

# The New York Arthritis Reporter

Arthritis Foundation, Inc., New York Chapter • 122 East 42nd Street • New York, New York 10168-1898 • (212) 984-8700

## Smart Steps For An Active Lifestyle

Spring is in the air. The days are getting longer and the weather is warming up. As the season changes, many of us are eager to get outside and get moving! Hours spent in the gym during the winter months can now be replaced by fun outdoor activities. "Remember that all sports activities are not the same," says Dr. Anil S. Ranawat, Assistant Attending Orthopedic Surgeon at the Hospital for Special Surgery. "Each sport can have a different impact on your body and your joints. For those people who have a history of joint problems or arthritis, their choice of activity can directly impact their experience and whether or not they suffer from pain or injury as a result of the exercise."



The different types of activities to which Dr. Ranawat refers include load-bearing activities that place a heavier impact on your joints such as running, playing tennis or soccer and non load-bearing sports with less joint impact such as bicycling and swimming.

In general, the less stress that you place on your joints, the better protected they are from injury. Along with the choice of activity, other factors that can impact your joints when participating in sports are:

- surface (i.e. running on a soft track vs. running on hard pavement)
- equipment (i.e. what types of shoes you wear)

- knowledge of the sport that you have chosen
- making sure you're warmed up prior to the specific exercise
- general conditioning (i.e. what kind of activities have you done to prepare yourself for this sport?)

Pre-activity general conditioning is a critical tool for sports-injury prevention and something which often gets neglected. A typical conditioning program should not only include cardiovascular and aerobic activities, but should also involve strength training activities for all of your muscles, focusing especially on your core. Dr. Ranawat explains, "Usually, most injuries happen at the end of a playing session when your muscles become fatigued and weak and can no longer protect you from injury. By strengthening your extremities, along with your core and abdomen, you are taking smart steps toward protecting your joints." Another strategy to prevent overexertion of any one particular joint is cross-training. Since many joint injuries result from repetitive overuse in a particular exercise, it is important to vary your activities as well as the frequency and duration.

Unfortunately, many people do not take the time to adequately condition themselves and end up paying the price. These "weekend warriors," as they are often called (due to the tendency for sports participation to occur primarily during the weekends), spend very little time training and end up over-exerting themselves during their first



big game or match of the season. Too often, this approach can lead to injuries which set the player back for weeks to months, or, in a worst case scenario, prevent him or her from participating in the sport at all.

Sports injuries often occur in the knees, hips, shoulders or ankles and can usually be broken down into two categories: acute/mild or major. Less severe injuries tend to be treated with anti-inflammatory medications and what is commonly called "RICE" (rest, ice, compression and elevation). On the other hand, major sports-related injuries such as tearing your Achilles (a key support structure in your ankle) or your ACL (one of the main ligaments in your knee that provides stability) often require more serious medical interventions. Dr. Ranawat emphasizes that "any injury that involves severe pain, swelling or blood must be evaluated by a physician. Your doctor will be able to create an individualized treatment plan and set you on the road to recovery."

It is important to remember that living  
(Continued on page 2)

## Wyeth Renews Partnership

The Chapter is pleased to announce that **Wyeth** has once again renewed its longstanding partnership with the Chapter. A key component of this critical collaboration is the sponsorship of the English and Spanish version of *The New York Arthritis Reporter*, reaching over 45,000 subscribers with up-to-date information about arthritis and the Chapter's wide array of educational programs.

Other Wyeth-sponsored programs include the delivery of the *Spanish Arthritis Self Help Program* and the *Spanish Arthritis Foundation Exercise Program* as well as public education forums presented to the Spanish-speaking community. In total, the Chapter's Spanish disease management efforts have reached over 2,000 Spanish-speaking New Yorkers living with arthritis, a diverse and underserved population.

This issue is underwritten by an educational grant from Wyeth.

## Kids Get Arthritis Too!



Don't miss the upcoming **2009 National Juvenile Arthritis Conference in Houston, Texas from July 9th-12th**. This conference brings together children with arthritis and their families from all over the country for a weekend filled with fun, inspirational and educational activities. For up-to-date information on the conference or to register, please visit [www.arthritis.org](http://www.arthritis.org).

The Chapter has officially launched our new **JA Welcome Kit!** This initiative was created to provide an introduction to the Arthritis Foundation for children who have recently been diagnosed with arthritis and their families. The Welcome Kit contains a variety of educational information, featuring the informative books *Raising a Child with Arthritis* (published by the Arthritis Foundation) and *Keeping A Secret* (published by Health Press), as well as some additional child-centered materials. To register for a kit, ask your pediatric rheumatologist for more information. If your physician is not yet aware of this program, please ask him/her to contact the Chapter at (212) 984-8730 or [ayanawoods@arthritis.org](mailto:ayanawoods@arthritis.org) for more information.

