

Arthritis

AUSTRALIAN CAPITAL TERRITORY

Incorporating  
Osteoporosis  
ACT

# NEWSLETTER

## September 2010

VOLUME 12, ISSUE 3

## Arthritis Expo's

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Arthritis ACT will be holding a number of Arthritis Expo's in the near future.

The first one will be held on Tuesday 9 November at St Ninians Church Hall in **Lyneham** from 7-8.30pm. The second one will be held on Wednesday 17 November at the Queanbeyan Kangaroos Club, cnr Stuart Street & Richard Avenue, **Queanbeyan** from 7- 8.30pm.



A number of other Expo's will be scheduled early next year in other suburbs.

Dr Chandi Perera, the Rheumatologist from the Canberra Hospital, will be the keynote speaker and he will be joined by a pharmacist and the CEO of Arthritis ACT. They will provide information about arthritis and other diseases such as osteoporosis, preventions and treatments.

After these presentations there will be an opportunity to ask questions of a panel made up of representatives from Centrelink; Carers ACT; The Independent Living Centre; and ACT Health who will provide advice on the support and assistance available in the ACT Community.

To assist with catering you can either register on Arthritis ACT's web site [www.arthritisact.org.au](http://www.arthritisact.org.au) or call our office on 6288 4244.

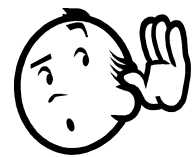
## Members Survey

We are always keen to collect feedback from members to help us improve our services.

**The Members and Friends survey is now online at**

[http://www.surveymonkey.com/s.aspx?sm=smziEHbMftSjwOZCvT2enw\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=smziEHbMftSjwOZCvT2enw_3d_3d).

Members who receive this newsletter in printed form will find a copy of the survey also enclosed.



### Also online..... The Christmas Raffle

No more fiddly raffle books! Please support our annual fund-raising effort.

First Prize: Giant Hamper.

Tickets \$1 each may be purchased on the website or from the office.

The raffle will be drawn on Wednesday 15<sup>th</sup> December.

Please go to <https://www.arthritisact.org.au/member/member/misc/raffles>



## 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 2009-10

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

*Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” — Maria Robinson*

Change can be hard, change can be tiring and change often requires lots of effort. We have again experienced a significant period of change in our organisation and this period of change has been challenging. Many of our readers may already be aware of the recent departure of our Educator Monte Scharbow, who moved on to a full time role with the Federal Department of Health and Ageing. We wish Monte all the very best and thank him for his dedication and commitment to his role over the past 4 plus years.

I am now pleased to introduce our new Education Officer **Laura Calligaro**, who started in her role in mid September. Laura is working on Mondays, Thursdays and Fridays and her email address is [educator@arthritisact.org.au](mailto:educator@arthritisact.org.au). Laura has a nursing background and has had significant experience working in the public hospital system, most recently at The Canberra Hospital. Please feel free to drop Laura an email or give her a call if you have any specific issues related to her educator role.

It was also most unfortunate that around the same time that Monte obtained his new position, our recently appointed Volunteer Coordinator Sallie Hand was also offered full time work in her home town of Bega. Sallie was travelling up and staying away from her home 4 days per week and this offer was just too good to refuse. We were of course very sad to see Sallie go, but understand how much more convenient this new job is for Sallie and her family.

I am also very pleased to introduce **Michael Farr** to you as our new Volunteer Coordinator. Michael comes to us from Bowls ACT and has had a very broad background which I am sure has prepared him well for this exciting role with us. Michael has just started with us and will be working Tuesdays to Fridays and can be contacted at email address [volcord@arthritisact.org.au](mailto:volcord@arthritisact.org.au).

I am sure that our two new staff will contribute a huge amount to our team and I look forward very much to working with Laura, Linda, Michael and all our fantastic volunteers as we commence another exciting chapter in the journey here at Arthritis and Osteoporosis ACT.

