, who has rheumatoid arthritis, wants to draw attention to arthritis and the many issues surrounding those living with arthritis. She is an Arthritis Ambassador for District 7, which is a volunteer advocate who commits at least two hours each month to building strong relationships with their Members of Congress to promote the Arthritis Foundation's advocacy initiatives. She hopes that the importance of arthritis can be recognized and acted upon so that improvements can be made and children with arthritis can "just be kids" like they deserve to be. Carolyn is especially concerned about focusing attention on children with arthritis and raising awareness of the need for more pediatric rheumatologists. Through her advocacy work, she hopes to make improvements so that her daughter can have a future free of the obstacles that come with living with arthritis.

For more information on the Advocacy and Kids' Summit or to become an Arthritis Ambassador, contact Andrea Collins at 678-237-4452 or acollins@arthritis.org.



Georgia Chapter

2970 Peachtree Road, NW
Suite 200
Atlanta, GA 30305

Save these dates:

Advocacy and Kids' Summit	March 2-4
Arthritis Walk Atlanta	May 2
Arthritis Walk Gwinnett	May 30
Camp Joint Venture	June 7-10
Arthritis Foundation, Georgia Chapter Golf Classic	June 22
Crystal Ball	October 24

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