Stay tuned for a back-to-school **Kids Get Arthritis, Too! Family Day**, sponsored by **Wyeth**, which will be held in the fall. The program will take place in the Chapter region and will be filled with exciting and educational activities for children with arthritis and their families. For more information about this program, contact Ayana Woods at [ayanawoods@arthritis.org](mailto:ayanawoods@arthritis.org) or call (212) 984-8730.



## Let's Move Together and the ING New York City Marathon Event Date: November 1, 2009

**Let's Move Together** is a nationwide movement led by the Arthritis Foundation that encourages people to move in order to prevent or treat arthritis. In support of this initiative, we happily announce that the New York Chapter has been selected as a New York Road Runner's Charity Partner for the 2009 New York City Marathon. As such, we have a limited number of entries to this year's race. Individuals interested in guaranteed entry to the marathon must commit to a minimum fundraising level in support of the Chapter's efforts to prevent, control and cure arthritis!

**For additional information and/or an application contact:  
Rudy Breedy (212) 984-8701 or [rbreedy@arthritis.org](mailto:rbreedy@arthritis.org)**

## Smart Steps For An Active Lifestyle *(continued from page 1)*

with joint pain or arthritis should not prevent you from participating in sports activities that you enjoy. In fact, keeping active can help reduce your pain and keep your joints strong, flexible and healthy. The key is to be prepared, choose your activities wisely and recognize your limitations. Dr. Ranawat

explains, "For someone with arthritis, exercising is sometimes like the fable of the tortoise and the hare: if you do too much, too quickly, you have the potential to lose (or hurt yourself!). If you take it slow and steady, you will do much better in the long run."

For more information on sports and arthritis or to request a copy of our free brochure, *Exercise and Arthritis*, please contact the **New York Arthritis Exchange™** at the telephone helpline at (212) 984-8730, or, from the 914 or 845 area codes only, (800) 246-2884.

### NEW YORK CHAPTER



## The New York Arthritis Reporter

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Medical Affairs

Copies of our financial and operating report have been filed with the state and are available upon request. To obtain one, write: Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271, or contact us at the address above.

### Send Us Your Email Addresses!

The Chapter is currently gathering email addresses from all of our members in an effort to provide our readers with the most up-to-date information possible. Please join our list by sending your name, address and email address to [info@arthritis.org](mailto:info@arthritis.org), subject line "New York Chapter Email List."

*The estate of Araxia G. Buckhantz made a bequest of \$20,000 to the Chapter.*

## Yoga for Arthritis

The Chapter has been working closely with a team of researchers at Johns Hopkins University to develop and launch a new **Yoga for Arthritis** pilot program. This disease management program, specifically designed for people with rheumatoid arthritis and osteoarthritis, was created with careful consideration of the common imbalances and limitations of people with arthritis. Yoga can be a meaningful and enjoyable alternative to traditional forms of exercise and can have a variety of important health benefits. These include, but are not limited to: reduction of stress and frustration that results from pain and disability as well as increasing positive feelings and sense of well-being.

The New York Chapter is the first Chapter of the Arthritis Foundation to implement this pilot yoga program and hopes to expand this initiative into a nationwide Arthritis Foundation yoga program in the future. Yoga Therapist, Rochelle Spooner, who is also a nationally trained *Arthritis Foundation Exercise Program* instructor, leads this pilot course at the JCC Rockland in West Nyack, NY. Thus far, the Chapter has received outstanding feedback from course participants and looks forward to continuing this program in the future.

## The Chapter Launches a New Worksite Wellness Program!

The most recent statistics from the Centers for Disease Control and Prevention (CDC) indicate that arthritis limits millions of working Americans' productivity, activity, or ability. As a leading cause of disability, arthritis in the workplace carries a high price tag for companies, employers and employees due to absenteeism, poor productivity, increased disability, added risk for injury on the job, and greater use of medical services. With this in mind, the Chapter has launched the *Lunch and Learn Worksite Seminar*. These seminars, held in corporate facilities, are created to educate coworkers and employers about arthritis, ultimately increasing understanding of the disease and creating a more supportive work atmosphere. **With the support of Amgen and UCB, the Chapter is increasing our educational efforts in workplaces throughout the region.** Sites have included the Kingsborough Community College, the Entergy Corporation, the New York State Department of Taxation, TD Bank and United Federation of Teachers. For more information about bringing a worksite seminar to your office, please contact (212) 984-8730 or [ayanawoods@arthritis.org](mailto:ayanawoods@arthritis.org).

