

[www.arthritis.org.nz](http://www.arthritis.org.nz)

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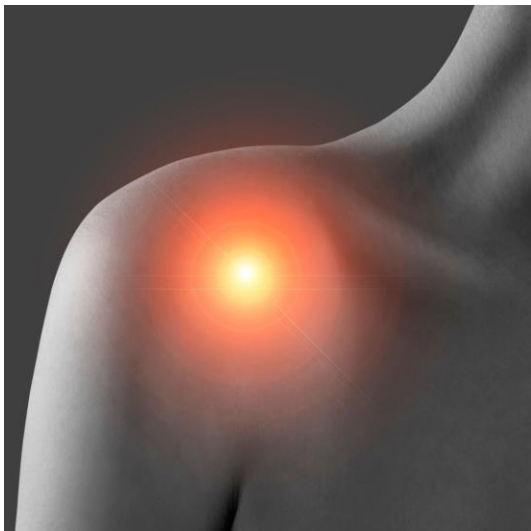


**Arthritis NZ eNews**

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Welcome Hauraki to the Sunday 14th June 2020 issue of eNews

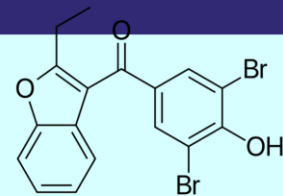
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**How to Manage an Arthritis  
Flare-Up**

**IMPORTANT UPDATE IF YOU  
HAVE GOUT ARTHRITIS**

**Benzbromarone  
is no longer  
available**



**benzbromarone no longer  
available**

From time to time you may experience a flare-up. This is when the symptoms of arthritis temporarily worsen.

A flare-up could include an increase in pain, swelling, stiffness and reduced mobility. You may also notice an increase in fatigue, trouble sleeping, anxiety, stress. Setbacks or flare-ups are often caused by doing too much, overdoing it, or pressure from others.

[Click here](#) to read more

[Click here](#) to watch video

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## Staying connected is essential to your well-being

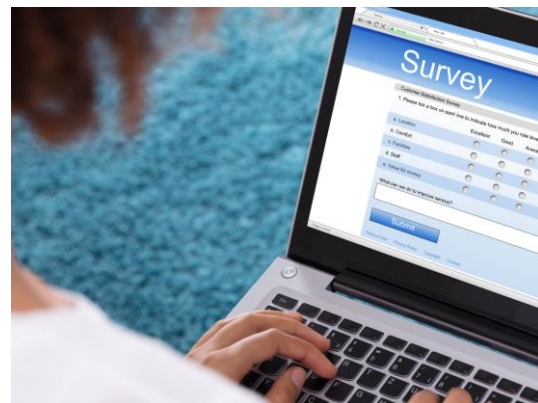
The week before Lockdown level 4 began, we started four \*new private Facebook support groups for people with various forms of arthritis. Now, almost three months later, the four groups each have

Pharmac regarding gout arthritis medication:

Benzbromarone no longer available, meaning you will need to change to another medicine for your gout arthritis.

[Click here](#) to find out more.

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## Take our online survey

During Level 1, we are keeping our services to telephone-based and online only. Please complete the survey to help us stay focussed on delivering the content and services you prefer. Click below to complete the quick 5-minute survey.

Link for survey: [click here](#)

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around 100 members actively taking part in discussions within the groups.

The most talked-about topics are medication, nutrition and exercise. Members ask each other questions about their medications, talk about side effects, and give each other motivation and guidance to 'stick with the treatment' as it does help. They also share what works 'for them' in managing their arthritis, giving useful ideas to others to try.

[Click here](#) to read more



## Make a difference and save Entertainment Books

Your support makes a difference to our fundraising. The 2019/20 Entertainment Memberships have expired. Buy a new membership today and you'll also get a BONUS Countdown Gift card and a chance to win 1 of 5 \$1,000 JB Hi-Fi eGift Cards. Offer ends 13 July 2020.

With all businesses open again we can enjoy the offers and the venues and food around NZ. Just click the link below to support our work with your purchase

[Click here](#) to purchase

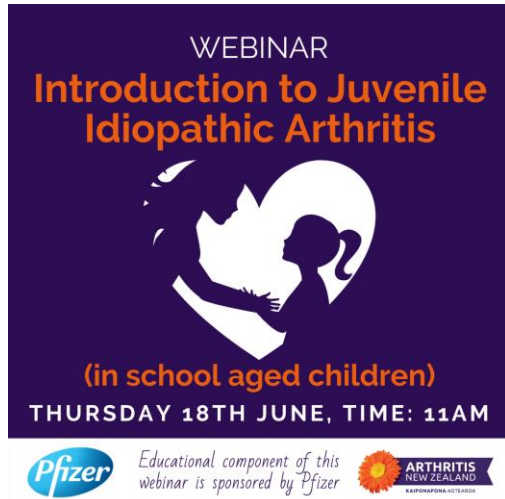
## Upcoming Events



### Webinars:

Thursday, 18 June 2020 at 11am  
Learn more about how JIA affects school-aged children, and what you can do to help your child. Register to watch this webinar: <https://bit.ly/2YgFrn6>

The educational component of this webinar is sponsored by Pfizer.



## New research studies looking for participants



### Zoom Café:

Wednesday, 24 June 2020 at 7pm

#### Ask the CEO

Ask the Arthritis New Zealand CEO Philip Kearney anything about the organisation.

To Register: [Click here](#)



Upcoming online events

There are three recently added research studies looking for participants.

They are for:

- Hand osteoarthritis,
- Being at risk for gout arthritis,
- COVID-19 and stress study.
- Biologics study for people with rheumatic conditions
- Stress study for people preparing for surgery
- Gout attacks and allopurinol
- Clinical trial for new pain medication to treat knee osteoarthritis
- Stress and its effects on chronic pain
- Aqua classes for people with osteoarthritis
- Gluteal exercises for hip osteoarthritis
- Developing an App for living well with chronic conditions

Find out what each one involves, and whether you are eligible to take part.

[Click here](#) to find out more

# Videos to watch



Have you watched all of the Arthritis Tips videos yet?

Get caught up now: [Click here](#) to watch



## Online support groups

**Arthritis Online Support Group** - For arthritis of all kinds, even for those who have multiple forms of arthritis. - [JOIN HERE](#)

**Psoriatic Arthritis Online Support Group NZ** - Share tips and tricks and inspire each other. - [JOIN HERE](#)

**Osteoarthritis Online Support Group NZ** - Share exercise tips and ways you overcome your everyday challenges. - [JOIN HERE](#)

**Fibromyalgia Online Support Group NZ** - We understand it is a complicated and often misunderstood condition. Meet others who understand. - [JOIN HERE](#)

**Lupus Online Support Group NZ** - This group has been going for quite some time and now has a new educator keeping an eye on it. - [JOIN HERE](#)



**Rheumatoid Arthritis Online Support Group NZ** - We have our amazing arthritis educators keeping an eye on this group. - [JOIN HERE](#)



**Arthritis New Zealand is funded by individual donations, grants from trusts & Foundations, bequests and sponsorships.**

**We rely on the generosity of public donations to ensure we can bring information and presentations like this to you.**

**You might like to consider assisting by visiting our website and using the **DONATE** button.**

**Thank you**

**Donate Now**

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**CALL**  
**TOLLFREE**

**0800 663 463**

to get advice on pain  
management, nutrition,  
exercise and staying well.

Our skilled Arthritis  
Educators are here for you!



**Get an arthritis educator to phone you!**

**Support us!**



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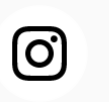
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