

## Introducing the New CEO

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I wish to introduce myself as the new CEO with the Arthritis Foundation of the ACT. It is my privilege to have taken on this role and I am delighted in joining such a worthwhile organisation. I believe that my leadership skills and experience will greatly benefit Arthritis ACT in the coming years as we journey forward.

I have over 15 years of experience working within the Canberra community sector and not-for-profit organisations where I have passionately dedicated myself to the provision of services. I

have worked with and provided support to individuals, families and children who have high physical, emotional and mental needs.

I have been employed in many areas including aged care, homelessness, disabilities, mental health, drug and alcohol and with women and children escaping domestic violence. My last appointment was the Team Leader/Acting CEO of Beryl Women Inc and prior to this I was employed with Toora Women Inc. My qualifications lie in the area of Business Administration, Development and Management.

My belief is that the community sector is a vibrant and dedicated arena that provides support to those most in need and I look forward to even more services, activities and opportunities as we seek to support the many thousands of people who suffer from one or more of the many musculoskeletal conditions which are our concern.

I look forward with great excitement to what the future has in store for us.

**Helen Krig, Chief Executive Officer**



L to R: Wendy Milne, Heidi Jackson & Pam Armour

### \*\*\*\*2011 CHRISTMAS RAFFLE\*\*\*\*

The Arthritis ACT 2011 Christmas Raffle was drawn on Wednesday, 7th December 2011.

### **Congratulations to our lucky winners**

1st Prize Christmas Hamper: Mrs. Heidi Jackson (from South Africa)

2nd Prize Scotch & Wine Pack: Mrs. Pam Armour

3rd Prize Homemade Christmas Cake: Ms. Nicky Gray.

Thanks to all our members and supporters who purchased tickets and donated prizes.

The raffle raised just over \$400 from ticket sales



## From the CEO

### Arthritis ACT

Level 2B  
Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611  
02 6288 4244  
[www.arthritisact.org.au](http://www.arthritisact.org.au)

### Arthritis ACT Board 2011-12

Mr Bill Wood (President & Alt.  
Director Arthritis Australia)  
Ms Anna Hackett (Vice President)  
Ms Kristine Riethmiller (Secretary  
& Director Arthritis Australia)  
Mr Andrew Fleming (Treasurer)  
Mrs Helen Davies  
Dr David Graham  
Ms Helen Tyrell  
Ms Wendy Prowse

### Advertising policy statement

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It is with great pleasure that I introduce myself as the new CEO with Arthritis ACT and I would like to take this opportunity to thank everyone who has welcomed me and made the transition so much easier.

The first few months in a new job are always challenging as you get to know the ropes and start to get a feel for what your role entails. I have been very impressed with the services that Arthritis ACT offers and for this must commend my predecessor, Tony Holland. Tony has done a marvelous job during his time with Arthritis ACT and I know that he will be missed.

I have already met quite a few of you as I have participated in various events, and I do very much look forward to meeting many more of our members over the coming months. I would welcome your questions, complaints and feedback on any aspect of our organization and in this light have detailed my email address and phone numbers. Please do not hesitate to make contact with me at any time at [ceo@arthritisact.org.au](mailto:ceo@arthritisact.org.au) or phone 6288 4244 Mobile: 0404 850 428.

I would like to thank Michael Farr (volunteer co-coordinator), Helena Walker (educator) and numerous volunteers who have all stepped up and kept the ship afloat in the absence of the CEO.

It has been a joy to meet many of our very dedicated volunteers, who make this place tick. We certainly would have no hope of doing what we do without them. Thank you so much to all of you for your tireless efforts on behalf of the Canberra community. Volunteering is certainly alive and well at AACT.

A big thank you must go to our members for their patience as on the

odd occasion the service might have been slow due to the shortage in staff.

We are very excited to welcome Nataly McCann to our small but enthusiastic team. Nataly has replaced Jenny Warren and is a wonderful asset to the organization. Nataly is an accredited exercise physiologist and has a wealth of experience working directly with persons affected by chronic conditions. Nataly is responsible for project management of our Work Wellness Program.