# Questions and Answers

**Dr. Simonetta Sambataro is an Assistant Professor of Physical Medicine and Rehabilitation and a practicing physiatrist at Saint Vincent's Hospital.**

**Q: Can you tell me a little bit about the role of a physiatrist in the treatment of sports injuries?**

**A:** A physiatrist is a physician who specializes in non-surgical physical medicine and rehabilitation for patients who have been disabled as a result of a disease, disorder or injury. The primary goal of physiatry is to assist people with getting back to their everyday activities and improving their quality of life after an injury. By focusing on the entire musculoskeletal system, physiatrists aim to understand more than just the specific joint that has been injured.



**Q: Can you give an example of the ways in which an injury in one joint may affect or be impacted by other structures in the body?**

**A:** A good example of this structural interconnectedness can be seen by looking at what happens with a particular injury such as when a tennis player has an injured back. This injury does not only impact his or her back, but can often lead to shoulder and elbow problems, directly affecting the speed and force of his/her tennis serve. Since the force of the arm is not generated by the shoulder alone, but is also affected by the strength of the legs and back muscles, if one of these structures is injured, it affects all of the other parts as well. It is important to understand this “kinetic chain of the body” in order to adequately treat musculoskeletal injuries.

**Q: With this in mind, what is the best way for someone with arthritis to prevent a sports-related injury?**

**A:** Although there is no way to guarantee injury prevention, there are certainly ways to reduce your chances of injury. The most important tool for prevention is general strengthening and conditioning. Many people think that you play a sport in order to get in shape—I advise my patients to think of it the other way around—you must get in shape in order to play a sport! Along with general conditioning, you should also always remember to warm-up and stretch before participating in any type of sports activity. It is also essential, especially for those with a prior history of joint pain or arthritis, to speak with your physician before beginning any type of sports activity. He or she can help you to choose the best activity for you and your joints.

**Q: What type of rehabilitation plan can someone who has a sports injury expect?**

**A:** Since every injury is unique and every individual responds differently to rehabilitation, there is no “universal” rehabilitation plan. However, there are many commonalities in rehabilitation such as: relative rest through cross training (participation in other activities that do not directly harm the given injury), ice, elevation, and compression. In addition, many treatment programs include muscle strengthening and gradual introduction of sports-specific activities. The key of any comprehensive rehabilitation plan is to help people get back

to a place where they can safely participate in a variety of activities of interest. Your physician, along with a team of other health care providers, can help you get to that place. Remember, this is not always a quick process, but if you are dedicated, persistent and patient, your injury will have the best chance of recovery!

**Q: You mentioned a health care team that works together to help a patient recover from a sports-related injury. Can you be more specific about who would make up that team?**

**A:** A person who has been injured can expect to encounter a wide variety of health professionals as he or she progresses through his/her rehabilitation. Many people will start off by visiting their primary care physician. In fact, some primary care doctors can now specialize and become board-certified in sports medicine. Depending on your individual situation and the extent of your injury, your primary care doctor may refer you to a physical therapist, a physiatrist or an orthopedic surgeon. The most important thing to remember is that throughout your rehabilitation process, you must always act as your own health care advocate and be sure to establish open lines of communication between all members of your health care team.

For more information about rehabilitation from sports injuries or to order your copy of one of our FREE informational brochures, please call the **New York Arthritis Exchange™** telephone hotline at (212) 984-8730, or from the 914 or 845 area codes only, (800) 246-2884.

*A distribution of \$10,000 from the estate of Jane Joseph will support programs for people with arthritis.*

## Upcoming Programs

**May 18th**

1:00 – 2:00 PM

**Current Treatment Options for Arthritis**

SNAP of Bell Park  
227-12 Hillside Ave  
Queens Village NY

Sponsored by **New York City Council**

**May 18th**

11:00 – 12:00 PM

**Current Treatment Options for Arthritis**

PSS Andrew Jackson  
325 East 156th Street  
Bronx, NY

Sponsored by **New York City Council**

**June 10th**

10:15 – 11:15 AM

**Discover Arthritis**

Aviator Fitness Center  
Hangar 5, Floyd Bennet Field  
Brooklyn, NY

Call 718-758-7500 for directions

Sponsored by **Wyeth**

**June 11th**

1:30 – 2:30 PM

**Alternative Therapies for Arthritis**

New City Library  
220 North Main Street  
New City, NY

**June 18th**

5:00 – 8:00 PM

**Living with RA Family Symposium**

Hospital for Special Surgery  
Auditorium

535 East 70th Street  
New York, NY

**Albert W. Grokoest and Muriel C. Hoyt  
Mind Body Connection  
Family Symposium**

**June 24th**

5:30 – 8:00 PM

Flushing Hospital  
4500 Parsons Blvd., Flushing, NY

The **Mind Body Connection Symposium** was developed to introduce the various complementary therapies and self-help techniques available to people affected by arthritis. This program will feature presentations on a variety of related topics such as nutrition, tai chi, and yoga. Participants will have the chance to share their experiences with each other and take an active role by practicing some of these beneficial exercises. For more information, please contact [ayanawoods@arthritis.org](mailto:ayanawoods@arthritis.org) or call (212) 984-8730.