Healthy Bones week 2010 proved to be a most productive time with lots of activities undertaken. The key thing that we do is to go into schools to raise awareness about the 3 key health messages in Osteoporosis prevention (Calcium, Vitamin D and Weight Bearing Exercise). This year we had around 50 schools and close to 16000 students involved. We have just finished an evaluation of the day's activities to determine the level of learning that was undertaken and it appears from this that the message was clearly articulated and understood by the vast majority of children involved.

Our photograph shows the School Deputy Principal, along with our sponsors from Belconnen Fresh Food Markets, our Patron Annette Ellis, President of Arthritis ACT Bill Wood and myself after the launch at Turner Primary School.



I am also very pleased to advise that we have recently been granted the Australian Institute of Project Managers (ACT) Presidents Award for an outstanding project in the Not for Profit sector. This award recognized the process of the development of our Arthritis Data Management System (ADMS), and

especially noted the consultative process that was undertaken to ensure the project was able to be smoothly implemented. It was also very interesting to note that less than 25% of all IT projects are successfully implemented, that is around 75% fail.

You will also note details in this newsletter regarding our annual members and friends survey. For the first time we will be offering Survey Monkey as one option for the completion of the information, although you are free to complete a hard copy and fax or post it back as per normal. The web link for the survey is on the front page of our website [www.arthritisact.org.au](http://www.arthritisact.org.au).

Finally, I would like to highlight our upcoming Arthritis Expos that we will be launching in November, as detailed on the front page. We hope to run these in all regional locations in the ACT over the next 6 to 8 months. I would very much appreciate you passing on the details about these events as widely as possible to ensure we achieve the best possible turn out.

I hope you again find this newsletter worthwhile, and as always I look forward to your comments, questions, suggestions and also any concerns. Many thanks,

**Tony Holland**

0417 575 537, [tony.holland@arthritisact.org.au](mailto:tony.holland@arthritisact.org.au)

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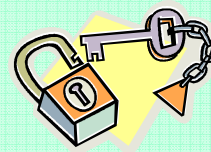
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## Conmen use scams to target elderly

ACT Policing is encouraging elderly community members to be vigilant about their personal and home safety after reports of conmen using various scams to gain entry to homes.



ACT Policing have received numerous reports recently of suspicious behavior in Canberra's inner city suburbs.

The reports are of males offering to fix the resident's plumbing or paint house numbers on the driveways for an amount of money.

In some instances the males pretend to be working with police and show documents with police insignia. The victims targeted are elderly.

Superintendent Kylie Flower from ACT Policing Crime Prevention team said there are some home safety precautions the elderly can take to minimise this happening to them.

"Do not let a person you do not know into your home," Superintendent Flower said.

"Talk with them through the security screen door or open the door with the security chain still engaged.

If you are expecting a service repairman or similar, check their identification. If in doubt, call their head office to verify their details. Use the number out of the phone book and not a phone number they provide to you.

If the person is claiming to be a police officer then ask to see identification. If you are unsure, then call Police Operations on 131 4444.

ACT Policing has recently launched its revised 'Home and Safety Booklet'. This new booklet provides community members with important safety information, including how to effectively secure your home, what to do when going away on holiday and how to protect your personal safety while out in public.

Copies of the booklet can be obtained online at [www.police.act.gov.au](http://www.police.act.gov.au).

Anyone who observes suspicious activity in their neighbourhood should contact ACT Policing Operations on 131 444.