The last Arthritis expo for the year was held on 16<sup>th</sup> November 2011 at Weston Creek. It was presented in the training room of Home Help Care at the Grant Cameron Building. Over 50 people attended and we are now planning more events for next year.

I must make specific mention of our Warm Water Exercise Program (WWX). This is a marvelous initiative that seems to make such a difference to so many people. Thank you to Shirley and all of the supervisors. If you have not tried it, perhaps get yourself ready and register to join in from the start of activities in 2012. Please give us a call and we will give you all the necessary information.

Finally, on behalf of the Board and staff of Arthritis ACT we would like to extend our very best wishes to all of our members and supporters for a very happy and peaceful Christmas.

We trust that you will enjoy the opportunity that the festive season provides to spend quality time with your family, friends and neighbours and that you will have an opportunity to rest and relax in preparing for another busy year in 2012.

**Kind Regards,  
Helen Krig**

## WWX Report



Once again I would like to remind WWX members that they must not enter the water without a supervisor being there. This is in compliance with our pool rules.

Due to misunderstandings at **Club MMM Pool**, on your arrival at the complex, members must show your sheet of tickets to the Club MMM staff at the reception desk to prove that you are there to attend the Arthritis ACT (AACT) session. If you enter the pool without proving you are there for an AACT session and before the supervisor arrives you will be asked by Club MMM staff to pay the public fee. They also ask that when you are changing you do not use any other rooms but the change rooms. The treatment and spa rooms could be needed at any time for their clients.

**The Canberra Hospital** – I do hope that you are not being too inconvenienced by the change to the access of the hospital. Unfortunately, the letter announcing the date of this change did not reach us until it was too late to warn some of you. I have some good news though following our decision to cancel the Wednesday 6.45pm session, members have returned and this session will now continue. The Saturday afternoon session will now return to a 1pm start.

Could I please ask members who sometimes attend sessions that regularly have a low number of attendees, to advise your supervisor or myself if you are unable to attend the session. This will enable the supervisor to make a decision on whether to cancel the session or not. We would then contact others to advise them of the change. Please let me know if you need your supervisor's contact details, or if you would like the current list of supervisors and session times.

I would like to take this opportunity to welcome Pam Edwards, a new supervisor to the team. I also thank all the volunteer supervisors who have taken the time to update their Pool Rescue and CPR training in recent months. AACT would not be able to run the WWX program without these volunteers. If you are already a WWX member and think you would like to help out and join the team I would be only too happy to speak with you.

Now that I am back on track and supervising myself I hope to catch up with as many of you as possible. If you have any concerns about the pool you attend or other matters, do not hesitate to let me know.

### POOL CLOSURES 2011/2012

#### **The Canberra Hospital**

Last session — Wednesday 21 December  
Resumes — Tuesday 17 January

#### **Calvary John James Hospital**

Last session — Monday 19 December  
Resumes — Thursday 2 February

#### **Club MMM Day Spa**

Last session — Wednesday 21 December  
Resumes — Saturday 7 January

#### **Black Mountain School**

Last session — Tuesday 20 December  
Resumes — Monday 6 February

### OTHER CLOSURES AT ALL POOLS

Australia Day - Thursday 26 January 2012  
Canberra Day - Monday 12 March 2012

If you wish to discuss any matter regarding the program or would like a copy of any of the documents mentioned you can contact me at any time.

Once again thank you all for your support throughout this very different year. I wish you all a safe and happy Christmas and the very best for 2012 and look forward to seeing you in a pool sometime.

**Shirley Syme, AACT WWX Coordinator**  
6288 0964 (H), 0447 232 839 (M)

[shirley.syme@arthritisact.org.au](mailto:shirley.syme@arthritisact.org.au) (anytime)

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supports Arthritis ACT

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## Workplace Wellness Program

**Did You Know Arthritis ACT can conduct a Workplace Wellness Program for you and other staff at your WORKPLACE!**

# More Australians have arthritis than any of the other national health priority condition. In 2007 there were an estimated 3.85 million Australians with arthritis - 2.4 million of working age. Arthritis can have a significant impact on a person's capacity to work — affecting labour force participation rates and retention rates.