## Columbia University Partnership Expands!



Rebecca Slean



Jennifer LaPietra

Since 2002, the Chapter has partnered with Victoria M. Rizzo, Ph.D., Assistant Professor, Hartford Geriatric Social Work Faculty Scholar, & Hartford Partnership Program Director from the Columbia University School of Social Work, to conduct the implementation and evaluation of our New York City and New York State Capacity Building Initiatives. During the past two years, the Chapter has been fortunate to continue to build on our relationship with Dr. Rizzo and Columbia by working together to incorporate full-time **social work graduate students** into our program and outreach efforts. As part of their field placement, these students are given the opportunity to be involved in a variety of activities at the Chapter.

Some recent accomplishments include: planning and leading disease management programs such as the *Arthritis Foundation Self Help Program* and *Arthritis Basics for Change* throughout the community, conducting outreach activities focused on the Spanish-speaking population of our Chapter region, providing support and resources for callers to the *New York Arthritis Exchange™*, creating a comprehensive community resource directory and conducting the day-to-day tasks of the Direct Patient Assistance Program. It is clear that the ongoing partnership with the Columbia School of Social Work has become invaluable to the Medical Department and to the Chapter, and will continue to be instrumental in the future.

New this past year has been the Chapter's involvement in **The Hartford Partnership Program for Aging Education (HPPAE)** with the Columbia University School of Social Work (CUSSW). Administered by the New York Academy of Medicine with funding from the John A. Hartford Foundation, HPPAE is an innovation in building partnerships between universities and community agencies that offer students hands-on experience caring for older adults across a range of settings.

The Chapter is one of the collaborating agencies, together with Morningside Retirement Health Services NORC, Jewish Association of Services for the Aged, New York City Department for the Aging, and Jewish Home Lifecare. Through the HPPAE program, the Chapter has been able to establish referral relationships with these partner agencies and involve additional part-time graduate student interns (who are placed at different agencies through a rotational model) in our program and outreach efforts. For example, our current HPPAE intern, Rebecca Slean, was trained as an *Arthritis Foundation Self Help Program* instructor and is now conducting the course at her previous HPPAE internship agency, the Morningside Retirement Health Services NORC.

According to full-time social work intern Jennifer LaPietra, "My experience at the Arthritis Foundation is one that I will never forget. I have had the opportunity to be involved in so many varied activities and have learned so much not only from my peers, but also from the diverse group of people who I have interacted with on the phone and at the variety of educational programs offered throughout the community. I was especially grateful to deliver culturally competent programs to the Spanish speaking community and alleviate some of the financial burden in this tough economic climate for individuals enrolled in the *Direct Patient Assistance Program*. There is a clear need for social workers in this field and I am so pleased that I have had the chance to help out!"

As Ms. LaPietra states, social workers are a critical piece of the arthritis care puzzle. To further explore this clear and apparent need in the field, Dr. Rizzo, together with the Chapter and the John A. Hartford Geriatric Social Work Faculty Scholars Program, will be conducting a study entitled "A Social Work Care Coordination Program for Osteoarthritis: A Feasibility Study" during the upcoming year.

## Dates to Remember

### Hospital for Special Surgery

535 East 70th Street  
New York, NY 10021  
Please call (212) 774-2793 to register.

### 15th Annual National Senior Health & Fitness Day

Wednesday, May 27th

10:00 - 1:00 PM

Space is limited to the first 50 registrants. Fee \$10.

### Dance for Fitness & Fun

Tuesdays

10:30 - 11:30 AM

No previous dance experience necessary.

There is a fee for these classes.

Programs require pre-registration. For further information, call the **New York Arthritis Exchange™** at (212) 984-8730 or, from the 914 and 845 area codes only, (800) 246-2884.

## New Drug Guide!



The new **2009 Drug Guide** has arrived! This useful publication is filled with detailed information about a variety of medications that could be prescribed

for osteoarthritis, rheumatoid arthritis and many arthritis-related conditions such as fibromyalgia and osteoporosis. The *Guide* consists of eight charts that contain information about the dosage, special instructions, and possible side effects of each medication. To order your copy, please contact the Chapter at (212) 984-8730 or visit [www.arthritis.org](http://www.arthritis.org) and click on "store".

The Jill and Jayne Franklin Charitable Trust remembered the Chapter with a bequest of \$4,266.

A distribution of \$29,856 from the Grace F. Lamb Trust will support arthritis research.

## Visit these Features on our Web site

- Arthritis Advocates in Action
- Advocacy News
- New Brochures
- Kids Get Arthritis, Too
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- The New York Arthritis Reporter
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Please visit us at our website at:  
<http://newyork.arthritis.org>

In the Next Issue:  
Stress and Coping