

# Arthritis ACT e-news



## Contact us

**Visit us:** Grant Cameron Offices, Level 2A,  
27 Mulley Street,  
Holder ACT 2611

**Office hours:** 9am -3pm Monday - Friday  
**Post:** PO Box 4017, Weston Creek ACT 2611

**Phone:** 1800 011 041

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***HELP US CELEBRATE 40 YEARS OF SERVICE TO THE COMMUNITY!***

**THE ARTHRITIS FOUNDATION OF THE ACT IS PROUD TO ANNOUNCE THEIR 40<sup>TH</sup> ANNIVERSARY!**

**You are invited to join us for a luncheon to celebrate 40 years of service to the community**

**Wednesday, 23 August  
12noon – 2pm**

**It's a Christmas in August theme**

**Entertainment, 2 course meal and drinks provided**

**Tickets \$40ea**

**RSVP Friday 18 August  
E: [info@arthritisact.org.au](mailto:info@arthritisact.org.au); P: 6288 4244**

## From the CEO

Forty years ago this month a group of likeminded people came together to try to improve the lives of those living with particularly autoimmune arthritis. We are so fortunate to have had such strong willed and minded people to forge the path that has brought us to where we are today. From a completely volunteer lead organisation to one that has a small staff and still is heavily reliant on so much good will and volunteering, we have provided support, friendship and most importantly hope to countless throughout our community. To everyone who has travelled with us on some (or all!) of the journey, we thank you. We are making a difference. We are impacting the decisions of health care providers, of health administrators, and most importantly, individual's in our community. We are enabling people to remain in the workforce, to engage actively in their lives, to feel like they have worth. Please join us to celebrate this huge effort, and stay with us as we journey through the next 40 years, improving the quality of life for all Canberrans.

## Warm Water Exercise Update

**TCH morning sessions have space and friendship awaiting you!**

**Want to get your day off to a great start? WWX at TCH from 0700-0815 Monday, Tuesday, Wednesday, Friday and Saturday are the place to be! Park close to the pool with no issues around fighting for a car park! It's the warm place to be, and so good for you!**

### Are you interested in being a pool supervisor?

As many of you will have noticed, we are moving into a roster basis of supervision for many of the pool sessions. This means you don't have to be available every week! If you think you would like to participate through being a pool supervisor, please call us on 6288 4244 or by email on [info@arthritisact.org.au](mailto:info@arthritisact.org.au). We will be organizing training over the coming months for new supervisors.

### Exercise Physiology Student WWX Reviews

The wonderful Jo and your CEO will be joining you at the following sessions to provide support for your WWX program.

- Club MMM Wednesdays 2,9,16 August
  - CJJM Monday 14 August
  - CJJM Tuesday 15 August
- TCH Friday morning 11 August
- Gold Creek Friday 18 August

## 'Thinking and Feeling Good'

Fortnightly weekend sessions commencing 6 August for those who cannot attend during the week!

### Join us in a new supportive & confidential small group!

- Share feelings, thoughts, experiences & understandings
- Develop solutions & resources & skills to develop a personal plan for your wellbeing
- Develop relationships
- Become confident in navigating health and community services. This group is facilitated by a professional counsellor & educator & is conducted in 1.5 hour sessions over 6 weeks

**Where:** Arthritis ACT Level 2A, 27 Mulley St Holder ACT 2611

**Cost:** Members of Arthritis ACT & SHOUT affiliated organisations \$60. Members of the community welcome \$120. Number limits apply!

**For further details or registration contact:**

Jan MB: 0439 378 426 / [canberracounselling@gmail.com](mailto:canberracounselling@gmail.com) OR

Arthritis ACT PH: 02 6288 4244/ [info@arthritisact.org.au](mailto:info@arthritisact.org.au)

Bookings are essential

## Am I getting too much of a good thing?

If weight control is your goal then it's a great idea to think about portion control. Often we continue eating beyond our body's full signals and end up feeling overfull and uncomfortable. Remember, it is possible to have too much of a good thing. Whilst it is important to have a quality diet, it's also important to make sure you're having an appropriate quantity.

