

## Trends in the use of Alternative Medicine

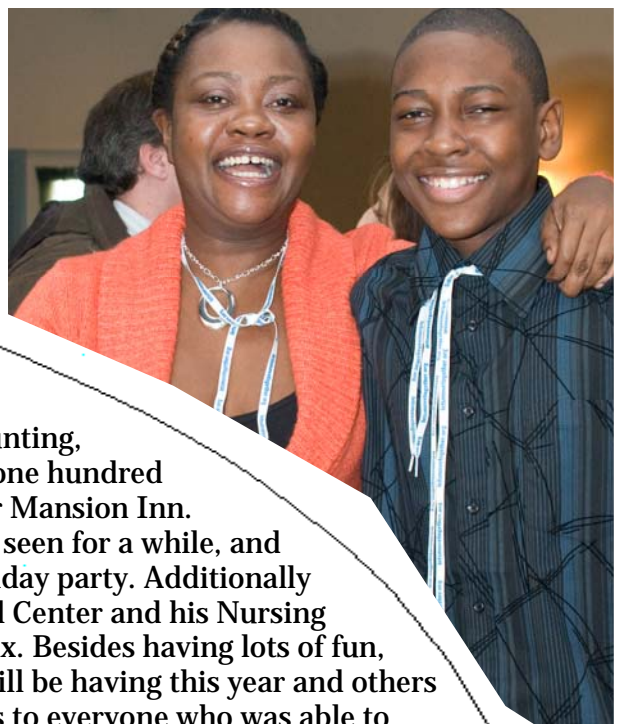
Data from the latest National Health Interview Survey was released mid December describing how many adults and children are using both complementary and alternative medicine for joint pain and other painful musculoskeletal conditions. The study stated that about 38% of adults in the United States and 12 % of children use alternative practices and products. This number hasn't changed significantly since the last study was completed six years ago; what has changed is the most common types of alternative treatments used. Natural products often categorized as supplements are currently ranking highest, with the most popular being fish oil, glucosamine, flaxseed oil, and ginseng. The two next most common treatments on the list were deep breathing and meditation exercises followed by seeing a Chiropractor or a Massage Therapist. All of these treatments are used for the relief of joint pain but do not necessarily work for everyone. It is important to consult your doctor before beginning any new treatment plan even though you do not need a prescription. Exploring different options and combinations of treatments can sometimes be the key to reducing your arthritis pain. Look into complementary medicine and see what potential pain relief strategies could be working for you!

## President's Quotation

"New Year, new you. Ok, maybe it's not actually a new you, but this year we have a lot of things to share with you that can make the old you everything you aspire to be in 2009. From new pain relief strategies to try, to the first ever DC Arthritis Walk, this is your opportunity to attain the high quality of life you and millions of others with arthritis have been reaching for. We look forward to seeing what you can achieve in 2009."

-Calaneet Balas

## One of our JA Network families....



## JA Network Events

Ok everyone; shout out three words to describe this year's JA Holiday Party. "Ice Cream Sundaes!", "Biggest party ever!", or "Crazy shout-out improv skits!!" would all be accurate, except for the fact that the last one had five words. But who's counting, unless of course you want to count the twenty families and over one hundred people that attended this years exciting holiday event at the Blair Mansion Inn. We were so excited to see familiar faces, faces of those we hadn't seen for a while, and several new families that were able to join us this year at our holiday party. Additionally the new Pediatric Rheumatologist at Children's National Medical Center and his Nursing Coordinator for the Department of Rheumatology were in the mix. Besides having lots of fun, several families signed up for the big Washington, DC walk we will be having this year and others got more information about the upcoming Kids Summit. Thanks to everyone who was able to attend and make this years party such a success. We already can't wait to see what the Summer Event has in store for everyone.....

## Advocacy Update

Virtual Summit 2009 is coming! Starting Monday, March 2, eAdvocates nationwide can "visit" their Members of Congress by contacting them via email as Arthritis Foundation volunteers from across the nation will be visiting their Members in person with the message that more needs to be done for the 46 million adults and 300,000 children with arthritis.