### Focus on wellness

The Workplace Wellness project being undertaken by Arthritis ACT, through the assistance of an ACT Health Promotion Grant, seeks to work with employees to increase their capacity to remain in the workplace. The aim is to equip employees — and employers — with knowledge, skills and self-confidence to help manage their health and to minimise the impact of any existing musculoskeletal and other chronic condition on their lives and ultimately assist them to remain active workplace participant for as long as they chose.

*'The focus is on staying well, whether through managing an existing condition or through delaying or preventing the onset of a musculoskeletal condition that might affect them in the future.*

*'If I continue with physical activity such as warm water exercise and walking, then I am much more positive that I will be able to stay in the workforce longer'. Responses from participants in our pilot project.*

**For information or to make an appointment to discuss how this innovative project could be implemented in your workplace please contact Project Officer Nataly McCann or CEO Helen Krig as detailed:**

Nataly: [improving@arthritisact.org.au](mailto:improving@arthritisact.org.au), 6288 4244

Helen: [helen.krig@arthritisact.org.au](mailto:helen.krig@arthritisact.org.au), 6288 4244

# - Access Economics Pty Ltd 2007. Painful Realities: The economic impact of arthritis in Australia 2007, Canberra



## WODEN Integrated Physiotherapy



**Liz Abbott**

**Martin Pogson**

**Maureen Bailey**

**Bjarne Kragh**

Suite 9 Corinna Chambers

36-38 Corinna St

Woden ACT 2606

Ph: 6282 5010

[www.wodenintegrated.com.au](http://www.wodenintegrated.com.au)

[info@wodenintegrated.com.au](mailto:info@wodenintegrated.com.au)

- Sports Injuries
- Neck/Back Injuries
- Orthopedics & Surgical Rehabilitation
- Women's Health
- Ballet & Calisthenics Injuries

- DVA
- Worker's Comp
- Third party

HICAPS AVAILABILITY

## Southside Physiotherapy & Sports Injury Centre

Cnr Scollay St & Reed St North Tuggeranong ACT 2901,  
Phone: (02) 6293 1955, Fax: (02) 6293 2056

Opening hours: Appointments Monday to Friday between 7am and 6pm

What can physiotherapy do for your Arthritis :-

<http://www.southsidephysio.com.au/images/stories/exercises/arthritismusculoskeletalconditions.pdf>

*'You Will Feel the Difference'*

[www.southsidephysio.com.au](http://www.southsidephysio.com.au)

## Healthy Eating 100% Awesome

It's no secret that Australia has a weight problem but it is horrifying to find out that by 2025, 6.9 million Australians are likely to be obese! 6.9 million!!

This epidemic is costing our economy over \$58 billion a year and more importantly: killing us.

Obesity is a major cause of chronic diseases, including cardiovascular disease, type 2 diabetes, kidney disease, some cancers and a significant and preventable risk factor for osteoarthritis. Poor nutrition is a major contributor to this epidemic as most Australians (80 – 90%) don't eat enough fruit and veg.

### SO, what are we going to do about it?

Arthritis Australia has partnered with Carter & Spencer C-lect sweet potatoes from Coles supermarkets to spread the **'Healthy Eating 100% Awesome' message, nationally, from October to December 2011**. The campaign promotes the health benefits of a balanced diet and the free Information Line available to all Australians at risk of, or diagnosed with, arthritis.

**To get involved members are encouraged** go to the Healthy Eating 100% Awesome [Facebook page](#) and 'like' it.

It would be great if you would buy some C-lect sweet potatoes, get cooking and share your favorite recipe on the Facebook page and encourage others to do the same. Keep an eye out on the [Facebook page](#) for some recipes from celebrity chefs and restaurants and other fun 'healthy eating' related links and tips.



## Community Talks 2011

I would like to thank all the volunteers who have offered their time and energy to give community talks on behalf of Arthritis ACT for 2011.

Sharing your knowledge and experience with members of the general community has been widely valued and the feedback from the community groups has been strong.

Particular thanks to Helen Cody, Margo Geering, Christine Marshall-Cox, Helen Davies, Barbara Gillies and John Martin.

Wishing Christine Marshall - Cox all the best on your journey to better health.