In order to plan a healthy meal, it is important to be aware of portion sizes of different foods. Your dinner plate should ideally include serves of lower GI carbohydrate, lean protein and cooked or salad vegetables.

### What is a serve?

#### Carbohydrate:

½ cup cooked pasta, rice, noodles

½ potato

1 cob corn

#### Lean protein:

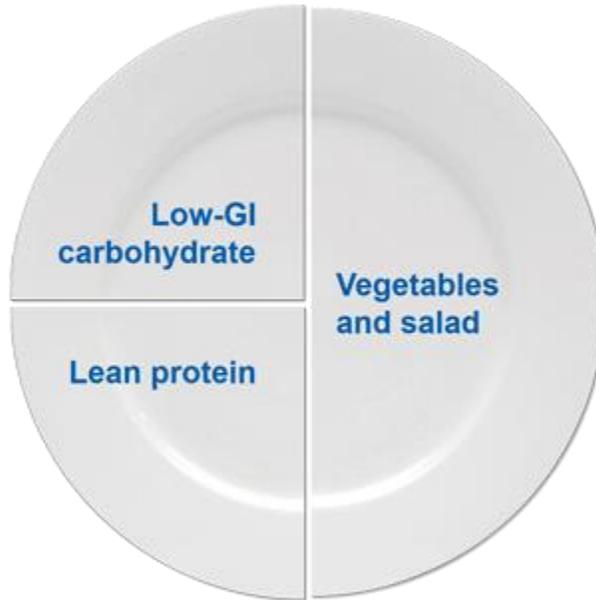
65g cooked beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)

80g cooked lean poultry such as chicken or turkey (100g raw)

100g cooked fish fillet

1 cup (150g) cooked lentils  
 2 whole cooked eggs  
Vegetables:  
 1 cup salad, stir fry or raw vegetables  
 ½ cup cooked vegetables

**Ideally your dinner plate should look like this:**



The number of serves of food you will need is highly individualized, it will depend on your age, gender, weight and physical activity levels. In addition to being aware of portion sizes, it may also be helpful checking with yourself whether you are actually hungry (or whether you are actually dehydrated or bored), minimizing distractions whilst you eat and eating slowly by chewing each mouthful of food thoroughly.

If you would like more information on appropriate serve sizes for you, strategies for weight control or anything else diet related, book in for a chat with one of our dietitians on 6288 4244. Appointments available 9am-3pm Thursday and Friday.

### **Are you getting all the nutrients your body requires?**

A new service being offered by the Dietitian Clinic is computer dietary analysis. Keep a 5 day food diary and our dietitians will analyse your diet and provide a printed report summarizing the adequacy of your diet and written suggestions on how you can improve. Cost is \$35 (\$50 for non-members). Should you subsequently book a face-to-face appointment this cost will be deducted from your first visit.

Come and meet Tina and Linda, our dietitians in residence whilst Erica is on Maternity leave. They can provide expert, personalized dietary advice and conduct computer dietary analysis.

If you would like to make an appointment with one of our dietitians, call the Arthritis ACT office on 6288 4244.

**Members Monday Morning Morning Tea  
Monday 28 August**



**11am  
Arthritis ACT  
Lv 2A Grant Cameron Centre  
27 Mulley St  
HOLDER**

## Mobility Matters™



We at Arthritis ACT thank Mobility Matters for the many years of support they have provided us. Their sponsorship has allowed us to continue to produce our e-newsletters and glossy magazines to keep in touch with you all and share what we have with our community. Mobility Matters have a plethora of aids and supports to help us all with meeting our daily needs of living. In addition, they also have various support workers who can assist you in making life that little bit easier. Do not hesitate to give them a call on 6280 7244 or visit their website on [www.mobilitymatters.com.au](http://www.mobilitymatters.com.au)

### **When did you last experience the benefits of massage?**

We regularly have people call us looking for a massage therapist to assist them with their conditions or to help deal with pain. If you have a massage therapist who really helps you, please let us know so we can help others! Massage is beneficial for pain relief, to reduce stress, increase joint mobility, and just plain makes us feel better. The following remedial massage therapists come highly recommended from our members:

**Sacha Teh, Sports and Remedial Therapy, located in Gungahlin: call 0433 112 765**

**Katy Goo Garret, Remedial Massage, Vitality Health Tuggeranong: call 6162 4102**

## *A Carer's Road to Wellbeing*

**Are you a Carer of someone with a long-term health problem or disability?**

**Do you find having time to look after yourself difficult?**

**Do you sometimes struggle with life's challenges?**

**Do you sometimes feel isolated in your caring role?**

**If so, you might be interested to learn about an exciting new course for wellbeing for Carers!**

Arthritis ACT, in partnership with Canberra Professional Counselling, invites Carers of loved ones and friends with long-term health conditions or disabilities, to join us on a positive life-changing journey through participation in 'A Carer's Road to Wellbeing'.

In a supportive and confidential small group environment, participants can share their experiences and understandings; and develop solution-focused and self-management resources and skills, to develop a personal plan for their own wellbeing and quality of life.

Activities are conducted over six weekly sessions of 1 ½ hours. They are facilitated by a qualified counsellor and educator, and involving other health professionals.

Members of Arthritis ACT and the community are welcome! Maximum numbers apply.

### **Cost**

\$60 Members of Arthritis ACT or members of SHOUT affiliated organisations

\$120 non-members of the above organisations

**Materials and refreshments provided.**

**Enquiries and registration: Arthritis ACT, P: 02 6288 4244 or E:[info@arthritissact.org.au](mailto:info@arthritissact.org.au)**

## Did you know? Concessions for Utility Bills

### ***What is it?***

From 1 July 2017, the energy and utility concession and the water and sewerage rebate will be combined into a single Utilities Concession at a maximum rebate of \$604.00 per household. Not only will this provide additional support to eligible households which are renting, but by combining the concession, this will make the program simpler to administer as applicants will only need to apply for the one concession. All eligible households will now receive the same level of concession regardless of whether they rent or own a home.

The Utilities Concession covers electricity, natural gas, water and sewerage and is calculated on a daily basis, with rates depending on the season. The concession is available on the principal place of residence only and the account must be in the cardholder's name. Only one Utilities Concession per eligible household can be claimed.

The annual rebate amount in **2017-18** is \$604.00. The current daily summer rate for the Utilities Concession is approximately 76.925 cents per day and the winter rate is approximately 288.183 cents per day from 1 June to 31 October. The Utilities Concession will be applied to the applicant's electricity account.

### ***Who is eligible?***

Eligible applicants must be the primary holder of one of the following concession cards: Centrelink Pensioner Concession Card (PCC); or Centrelink Low Income Health Care Card (HCC); or Veteran's Affairs Pensioner Concession Card, Gold Card and TPI. For primary card holders of a Low Income Health Care Card, a new application needs to be made each time a new card is issued. Only the primary card holder can apply for the Utilities Concession. The primary card holder's name and address must be the same as the name and address appearing on the electricity account.

The concession can only be claimed from the start date of the primary card holder's concession card. Please note: the Commonwealth Seniors Health Care Card is not an eligible card under the scheme.

### ***How do I apply?***

Contact your energy provider. Contact details including links are provided below. Registered Providers under the Utilities Concession scheme are:

- ActewAGL Retail
- Origin
- EnergyAustralia

### ***Who runs it?***

ACT Revenue Office

### **Contact details for energy providers**

**1. ActewAGL Retail P: 13 14 93**

[For information and an application form](#)

**Web:** [ActewAGL Website](#)

**2. Origin P:** 13 24 61

[For information and an application form](#)

**Web:** [Origin Website](#)

**3. EnergyAustralia P:** 13 34 66

[For information and an application form](#)

**Web:** [EnergyAustralia Website](#)

# Mobility Matters<sup>TM</sup>



21-23 Townsville Street

Fyshwick ACT 2609

**Phone:** (02) 6280 7244

**Hours:** Monday - Friday 9am - 5pm, Saturday 9am - 2pm

The following article appeared in the latest RSI magazine, and we wanted to share it with you as well. Thank you to the RSI and Overuse Injury Association of the ACT for letting us reproduce this.

