

BECOME A MEMBER OF ARTHRITIS ACT

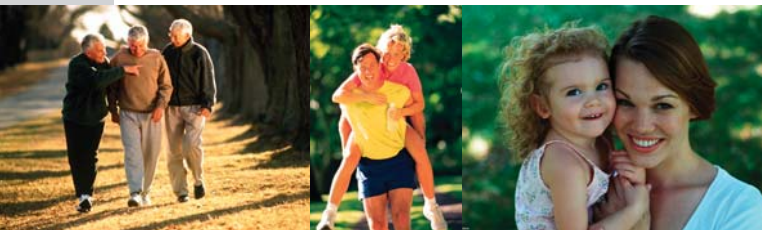
If you or someone you care for suffers from a musculoskeletal condition, you can help by becoming a member of Arthritis ACT. You will join a group whose representation at state and federal government level influences the way policy makers think and it leads to improved services for all people with these conditions.

Above all, you will experience the satisfaction of facilitating change for people who face an otherwise uncertain and painful future.

Members enjoy many benefits from their membership, including

- Regular newsletters and updates
- Free unlimited use of Arthritis ACT's library
- Entry to our warm water exercise program
- Discounts on a number of the programs we run.
- Access to a range of free literature
- Access to our support programs

Move it or Lose It.



Arthritis ACT

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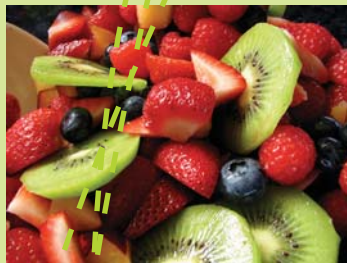
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WE CAN HELP ... AND SO CAN YOU!

Having a musculoskeletal condition does not mean giving up an active life. With management, people with arthritis and osteoporosis can continue to achieve high levels of normal activity.

WHY ARE WE HERE?

Arthritis ACT is dedicated to providing and promoting:

- **Self Management Courses**
These provide people with the skills, knowledge and confidence needed to manage and control their condition.
- **Support** A variety of groups meet regularly. These provide the opportunity to share information and encouragement in living effectively with a chronic condition.
- **Exercise "Move it or lose it."**
Regular exercise is critical for the maintenance of joint mobility and strength as well as to prevent falls which can lead to fracture.
- **Warm Water Exercise** is offered in three hydrotherapy pools in Canberra. Water based exercise is particularly beneficial for those with musculoskeletal conditions. Being non-weight bearing it is kind to sore joints.
- Regular **seminars and workshops** on a variety of topics
- **Telephone information and support**
- **Brochures and printed information**
- Regular updates via our **Newsletter**

RESEARCH

Arthritis ACT encourages and supports local research activity, and contributes to national research.



Are you concerned about Arthritis, Osteoporosis or another musculoskeletal condition?

*We can help...
And so can you*





More than 30% of Australians — adult and child, male and female — will be affected by arthritis or some form of musculoskeletal condition during their lives. Musculoskeletal disease is the greatest cause of disability in Australia.

The two most common forms of musculoskeletal disease are:

- **ARTHRITIS** — frequently includes inflammation and pain in a joint or joints and its most common form is osteoarthritis. Osteoarthritis occurs when the protective pad of cartilage covering the end of the bone inside a joint deteriorates.
- **OSTEOPOROSIS** — affects both men and women. It is a condition where the bones become fragile and brittle. It can be minimised with an adequate calcium intake and weight bearing exercise through life.



WHAT IS MUSCULOSKELETAL DISEASE?

FACTS ABOUT ARTHRITIS

- There are over 150 different forms of arthritis
- Arthritis and related musculoskeletal conditions affect one in three people in Australia;
- Nearly 60% of people with arthritis are under the age of 65;
- Arthritis affects one child in 250 some of whom are babies under 12 months;
- 10% of people aged 20 have symptoms of osteoarthritis, often as a result of poor sports injury management;
- By the age of 35, arthritis and related conditions are the most common of all chronic conditions;
- By the age of 45 they are the second most frequent cause of disability;
- Come the age of 70, 45% of the population has some form of arthritis; and
- Musculoskeletal disease is the greatest single cause of disability in Australia today.

FACTS ABOUT OSTEOPOROSIS

Osteoporosis is largely preventable. Targeted health interventions now could drastically curb the incidence of osteoporosis and fracture morbidity, which currently stands at a fracture every eight minutes and increasing.

- One woman in two, and one man in three, over 60 will suffer a bone fracture because of osteoporosis
- The most common fracture is the hip and one in two people will require long term nursing care as a result
- One in five will die from complications within 12 months of fracturing their hip
- By 2020 one in three hospital beds will be taken up by people with osteoporosis
- The cost of osteoporosis to the community is estimated at \$2 billion per annum in health costs.

FACTS