If anyone is interested in offering their time in 2012 to give talks to small and larger groups please contact Arthritis ACT on 6288 4244 or email [info@arthritisact.org.au](mailto:info@arthritisact.org.au).

**Helena Walker**

## Challenging Pain

The Challenging Pain Programme has been developed by Care Arthritis UK and consists of 2 x 3 hour workshops. It aims to help sufferers of chronic pain develop skills and strategies to manage their pain and its impact on their lives.

Three workshops were run throughout 2011 with 20 participants completing the course.

As coordinator of the Challenging Pain Programme I would like to thank the leaders — Helen Cody, Christine Marshall-Cox, Helen O'Brien, Aloas Stewart and Lynne McPherson - for their commitment and skill in delivering the workshops.

We look forward to presenting 3 courses next year, dates and venues TBA.

Challenging Pain will also be included as a component of the Workplace Wellness Programme.

Hope you all have a Happy, Healthy, and Pain-free Christmas and New Year

**Carol MacKay**



LUTON

## Is your headache really a neck ache?

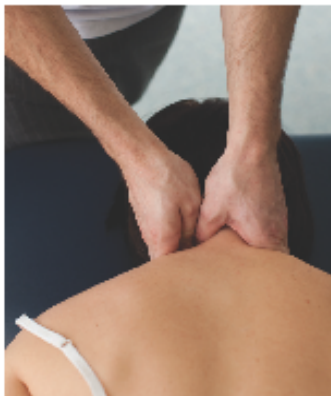
For many people, headaches start as pain or tension at the top of the neck. As the pain worsens, it may spread to the back of the head, the temples, forehead or behind the eyes. Moving the neck or bending forward for a long time tends to make it worse.

This happens because the nerves in the upper part of your neck are connected to the nerves in your head and face. A disorder of the upper neck or muscles can cause referred pain to your head.

Any of the following points could suggest that your neck may be causing the headache:

- Does the pain radiate from the back to the front of your head?
- Headache with dizziness or light-headedness
- Headache brought on or worsened by neck movement or staying in the same position for a long time
- Headache which always feels worse on the same side of your head
- Headache eased by pressure to the base of the skull
- Headache which persists after your doctor has checked for other causes.

## How physiotherapy can help



Physiotherapists are experts in posture and human movement. They will be able to determine if your neck is causing or contributing to your headaches. Physiotherapists may use:

- Mobilisation
- Manipulation
- Functional and rehabilitative exercises
- Encouraging normal activity
- Postural assessment, correction and advice
- Relaxation therapy
- Laser, ultrasound, electrotherapy and heat treatment
- Massage

Your physiotherapist can also offer you self-help advice on ways to correct the cause of headaches, such as practical ergonomic tips for work and in the home; adjusting furniture, relaxation, sleeping positions, posture and exercise.

## Treatment

Postural neck ache can usually easily be treated with some gentle mobilisation by a physiotherapist and a stretching program to prevent recurrence.

*Headaches are often caused by disorders of the neck or physical and emotional tension. Physiotherapists can successfully treat headaches originating from the neck or soft tissues and show you how to prevent the pain from occurring.*



**You can prevent the onset of your headache by following this advice:**

- Sit up properly and arrange your work station to best suit your height and shape.
- Stand up every 15-20 minutes to recover the arch in your spine, both at home and at work.
- Go for a long walk (40 minutes) per day, ideally in one go or split it in two, 20 minutes at lunch and 20 minutes when you finish work.
- Try to stretch regularly through the day.
- Don't drive for greater than one hour without getting out to stretch your legs.
- See your Physiotherapist if you have pain that doesn't settle down in 48 hours.



## “Living a Healthy Life with Long—Term Conditions”

### ARTHRITIS ACT COURSES FOR 2012

*“I found the program very valuable, informative and well managed. I thoroughly enjoyed it and learnt lots of good strategies to manage my chronic condition. I looked forward to every session and found the overall experience to be very positive and rewarding. One of the highlights was the encouragement and friendship from all the other participants - we understood each other and what we were going through. We have remained in contact and continue to support each other. I highly recommend this course to anyone living with a chronic condition” - Katarina, Gungahlin*

Do you have diabetes, asthma, heart disease, arthritis, cancer, back pain,  
obesity or any condition lasting longer than 6 months?