For further tips on home security, visit the ACT Policing website at [www.police.act.gov.au](http://www.police.act.gov.au)



## Christmas/New Year 2010/2011 Pool Closures

### *The Canberra Hospital*

Last session – Wednesday 22 December 2010

First session – Monday 17 January 2011

### *Black Mountain School*

Last session – Thursday 16 December 2010

First session – Monday 7 February 2011

### *Club MMM Day Spa*

Last session – Wednesday 22 December 2010

First session – Wednesday 2 February 2011

### *John James Calvary Hospital*

Last Session – Monday 20 December 2010

First Session – Monday 31 January 2011

Please note the Thursday morning 7.15am session at TCH is cancelled until further notice

## Falls Prevention

### Strength & Balance Exercises - 2010

Studio –based Workshops

Grant Cameron Community Centre  
27 Mulley Street, Holder

Ground Floor Conference Room

Every Wednesday 10.30am – 11.30am

Last workshop in 2010 will be on 24 November.

The Strength & Balance project will be regrouping in 2011 with an exciting new program.



## Volunteer Supervisors Needed

For the program to continue to run and grow new supervisors are always needed.

If you are a WWX member and are interested in joining the team of supervisors please contact Shirley Syme on 6288 0964.

Supervisors Pool Rescue Training has been underway in recent weeks with further training sessions mid-October and early in 2011.

CPR Training will be held at Royal Lifesaving Society Australia House in Deakin, during October.

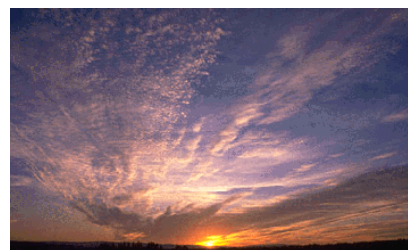
## WWX Workshops

Black Mountain School Hydrotherapy Pool

48 Dryandra Street O'Connor

A continual program will take place during the Tuesday WWX sessions at 12.30pm-1.15pm, commencing 12 October to the last workshop on 30 November. You must be a WWX member to take part in these workshops. Please call 6288 4244 to book.

## LET'S GET SOCIAL



How about being part of a monthly Social Cup of Coffee shared with all users of the Arthritis ACT Warm Pool exercise program?

Hans Brunner and the Wednesday morning pool users enjoy a social coffee at Hoz' Coffee Shop from about 8.30 am. They would like to encourage others to join them and to be part of this social gathering! Either attend the pool session, or just join us at Hoz' on the first Wednesday of each month.

Phone: 6295 3532

Email: [hansandrenata@grapevine.com](mailto:hansandrenata@grapevine.com)

## Challenging Pain Program

Learn skills and techniques to manage your chronic pain and regain control of your life.

'Challenging Pain' is a short course delivered in two 2.5 hour sessions, a week apart.

Dates: 18 and 25 November

Time: 9.30 am – 11 am

Venue: Boardroom, Ground Floor, 27 Mulley St, Holder

**BOOKINGS ESSENTIAL on 1800 011 041**

<https://www.arthritisact.org.au/member/member/misc/events>



### Feedback from the 'Challenging Pain' course in July

Six strangers became companions at the 'Challenging Pain' Course in July. The types of pain were quite different across our group.

Helen and Aloas led our group. They both suffer persistent pain, which was helpful to the group, because often people living with pain encounter a lack of understanding and even disbelief.

We learnt about how pain operates and discussed its effects in areas like relationships, activity levels, feelings, stress and anxiety. Most importantly, we worked through some techniques to help us manage the pain ourselves. These included:

- conscious breathing techniques and relaxation
- increasing our activity levels
- goal setting and taking small steps
- pacing; and
- positive thinking and assertive communication

Everyone felt they gained something useful from this course.

*Thanks to Margaret McCulloch for her feedback.*



## Pain Support Group

Pain is an invisible epidemic. One in five Australians will have persistent pain at some stage in their lives. At the moment, there is no support group for people in the ACT. Many people feel bewildered, isolated or stigmatised, or are just unaware of techniques which they can use to help manage pain.

A support group for interested people may be starting if people are interested. We would work closely with Arthritis ACT and the Chronic Conditions Alliance. We would also link with the Australian Pain Management Association (check the web-site).

