

# IMPACT IN MOTION

INSPIRING PROGRESS: YOUR GENEROSITY AT WORK

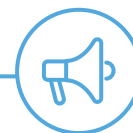
Fall/Winter 2024



Each September, during Arthritis Awareness Month, we shine a light on the devastating impact of arthritis, ensuring that those suffering know they are not alone. Thanks to your generosity and support, Arthritis Society Canada is working relentlessly to support the six million people in Canada who live with arthritis every day. As this number continues to increase, the urgency in our work grows. We're taking bold steps today to create a future beyond the limits of arthritis. Alongside 21 ecosystem national partners, we are creating a 10-year Arthritis Action Plan to transform the landscape of arthritis care and research in Canada.

By sounding the alarm on critical issues facing people living with arthritis, we are strengthening our efforts to transform their future. Thank you for your ongoing support. You are offering hope to millions for a brighter future.

– **Trish Barbato, President and CEO**



## Arthritis Action Plan

Arthritis Society Canada is working with 21 system partners across Canada to develop a 10-year Arthritis Action Plan that will transform health outcomes for people living with arthritis. This Plan will take on the big issues of arthritis, including prevention, cures, equitable access and elevating the urgency of the disease. This innovative, first-of-its-kind Plan will engage 1 million voices, making it the largest co-created plan in Canada. To learn more and get involved, visit [arthritisactionplan.ca](https://arthritisactionplan.ca)

# Donors driving discoveries: You make transformative research possible

## New hope for disc degeneration and back pain sufferers

Research efforts at Quebec's McGill University Health Centre offer fresh hope for millions living with osteoarthritis and suffering from back pain. Thanks to donors like you, this study may discover new treatments to help prevent or slow disc degeneration that causes chronic back pain. As bodies age, old cells can build up in these discs between the spine's vertebrae, causing inflammation and further damage. This process, known as intervertebral disc degeneration, is a leading cause of back pain. Under the supervision of Dr. Lisbet Haglund, PhD Student Saber Ghazizadeh Darband is studying two promising senolytic drugs (o-Vanillin and RG-7112) to determine if they can stop or prevent degeneration.

## Exploring the link between immune cells, activity and osteoarthritis pain

Research underway at Ontario's Western University seeks to offer hope and a pain-free future to the more than four million people in Canada living with osteoarthritis. Under the supervision of Dr. Tom Appleton and Dr. Trevor Birmingham, Postdoctoral Fellow, Dr. Brent Wakefield is researching how immune cells contribute to pain in knee osteoarthritis caused by activity. By analyzing tissue samples from participants' knees, they can compare immune cells in people with and without activity-induced pain and how exercise affects these immune cells in the knee joints. This research could uncover immune mechanisms behind osteoarthritis pain and identify potential targets for new treatments.

To learn more about the research initiatives we are funding thanks to the generous support of donors like you, visit [arthritis.ca/research](https://arthritis.ca/research) or call 1.800.321.1433.

## The Tenors: Ambassadors on a mission through music

The Tenors joined forces with Arthritis Society Canada as ambassadors, driven by two of their members' personal experiences with arthritis. Mark's mother has battled rheumatoid arthritis since her mid-30s, enduring chronic pain for four decades despite trying various medications and having two knee replacement surgeries. Victor's mother faced a similar struggle and continued to work as a nurse through the severe pain of arthritis. The agony of arthritis also hit the next generation when Mark's sister and Victor's niece were also diagnosed with arthritis. After witnessing the physical, mental and emotional toll on their loved ones, The Tenors became committed to raising awareness of arthritis. In this multi-year partnership, The Tenors will perform at various Arthritis Society Canada fundraising events, including the Arthritis Fire Ball galas in Vancouver, Toronto and Montreal.

*Image taken at Arthritis Fire Ball Vancouver*



# A Will to give back

“Much of the public does not appreciate how severely this disease affects people and how their lives are changed by it. It makes it difficult to carry on a normal life,” says John. “Arthritis Society Canada is doing great work in research and supporting people living with the disease.”

John Beresford has been a car enthusiast all his life. But as he set off on an epic adventure — a 16,000-kilometre rally from China to France — John’s inspiration was not his love of cars, but the love of his life, Deirdre. Pairing his passions, this journey was about honouring his wife and raising awareness of the cruel disease she battled for so long: arthritis.

Deirdre was diagnosed with rheumatoid arthritis in the 1980s. Although she stayed active, including working as an Arthritis Society Canada volunteer, the disease began to take its toll. The many surgeries, treatments, injuries and hospitalizations made Deirdre increasingly frail, and after decades of pain and struggle, she passed away in April 2016.

Just a few months before her death, John bought Deirdre a 1956 Volkswagen Beetle. He hoped the elevated seats and lightweight doors would make it easier for her to get in and out, boosting her independence. Sadly, she never got the chance to drive it.

Looking for a way to make a difference after Deirdre’s heartbreaking passing, John entered the 2019 Peking to Paris Motor Challenge to raise funds for Arthritis Society Canada in her memory. Rally participants must use a car built between 1907 to 1976, so Deirdre’s 1956 Beetle was a meaningful and perfect fit.



John isn’t just raising funds for now, he’s also planning for the future. The memory of Deirdre’s love for volunteer work inspired him to make Arthritis Society Canada a beneficiary in his Will.

There’s no doubt Deirdre would be happy to know John’s legacy gift is providing hope to so many other families impacted by arthritis.

**To learn more** about how you can make a meaningful legacy gift, contact Liesl Drayton, Director, National Planned Giving at [ldrayton@arthritis.ca](mailto:ldrayton@arthritis.ca)



# Stay Informed

Because of your support, Arthritis Society Canada reached more than 3.7 million people in Canada last year with trusted information to help them manage their disease. More than 85,900 received direct or one-on-one support through our education and support programs.



## flourish

Every month, Arthritis Society Canada delivers health and wellness tips, recipes and resources right to your inbox with our e-newsletter, **flourish**. Get the latest nutrition and activity guidance and be in the know about pain management tips, exciting research announcements and upcoming events. By signing up today, you will receive trusted information and inspiration to help you live well with arthritis.

[arthritis.ca/signup](https://arthritis.ca/signup)



## Arthritis Line

Did you know there's a phone number you can call to get your questions about arthritis answered? Sponsored by Pfizer, the Arthritis Line provides free telephone and email support for individuals across Canada, and gives guidance on available programs and services. To learn more, visit

[arthritis.ca/arthritisline](https://arthritis.ca/arthritisline)



## Arthritis Talks

Managing arthritis can be challenging — but getting the information you need doesn't have to be! Arthritis Talks features experts who provide evidence-based advice to help you live a better life with arthritis.

Upcoming talks in this webinar series will cover a range of topics, including *Arthritis in the Knees*, *Medical Cannabis* and *Assistive Devices*. To view previously recorded webinars and find out more about our fall events, visit [arthritis.ca/arthritis talks](https://arthritis.ca/arthritis talks)

# Donate today to help end the agony of arthritis.

## GIVING IS EASY:

**By phone:** 1.855.834.4427

**Online:** [arthritis.ca/givenow](https://arthritis.ca/givenow)

**By mail:** Return the enclosed form in the postage-paid envelope

**THANK YOU** for your incredible kindness and generosity.