Does it prevent you from living life as you would like? Cause you stress?  
Impact on your relationships?

#### Autumn Course

Fridays, 12.00 to 2.30 pm

February 24th & March 2nd, 9th, 16th, 23rd & 30th

#### Spring Course

Fridays, 12.00 to 2.30 pm

September 21st & 28th & October 5th, 12th, 19th & 26th

To register for courses, or discuss course details please phone :

Arthritis ACT

Phone 6288 4244 between 9am-4pm Monday- Friday

## JIA News

Worldwide, juvenile idiopathic arthritis (JIA) is one of the leading causes of paediatric acquired disability. In Australia, it is estimated that one child in every 1,000 has juvenile arthritis according to the Australian Institute of Health and Welfare. There are seven different types of JIA.

### A New Drug

Systemic JIA (sJIA) is a rare and aggressive form that expresses itself as long lasting systemic joint inflammation over the whole body, which can lead to complications of joint destruction, functional disability and joint impairment.

Actemra® (tocilizumab), a biologic treatment, has recently been approved by the Therapeutic Goods Administration (TGA) for the treatment of sJIA. A biologic is a therapeutic agent, usually an antibody, which is produced by biotechnological means. This treatment is currently available for adults with severe active rheumatoid arthritis on the PBS, but up until now has not been approved for use in children. Get in contact with your rheumatologist if you are interested in more information regarding your child's treatment with this drug.

### A New Support Group

Arthritis ACT is happy to announce that a new support group for parents of children with JIA will be starting up in 2012. Belinda & Scott Milne and Julie Brahe have volunteered as coordinators for this group and will be having a planning meeting in December to decide what to do. We will get in touch with all the JIA people listed on our database and registered with Kathie Tymms' office early next year with more news about this group.

**Helena Walker**

## Advocacy for Better Rheumatology in the ACT



Any one of you who has tried to make an appointment with a rheumatologist in Canberra will know that the waiting times are atrocious.

In fact, the ratio of rheumatologists to population in the ACT is similar to that of northern Queensland (ie. Poor). If you think this is bad, pity those in the rural areas in the region around the ACT. They share our rheumatologists.

In the coming year, Arthritis ACT is hoping to conduct a number of community action activities in 2012 to lobby the government for better rheumatology services here. There are a number of initiatives that have been proposed but repeatedly rejected for support. Arthritis is a condition that is not being taken seriously enough and it is time for the community to voice its concerns.

If you have any expertise in community action, or are passionate about this issue and have the time and energy to coordinate activities, please contact Helena Walker at the AACT office. We need your help.

## LIBRARY NEWS

From the beginning of 2012, the Arthritis ACT library catalogue will be available on our website [www.arthritisact.org.au](http://www.arthritisact.org.au).

If you would like to borrow a book and are unable to collect it from the office in Holder, please email us at [librarian@arthritisact.org.au](mailto:librarian@arthritisact.org.au) or phone us on 62884244 and we will post the book to you. To defray costs, we will charge \$5 postage per book, payable by cheque or credit card when the book is posted to you. If the actual cost of postage is less than \$5, the difference will be held in a library fund and used to purchase new books for the library.

If you do not have access to the internet and would like a list of books relevant to your condition, please phone the office.

**Wendy Milne**



## VITALITY HEALTH CENTRE

### Qualified Naturopaths

Massage – alleviate muscle tension due to postural difficulties and limited range of movement.

Natural supplements – many with positive effects on rheumatoid or osteoarthritis.

Nutrition – optimise energy levels, sleep patterns and overall health.

**10% discount for Arthritis ACT Members.**

**Call 6282 1294 Woden or 6162 4102  
Greenway for appointment**

## Are you doing all you can to manage your arthritis?

If you are reading this it is most likely that you, or someone close to you suffers from arthritis of one form or another.