The group could enable participants to:

- Talk freely about experiences and feelings in a safe, non-judgmental environment
- Hear from medical and other experts and learn pain management strategies
- Share helpful hints and practical tips
- Advocate for the interests of those with chronic pain
- Have access to disease and pain management information
- Receive and give encouragement and support to others
- Chat and make new friends.

If you would like more information, please contact Margaret McCulloch on 6281 1036 or contact Arthritis ACT on 6288 4244.

## Help Fight Breast Cancer. Join Curves for Free in October.\*

Healthy eating and regular physical activity have shown to lower your risk of breast and other types of cancer. Curves offers a 30 minute workout, just three times a week to help keep your whole body healthy. During our Breast Cancer promotion in October, Curves is waiving the service fee with either proof of a recent mammogram or donation to a breast cancer organisation.



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## ARTHRITIS ACT

### 33rd Annual General Meeting

Board Room Ground Floor

27 Mulley St, Holder

5.30pm Monday 11 October 2010



#### NOTICE OF MEETING

1. Welcome and apologies
2. Confirmation of minutes of AGM held on 12/10/2009
3. Reports on activities of the foundation
4. Report on the financial statements for 2009/10
5. Appointment of auditor
6. Election of Board members
7. Any other Business
8. Meeting close

Please go to [http://www.arthritisact.org.au/pdf/AnnualReport2010\\_000.pdf](http://www.arthritisact.org.au/pdf/AnnualReport2010_000.pdf) to download a copy of the 2010 Annual Report.



## WINE TASTING



At The Canberra Bowling Club

Hobart Ave, Forrest

Tuesday 16<sup>th</sup> November 2010

6.00pm to 8.00pm

John Fitzgerald Canberra Wine Society

will be presenting **Wines of the Canberra Region**

Tickets \$25

Bookings Essential by 9<sup>th</sup> November to Arthritis ACT 6288 4244 or [www.arthritisact.org.au](http://www.arthritisact.org.au)



## Interested in becoming a Tai Chi Instructor?

The ACT Health 2010 Falls Prevention funding round has provided funding to Multiple Sclerosis – ACT/NSW/Vic to conduct a Tai Chi training course for community health and support workers in the ACT.

The course will be taught by Dr Paul Lam, an internationally acknowledged leader in the field of teaching and researching Tai Chi. It will be conducted at the Burringiri Centre at Yarramundi Reach on the weekend of 13 and 14 November 2010.

Those attending the course will have the opportunity to achieve accreditation in the 2 day certificate "Tai Chi for Health" course developed by Dr Lam. Attendance at the course will be free, but preference will be given to participants whose nominating organisation (Arthritis ACT) undertake to support the provision of at least two Tai Chi courses for older people prior to 30 June 2011.

If you are interested in attending the Tai Chi training course sessions to improve the health and balance of older people in either community or residential settings please contact Ann Lehmann, Community Services Manager for MS Australia – ACT/NSW/Vic (Tel 6234-7025 or [ann.lehmann@msaustralia.org.au](mailto:ann.lehmann@msaustralia.org.au)) for further information.

## Tai Chi for Arthritis Workshop



This workshop will be presented by a world leader in the field of Tai Chi, Dr Paul Lam, on Monday 15 November at 10am at the Pearce Community Centre, Pearce. There is no charge to attend this excellent presentation.

At the workshop, Dr Lam will provide information on: what Tai Chi is; how it can improve the condition and quality of life; and evidence of how Tai Chi for Arthritis relieves pain, improves physical function and prevents falls.

You will also have the opportunity to experience learning Tai Chi for Arthritis at the end of this session with Dr Lam.

For more information go to Dr Lam's website at: <http://taichiproductions.com>.

You can either register on Arthritis ACT's web site [www.arthritisact.org.au](http://www.arthritisact.org.au) or call us on 6288 4244.