## Vitamin D

"We are unravelling the possible mechanisms of how vitamin D is involved in many complex processes ... that a good night's sleep and normal levels of vitamin D could be an effective way to manage pain." That's according to Sof Andrikopoulos, editor of the Journal of Endocrinology which recently published a study on the benefits of vitamin D.

Does vitamin D help with chronic pain? Previous studies have established connections between chronic pain and vitamin D deficiencies but it's still not clear exactly how the two are connected or which injuries could best be treated with increased vitamin D.

Vitamin D is most commonly associated with bones and bone-ache, but vitamin D plays a role in muscle health as well. Paul Ingraham, the author of the blog 'Painscience.com' says "Vitamin D actually has plenty to do with muscle, both muscle pain and dysfunction. This may be why some experts believe [Vitamin D deficiency] is particularly prevalent in people with a lot of 'trigger points' (muscle knots)."

So should you think about taking vitamin D supplements? The current evidence is inconclusive, but indicates that it could be helpful. The risks from vitamin D are incredibly low so if you're searching for something that might help manage your pain—it's worth giving it a shot.

Chronic pain is complicated and usually caused by a variety of interconnected factors. Vitamin D might be just one, so don't expect vitamin D to be a miracle cure. However, if you don't get much vitamin D for whatever reason, vitamin D could help.

The leader of the study from the Journal of Endocrinology, Dr Monica Anderson, said "We can hypothesise that suitable vitamin D supplementation combined with sleep hygiene may optimise the therapeutic management of pain-related diseases, such as fibromyalgia."

The connection between vitamin D and pain is unclear, but Anderson's research found that vitamin D could also play an important role in regulating sleep and the connection between a good sleep cycle and reduced pain and better general well-being are much clearer.

How can you up your vitamin D intake? You can try to increase the amount of vitamin D in your diet, but this can be difficult. Sunshine and supplements are going to be your main way of getting vitamin D, but you can also add salmon and other oily fish to your diet.

Supplements are a good option, especially if you live somewhere with short days, although, according to Ingraham, they aren't entirely straightforward either. Because the body normally makes vitamin D through the skin, your stomach isn't designed to effectively extract vitamin D from your food, and this includes supplements. However, Ingraham has some suggestions to maximize how much you can get out of supplements. Take vitamin D3, and take it with food – "the fattier the better." You don't need to split the dose up over the day – just take it all at once.

How much should you take? You can also just increase the dose of your vitamin D supplement if you aren't getting enough in other ways. The American Academy of Medicine (AAM) recommends an upper limit of 4000 IU but Ingraham recommends 5000 IUs, above the AAM's guidelines because, he says, they are

targeted at people without much or any vitamin D deficiency, not patients with chronic pain – and there's very little risk involved, if any.

Get some sunshine! The best way to get vitamin D is still sunshine. You don't need excessive exposure to generate plenty of vitamin D. There's always a risk of sunburn, which increases your risk of skin cancer. Your body is designed to make plenty of vitamin D long before you start to burn, so make sure you only stay out in direct sunlight for a few minutes. Just 10 minutes between noon and 3pm will be enough if you live somewhere relatively sunny, according to Dr Michael Mosley from the BBC, and your body will stop making more when it's made enough, so staying out longer will only burn you. Only direct sunlight will do the trick and windows or sunscreen will stop the ultraviolet radiation that you need from getting to your skin. Obviously, clothes will stop it all so don't cover up completely. If you have darker skin, you'll need more exposure.

Joseph Penington

Sources: Paul Ingrham's [painscience.com](http://painscience.com) Anderson, M., et al, The interfaces between vitamin D, sleep and pain (2017) Michael Mosley, The big vitamin D experiment

As an addendum to this article, at the recent ANZMUSC Scientific meeting, the following research was presented: (click on the link below to view the presentation)

[Effect of Vitamin D Supplementation on Tibial Cartilage Volume and Knee Pain among Patients with Symptomatic Knee Osteoarthritis: A Randomized Clinical Trial](#)

Dr Xingzhong Jin, *Research Fellow, National Drug and Alcohol Research Centre, UNSW*

In a nutshell, this review showed no relationship between vitamin D and knee pain. If you are receiving this e-newsletter in hard copy and would like a copy of this presentation please call us and we can send it to you.