Depending on the diagnosed condition, it is also likely that you take one or more of the following medicines to control the symptoms:

- a non-steroidal anti-inflammatory drug (NSAID) e.g. aspirin, ibuprofen
- a gold compound e.g. sodium aurothiomalate
- a corticosteroid e.g. prednisone
- a cytotoxic drug e.g. methotrexate
- an immunosuppressive e.g. cyclosporine

As the nature of some arthritic conditions is degenerative and worsens with time, such medications are frequently used long term. A downside of this approach is that these medications have side effects, some of which can be very severe. These include headache, nausea, diarrhea, skin rash, poor immunity and even liver damage.

From this point of view, wouldn't you be interested in a non-toxic therapeutic approach that could reduce or minimise the amount of medications required?

Many people have heard of acupuncture. But did you also know that it is an effective non-toxic way to reduce pain, inflammation and regulate immune function?

While East Asian countries have used acupuncture for centuries, recent studies demonstrate that acupuncture is effective in treating pain due to osteoarthritis<sup>1,2</sup> and that it also has anti-inflammatory effects<sup>3</sup>, amongst others.

The reason why acupuncture is so effective is because of the theoretical model underpinning it. The model states that there is a complex network of channels that interweave throughout the whole body. The network acts as an information "highway" that can become clogged or disrupted, which in turn leads to symptoms and disease.

Acupuncturists aim to restore the information flow along the "highway" by addressing the cause. In practical terms, it means that we aim to help the body restore its capacity to regulate itself and re-establish function as best it can.

Arthritis, like any other illness, is the end result of an accumulation of multiple factors. Multiple factors mean that the manifestation of arthritis, or any other disease for that matter, can differ from one person to another. Acupuncture treatment for arthritis



therefore usually varies considerably between individuals, depending on the underlying factors affecting a person. Unless these burdens are addressed, the therapeutic effect will be incomplete and progress prevented.

This was highlighted by one of my clients recently, who has been suffering from rheumatoid arthritis for nearly 20 years. After a few treatments, her blood markers were the lowest that she remembers them being, and she mentioned that she had not felt this well in a long time.

In fact, her doctor agreed to reduce her Salazopyrin dose by a third, and will reduce the Methotrexate if in six months the markers continue to remain at this low level.

She is very pleased and looking forward to her next blood test.

**Frank Castanedo**

**B.App.Sc(Acup) Dip Adv Acup(Guangzhou)**

**Vitality Health Centre,**

**Suite 22, Cnr Scollay and Reed St,**

**Tuggeranong ACT 2900**

**Ph: 6162 4102,**

**Em:frank@vitalityhealthcentre.com.au**

### References:

- (1) Petrou, P. Double-blind trial to evaluate the effects of acupuncture treatment on knee osteoarthritis. *Scandinavian Journal of Acupuncture and Electrotherapy*, 3 (1988): 113-116.
- (2) Christensen, B.V., et al. Acupuncture treatment of severe knee osteoarthritis: a long-term study. *Acta Anaesthesiologica Scandinavica*, 36 (1992): 519-525.
- (3) Zijlstra, F.J., et al. Anti-inflammatory action of acupuncture. *Mediators of Inflammation*, 2 (2003): 59-69.

# Sleep Solutions

Helena Walker

On 31 October 2011, we were very pleased to have Dr Stuart Miller from the Canberra Sleep Clinic as a guest speaker. For sufferers of arthritic conditions, he advised:

1. Know and follow the basics of good 'sleep hygiene'.
2. Take pain medication close to when you go to sleep – tiredness can exacerbate pain which can keep you awake.
3. As you age, your sleep patterns may change. This is normal. Not sleeping for as long as you used to, or waking several times in the night may just be a part of that change, rather than a sleep disorder.

So, what is 'sleep hygiene'? Good question. Below is a very nice summary that I found on The Better Health Channel on the internet and have only modified a little. [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sleep\\_hygiene](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sleep_hygiene)

If you are interested in following up on any sleep problems you or your beloved may suffer from eg. Sleep apnea, restless leg syndrome, you can call the Canberra Sleep Clinic (formerly the Canberra Sleep Laboratory) on (02) 6282 4955.

## What is Sleep Hygiene?

'Sleep hygiene' means habits that help you have a good night's sleep. Common sleeping problems (such as insomnia) are often caused by bad habits reinforced over years. You can learn to retrain your body and mind so that you sleep well and wake feeling rested.