## ACT Chronic Conditions Alliance

Meditation and Relaxation

Wednesday 10 November 7pm-8.30pm

Woden Community Services Room

Meditation and relaxation practices provide easy and effective ways to unwind and revitalise yourself and these benefits can usually be felt immediately. With continued practice, you can expect to develop a far better ability to handle stress, greater clarity of mind, improved decision making ability and a deep overall sense of calm and emotional wellbeing. It has also been found to benefit chronic pain and other conditions.

Alina Hughes is a registered teacher with the International School of Dru Yoga. She is passionate about natural health care and wellbeing having worked extensively in that field for over 27 years.

In this evening's session, Alina will discuss the benefits of meditation and relaxation and offer you the opportunity to experience this for yourself.

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## Library News

Arthritis ACT has a small library of about 170 books at the office in Holder. Topics include

- Types of arthritis – mainly osteo- and rheumatoid arthritis but also other forms of arthritis/musculoskeletal conditions, including fibromyalgia, osteoporosis, Sjogrens Syndrome, lupus and gout
- Pain management
- Nutrition and food preparation
- Medication
- Alternative therapies
- Benefits of exercise
- Joint replacement surgery

A book entitled 'Mayo Clinic on Arthritis' provides "reliable practical, easy-to-understand information on osteoarthritis and rheumatoid arthritis with a focus on self-help". It covers all of the topics listed above and also includes a chapter on rest, relaxation and stress management.

*The King is still coming.....*

*Unfortunately the planned Elvis tribute concert has been postponed.*

*At this stage we hope to run this event in mid August 2011. Please keep your eye on the website and future newsletters for more information*



A recent acquisition is 'The Forever Garden – Creating an Easy-care Garden'.

Two of the chapters deal with 'Enabling Tools' and 'Gardening Methods that Save You Work'.

It is published in Australia and provides a list of useful addresses, including Independent Living Centres Australia-wide and stockists of tools featured in the book.

It is a great book for those of us who love gardening but are finding it increasingly difficult.

Books may be borrowed from the office for up to a month.

For those who are unable to get to the office, phone us on 6288 4244 and leave a message for me. I will try and arrange for books to be delivered to you.

**Wendy Milne**

## VITALITY HEALTH CENTRE

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6162 4102 Greenway for appointment



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For more information and to make an appointment, please call

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NEWSLETTER  
SEPTEMBER

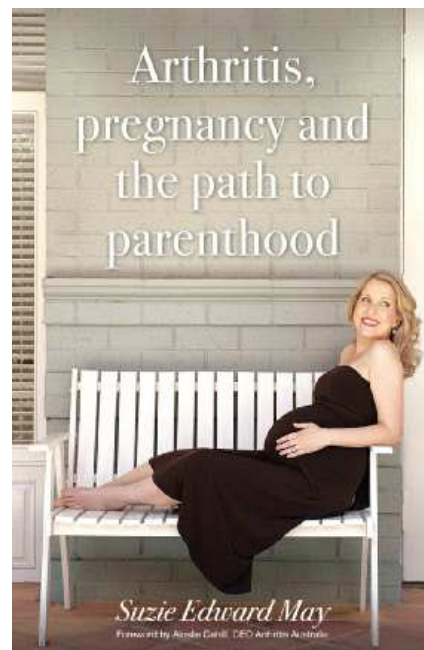
## Arthritis, Pregnancy and the Path to Parenthood

*Arthritis, pregnancy and the path to parenthood* is an inspiring and practical self-help guide that takes women and men with arthritis (and others who live with a chronic illness) on the courageous and challenging journey from dreaming of having their own baby to flourishing with their new family.

Rheumatoid arthritis sufferer, Suzie Edward May shares intimate, honest and insightful experiences of both herself and other women with arthritis worldwide as they fulfill their goal of becoming parents, despite their arthritis.

This book will:

- answer many of your questions surrounding pre-conception, pregnancy and post-birth issues;
- help you understand the potential challenges in starting and raising a family alongside the management of your illness;
- give you coping strategies to help you through these challenges;
- assist you in feeling less alone on your path to parenthood; and
- encourage you to achieve your goals despite your health and the challenges it brings to your life.