This year marks a new beginning as the 111<sup>th</sup> Congress brings more than 60 new Senators and U.S. Representatives to Washington, D.C., so make sure you contact your Members of Congress and tell them how arthritis impacts you and your family.

Just visit the Arthritis Advocacy Summit website at: <http://www.arthritis.org/advocacy-summit.php>

Together we're better  
**Joint Support Arthritis**  
Community

## Arts for Arthritis Gala

The **2008 Arts for Arthritis Gala** was a smash hit as AFMWC welcomed over 300 guests to this black-tie affair; even Dr. Klippel, Arthritis Foundation President & CEO, flew in from Atlanta for this fine shindig! Guests enjoyed scrumptious gourmet cuisine, cocktails, entertainment and dancing throughout the evening and had the private opportunity to bid on exceptional artwork that was donated by prominent artists from around the country.

The **Marriott Lifetime Achievement Award** was presented posthumously to the legendary **Paul G. Rogers**, former Congressman from Florida (D, 1955-79). Renown for his tireless championships for health care and reform, Mr. Rogers was affectionately nicknamed "Mr. Health" and was responsible for the passage of key health-related legislation that contributed to improved healthcare for all Americans.



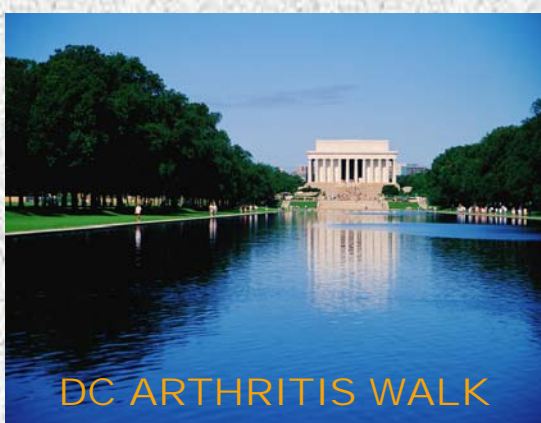
Save the date for the 2009 Arts for Arthritis Gala, tentatively scheduled for **Saturday, November 14<sup>th</sup>**! This year's gala promises to be an even bigger event but in order to make that a reality we need a strong gala committee! If you or someone you know would like to be a part of this exclusive committee, contact Veronica C. Cummings at [vcummings@arthritis.org](mailto:vcummings@arthritis.org) or 202-537-6800 Ext. 3027.

## CALL TO ACTION: Let's Move Together in 2009!

On **Saturday, May 30, 2009** we are asking *you* and the entire Arthritis Foundation community to gather in our nation's capital to build awareness regarding the nation's most common cause of disability – arthritis.

The Arthritis Walk takes place each May during National Arthritis Awareness Month and is the corner stone to the Arthritis Foundation's new *Lets Move Together* campaign. With the help of local leaders and media outlets such as Oldies 105.9 and Mix 107.3, hundreds of people will rally for improved government legislation and will send the message that arthritis *does* matter and we *can* move together towards a cure.

We urge you to join your friends, colleagues, doctors, patients and loved ones in their one or three mile journey around the National Monument and Reflecting Pool as we reflect on the monumental devastation the arthritis epidemic has had on our economy (\$128 Billion annually). 91 cents of every dollar raised at this event will directly fund local research and programs that will ensure a future with less arthritis pain. **Do something BOLD and be a part of something BIG...Take control and join the movement today at <http://letsmovetogether.org>!** For more information about the inaugural DC Arthritis Walk and other community walks, please visit the websites listed below. You may also contact Christina Thomas at 202-537-6800 ext. 3016 or e-mail [cthomas@arthritis.org](mailto:cthomas@arthritis.org).



DC ARTHRITIS WALK

WASHINGTON, DC: <http://letsmovetogetherdc.kintera.org>  
FAIRGAX, VA: <http://letsmovetogetherfair-fax.kintera.org>  
GREENBELT, MD: <http://letsmovetogethergreen-belt.kintera.org>  
ARTHRITIS WALK H2O: <http://letsmovetogetherh2o.kintera.org>