## Obey your body clock

The body's alternating sleep-wake cycle is controlled by an internal 'clock' within the brain. Most bodily processes (such as temperature and brain states) are synchronised to this 24-hour physiological clock. Getting a good sleep means working with your body clock, not against it. Suggestions include:

- Get up at the same time every day. Soon this strict routine will help to 'set' your body clock and you'll find yourself getting sleepy at about the same time every night.
- Don't ignore tiredness. Go to bed when your body tells you it's ready.
- Get enough early morning sunshine. Exposure to good light levels during early waking hours helps to control melatonin levels which affect your body clock.



## Improve your sleeping environment

Good sleep is more likely if your bedroom feels restful and comfortable. Suggestions include:

- Invest in a mattress and pillow that is comfortable for you.
- Make sure the room is at the right temperature. Between 18 and 21 degrees is recommended.
- Make sure your hands and feet are warm enough in bed.
- Ensure the room is dark enough and lower the light level in the hour before sleep.
- If you can't control noise (such as barking dogs or loud neighbours), buy a pair of earplugs.
- Use your bedroom only for sleeping and intimacy. If you treat your bed like a second lounge room – for watching television or talking to friends on the phone, for example – your mind will associate your bedroom with activity.

## Avoid drugs

Some people resort to medications or 'social drugs' in the mistaken belief that sleep will be more likely.



Common pitfalls include:

**Cigarettes** – many smokers claim that cigarettes help them relax, yet nicotine is a stimulant. The side effects, including accelerated heart rate and increased blood pressure, are likely to keep you awake for longer.

**Alcohol** – alcohol is a depressant drug, which means it slows the workings of the nervous system. Drinking before bed may help you doze off but, since alcohol disturbs the rhythm of sleep patterns, you won't feel refreshed in the morning. Other drawbacks include waking frequently to go to the toilet and hangovers.

**Sleeping pills** – drawbacks include daytime sleepiness, failure to address the causes of sleeping problems, and the 'rebound' effect – after a stint of using sleeping pills, falling asleep without them tends to be even harder. These drugs should only be used as a temporary last resort and under strict medical advice.

## Relax your mind

Insomnia is often caused by worrying. Suggestions include:

- If you are a chronic bedtime worrier, try scheduling a half hour of 'worry time' well before bed. Write your worries down. Note which ones you can take action on to solve and for those you can't, you may have a religious or other ritual (such as prayer) to deal with them. Once you retire, remind yourself that you've already done your worrying for the day.
- Try relaxation exercises. You could consciously relax every part of your body, starting with your toes and working up to your scalp. Or you could think of a restful scene, concentrate on the rhythmic rise and fall of your breathing, or focus on a mantra (repeating a word or phrase constantly).

## General suggestions

Other lifestyle adjustments that may help improve your sleep include:

- Exercise every day, but not close to bedtime – your body needs time to wind down. First thing in the morning or just before dinner are good times.
- Try not to engage in mentally stimulating activities close to bedtime. Use the last hour or so before sleep to relax your mind. Reading is OK, but not a page turner.
- Don't take afternoon naps. If you feel you must, make sure it's over by 3pm.
- Avoid caffeinated drinks (like tea, coffee, cola or chocolate) close to bedtime. Instead, have a warm, milky drink, since milk contains a sleep-enhancing amino acid.
- Take a warm bath or shower.
- Turn your alarm clock to the wall. Watching the minutes tick by is a sure way to keep yourself awake.
- If you can't fall asleep within a reasonable amount of time, get out of bed and do something else for half an hour or so, such as reading a book. Dr Miller suggested that it wasn't necessary to get out of bed, but sitting up and reading (use a book light if you might disturb your partner) until your mind gets bored is also acceptable.
- If you have tried and failed to improve your sleep, you may like to consider professional help. See your doctor for information and referral.

## Christmas Lunch

The foundations 2011 Christmas Lunch was held at the Weston Club on Wednesday, 7th December 2011.

Twenty Three (23) members and guests attended the function including President Bill Wood and board member Dr. David Graham. A delightful two course meal was served and those who attended enjoyed the occasion.