As the first book of its kind worldwide, *Arthritis, pregnancy and the path to parenthood* is a must-read for anyone with arthritis who is contemplating having a family, as well as a moving and educational read for those supporting a loved one on this courageous path.

Copies are available via the website [www.suzieedwardmay.com](http://www.suzieedwardmay.com) or by emailing Suzie at [suzie@suzieedwardmay.com](mailto:suzie@suzieedwardmay.com) or writing to PO Box 542, Floreat Forum, Perth, WA 6014.

 <b>australian pharmacy GROUP</b>	
<p>Your health and advice specialists in:</p> <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> <p>(available at Cooleman Court)</p>	
<p><b>Erindale</b>                  Shop 11, Erindale Shopping Centre, Wanniasa                  Phone : 6231 6550  <b>Opening Hours:</b>                  Mon - Fri 8:30am to 7:30pm                  Saturday &amp; Sunday: 9am to 6pm</p>	<p><b>Manuka</b>                  Shop 8, Manuka Arcade, Manuka                  Phone : 6295 0059  <b>Opening Hours:</b>                  Mon - Fri 8:30am to 7pm                  Saturday &amp; Sunday: 9am - 6pm</p>
<p><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</p>	<p><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</p>


# m&arthritis

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# Fundraising and Social Events Committee

John Martin, Chair of the Committee invites any interested members or family to attend the meetings of the committee. These are held on the 1st Monday of each month at 2.00pm at the Arthritis Office. Please contact John Martin on 6251 5132 or Tony in the office if you would like to attend.

**The Combined Charities Card Shop** will be operating again, this year at City Uniting Church, Pilgrim House, 69 Northbourne Ave, Canberra City. Volunteers are required to give a few hours on Wednesday 13th October and Wednesday 17th November. Please contact the office.

**Wine Tasting** Tuesday 16th November (see separate notice). Please come along, support the Foundation and enjoy a relaxed evening in convivial surroundings tasting wines and enjoying the delicious

## Livewire launches partnership with Arthritis Australia

Livewire and Arthritis Australia have launched a partnership to help young people who are affected by arthritis and their families find peer support online.

The partnership will allow Livewire to coordinate engagement activities at a national level to better support young people living with Arthritis and their families.

Livewire has formed over 45 affiliate partnerships with not-for-profit organisations to allow their members to connect online safely. This has resulted in several collaborative activities including content sharing, chat room hosting, events, workshops and camps, mail outs and more.

Arthritis Australia's ambassadors will soon be guests in the Livewire chat room to share their stories of life with arthritis.

## Continence Aids Payment Scheme (CAPS)

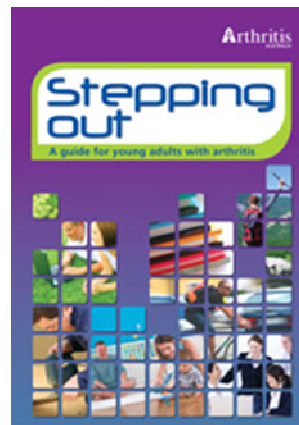
On 1 July 2010, the Australian Government introduced the Continence Aids Payment Scheme (CAPS), replacing the existing Continence Aids Assistance Scheme (CAAS). Under the new scheme, eligible clients will receive an annual payment of up to \$489.95 (plus indexation). Medicare Australia will deliver the payment directly into the client's nominated bank account, or the account of their authorised legal representative.

Existing clients of the CAAS scheme will have the opportunity to transfer to the new scheme without the need to reapply. Medicare Australia will be writing to all clients in the coming months to obtain the necessary information to enable the payment to

nibbles. Why not get a group together and enjoy an entertaining night out!

**Member's Christmas Lunch**—The date has now been confirmed as Wednesday 8 December 2010 at the Austrian Club in Mawson, 12 midday for a 12.30pm start. Please contact the office on 6288 4244 or book online at <https://www.arthritisact.org.au/member/member/misc/events/>. Please book and pay by no later than Wednesday December 1.

Please support our **Christmas Raffle**—details on front page.



The timing of this announcement coincides with Arthritis Australia's launch of a new booklet for young adults called "Stepping Out".

It is specifically designed to contain input from young people with Arthritis who have overcome many of the same challenges others may be facing today.

To receive your free copy, please call Arthritis ACT on 6288 4244 or email [info@arthritisact.org.au](mailto:info@arthritisact.org.au)

be made under the new scheme e.g. bank account details. Current CAAS clients will be provided with a Medicare Australia phone number to contact if they have questions regarding their transfer to CAPS. The eligibility criteria for CAPS will remain the same as it is now.

Further information regarding the CAPS and changes to the CAAS will be made available on the Department's Bladder Bowel Website [www.bladderbowel.gov.au](http://www.bladderbowel.gov.au).

Anyone with a specific policy enquiry can email [continence@health.gov.au](mailto:continence@health.gov.au) or contact the CAAS Policy Line on 1800 807 487.

## Medicine Miscellany

### Calcium Supplements and Heart Disease

There has been a recent publication by Dr. Mark Bolland and colleagues from the University of Auckland, NZ, in the British Medical Journal (published online on July 31 2010), picked up by the media, about calcium supplements and a possible increased risk of heart disease.

Osteoporosis Australia believes the results of this study, while being an important alert to possible harm, do not provide sufficient evidence to recommend that older men and women with osteoporosis should stop taking calcium supplements because of an increased risk of myocardial infarction (heart attacks).

This new study, which reviewed existing trials of calcium supplements to prevent fractures, showed an increased risk of myocardial infarction in elderly women and men taking calcium supplements. However, when evaluating these results it is important to consider that the total calcium intakes of the trial participants in these trials were up to 2400 mg per day (dietary calcium plus supplements). These levels are considerably higher than the current recommended dietary calcium intakes of 1000 to 1300 mg per day for adults and the elderly. At levels of calcium exceeding 2000 mg per day there may be some cause for concern.

Osteoporosis Australia would recommend achieving a total daily calcium intake of 1000 mg to 1300 mg per day, depending on age and sex, which should be achieved whenever possible through dietary intake from calcium rich foods, with the addition of calcium supplements, when required. Many Australians do not consume sufficient dietary calcium, particularly those in the older age groups. Calcium supplements at a dose of 500 to 1000 mg per day may be required in some individuals to increase total intakes to these recommended levels when this is not possible through dietary means alone.

### Three new PBS medicines

In an unprecedented decision, August 1 saw the listing of three new biologic disease modifying anti-rheumatic drugs (bDMARDs) on the Pharmaceutical Benefits Scheme (PBS); a decision that significantly increases treatment options available on the PBS for Australians living with active rheumatoid arthritis. This means that if one treatment is ineffective, patients now have a broader choice of treatments to try. The three new listings are:

Actemra® (tocilizumab)

CIMZIA® (certolizumab pegol)

SIMPONI® (golimumab)

Please contact your healthcare professional or rheumatologist for further information and to discuss the best treatment option for you.



### Medicines Line—new number

The new Medicines Line number is now 1300 633 424.

The National Prescribing Service (NPS) has entered into a new partnership with the National Healthcare Call Centre Network, healthdirect Australia, to provide a 24-hour telephone health advice line staffed by registered nurses.

Medicines calls will be triaged, with complex calls outside the scope of national nursing standards referred to either the caller's doctor, a community pharmacist, another health professional or to a NPS pharmacist.

The Adverse Medicines Event telephone number has not changed, and remains the same at 1300 134 237.