With more promotion and greater support from members the 2012 event should be bigger & better!!!



 <b>australian pharmacy</b> GROUP	
Your health and advice specialists in: <ul style="list-style-type: none"> <li>• Prescriptions • Natural Medicine</li> <li>• Weight Management • Quit Smoking</li> <li>• Making Life Easy &amp; Homy Ped</li> </ul> (available at Cooleman Court)	
<b>Erindale</b> Shop 11, Erindale Shopping Centre, Wanniasa Phone : 6231 6550 <b>Opening Hours:</b> Mon - Fri 8:30am to 7:30pm Saturday & Sunday: 9am to 6pm	<b>Manuka</b> Shop 8, Manuka Arcade, Manuka Phone : 6295 0059 <b>Opening Hours:</b> Mon - Fri 8:30am to 7pm Saturday & Sunday: 9am - 6pm
<b>Lanyon</b> Shop 17, Lanyon Market Place, Conder Phone : 6284 8555 <b>Opening Hours:</b> Mon - Fri 8.30am to 7pm Saturday: 9am - 6pm, Sunday: 9am - 5pm	<b>Cooleman Court</b> Shop 5015 Cooleman Court Briery Street, Weston Phone : 6288 1867 <b>Opening Hours:</b> Mon - Fri 8.30am to 7pm Saturday: 9am - 6pm, Sunday: 9am - 5pm

# CALENDAR OF EVENTS

## December 2011

**Friday 23** Office Closes for Christmas & New Year

### WWX Pools - Last Sessions

**Monday 19** Calvary John James

**Tuesday 20** Black Mountain School

**Wednesday 21** Canberra Hospital

## January 2012

**Monday 16** Office reopens

### WWX Pools - Open

**Saturday 7** Club MMM!

**Tuesday 17** Canberra Hospital

## February 2012

### WWX Pools - Open

**Thursday 2** Calvary John James

**Monday 6** Black Mountain School

**Monday 6** Arthritis Support Group

Time: 10.30am – 12noon

Venue: Hellenic Club, Phillip

**Thursday 9** RA & Sjogren's Interest Group

Time: 10.30am – 12noon

Venue: Hellenic Club, Phillip

**Saturday 11** Young Adults Group

Time: TBA

Venue: TBA

Contact: Tara - 0403 285 245.

**Wednesday 15** Strength & Balance Leaders

### Training

Time: TBA

Venue: Grant Cameron Community Centre, 27 Mulley Street Holder

Contact: Helena Walker - 6288 4244.

**Friday 24** Living a Healthy Life Course over six weeks - Day 1 of 6

Venue: SHOUT, Pearce Centre, Collett Place Pearce

Time: 12 noon to 2.30 pm

## March 2012

**Friday 2** Living a Healthy Life Course over six weeks - Day 2 of 6

Venue: SHOUT, Pearce Centre, Collett Place Pearce

Time: 12 noon to 2.30 pm

**Monday 5** Arthritis Support Group

Time: 10.30am – 12noon

Venue: Hellenic Club, Phillip

**Thursday 8** RA & Sjogren's Interest Group

Time: 10.30am – 12noon

Venue: Hellenic Club, Phillip

**Saturday 10** Young Adults Group

Time: TBA

Venue: TBA

Contact: Tara - 0403 285 245.

**Friday 9** Living a Healthy Life Course over six weeks - Day 3 of 6

Venue: SHOUT, Pearce Centre, Collett Place Pearce

Time: 12 noon to 2.30 pm

**Friday 16** Living a Healthy Life Course over six weeks - Day 4 of 6

Venue: SHOUT, Pearce Centre, Collett Place Pearce

Time: 12 noon to 2.30 pm

**Thursday 22** Challenging Pain Workshop Day 1 of 2

Time: 9.30 am — 12.30 pm

Venue: Grant Cameron Community Centre, 27 Mulley Street Holder

**Thursday 29** Challenging Pain Workshop Day 2 of 2

Time: 9.30 am — 12.30 pm

Venue: Grant Cameron Community Centre, 27 Mulley Street Holder

## Arthritis Awareness Week

**Sunday 25 to Saturday 31 March**

# LUTON