### Medicare Levy Changes

From the 2009-10 income year, the Medicare levy low-income threshold will increase to \$18,488 (up from \$17,794) for singles and to \$31,196 (up from \$30,025) for couples.

### Medicare Entitlements for People with Arthritis

Do you know about your additional Medicare entitlements?

If you establish an overall health management plan with your GP, which includes aspects of your treatment for arthritis, you are eligible to make extra claims on costs from Medicare.

Department of Health and Ageing referral forms are established by a GP in the overall health management plan for the patient. They apply to aged care residents as well as individuals and are valid for 2 consecutive calendar years.

Copies of forms may be ordered by phoning 6289 4297 or via [www.health.gov.au/epc](http://www.health.gov.au/epc).

Don't miss out on your entitlements!

Medicare Australia has all the information. Call them on 132 150.

# CALENDAR OF EVENTS

## October

- Saturday 9 Young Adults Group**  
Time: 12.30pm  
Venue: West's Jamison  
Contact: Steve 0431 107 543
- Monday 11 Arthritis Support Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip
- Monday 11 Annual General Meeting**  
Time: 5.30pm – 6.00pm  
Venue: 27 Mulley Street, Holder
- Wednesday 13 Living a Healthy Life with a Long Term Condition start**  
Time: 12.30 – 3pm  
Venue: 27 Mulley St, Holder

**Bookings essential 6288 4244 or online.**

- Wednesday 13 ACT Chronic Conditions Alliance (ACTCCA) Meeting**  
Time: 7.00 – 8.30pm  
Venue: Woden Community Services  
26 Corinna St Woden
- Thursday 14 RA & Sjogren's Interest Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip
- Wednesday 20 World Osteoporosis Day - Osteoporosis Seminar**  
Time: 2 - 4pm  
Venue: Rheinberger Centre, Yarralumla

## November

- Monday 1 Arthritis Support Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip
- Tuesday 9 Arthritis Expo**  
Time: 7.00pm  
Venue: St Ninians Church Hall, Lyneham
- Wednesday 17 Arthritis Expo**  
Time: 7.00pm  
Venue: Kangaroos Rugby Club, Queanbeyan
- Wednesday 10 ACT Chronic Conditions Alliance (ACTCCA) Meeting Meditation and Relaxation**  
Time: 7.00 – 8.30pm  
Venue: Woden Community Services  
26 Corinna St Woden

- Thursday 11 RA & Sjogren's Interest Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip

- Saturday 13 Young Adults Group**  
Time: 12.30pm  
Venue: Yarralumla Gallery & Oaks Brassiere  
Contact: Steve 0431 107 543

- Sat/Sun 13 & 14 Tai Chi Instructor Session**  
Venue: Burringiri Centre at Yarramundi  
Reach  
Contact: Ann Lehmann, 62347025 or [ann.lehmann@msaustralia.org.au](mailto:ann.lehmann@msaustralia.org.au)

- Monday 15 Tai Chi for Arthritis**  
Time: 10.00am  
Venue: Pearce Centre, Collett Place, Pearce

- Tuesday 16 Wine Tasting**  
Time: 6.00 – 8.00pm  
Venue: Canberra Bowling Club, Hobart Avenue, Forrest  
**Cost:** \$25

**Bookings essential 6288 4244 or online**

- Wednesday 17 Living a Healthy Life with a Long Term Condition ends.**

- Thurs 18 & 25 Challenging Pain Workshop**  
Time: 9:30am - 12 noon  
Venue: Ground Floor Conference Room,  
27 Mulley St Holder

## December

- Monday 6 Arthritis Support Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip

- Wednesday 8 Christmas Lunch**  
Time: 12.30pm  
Venue: Austrian Club, Mawson  
Cos-t: \$30.00

**Bookings essential 6288 4244 or online**

- Thursday 9 RA & Sjogren's Interest Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip

- Office Closure - Christmas & New Year**  
Closes: Friday, 24th December 2010  
Reopens: Monday, 17th January 2011