



IMPACT IN MOTION

YOUR LEADERSHIP IN ACTION

Spring 2022

A LIFELINE FOR PEOPLE LOOKING FOR ANSWERS

Thanks to the support of generous donors like you, people with questions about arthritis have a lifeline: the Arthritis Line. Our national toll-free, bilingual telephone and online support service is run by staff and trained volunteers who answer questions and guide users to the right resources.

seeking. **With an average satisfaction rating of 4.6 out of 5**, this is a vital resource you can feel good about supporting with your donations.

388 Hours logged by responders Apr. 1 – Dec. 31, 2021

“Your response time is excellent and ways of contacting you are clear and easy. Thank you!”
— Arthritis Line caller

Our responders handle more than 2,500 inquiries every year. That’s a meaningful connection and knowledge sharing for so many who fight the fire of arthritis every day. Questions range from inquiries about Arthritis Society programs, to requests for pain management strategies, to questions about finding local community supports. Without you, those vital conversations couldn’t have happened.

The number of Canadians living with arthritis continues to rise. That’s why we need to enhance and expand the service, to ensure that everyone who needs assistance has access to the information and help they need. Thank you. 😊

Many of the people who call the Arthritis Line are living with arthritis, or someone close to them does. As you can imagine, callers are often in distress as they struggle with the physical and mental effects of the disease. And the number of people using the Arthritis Line is increasing every year.

What matters most is that our volunteers have made a difference and callers received the help they were

Contact the Arthritis Line
By phone: 1.800.321.1433, press 2
Email: info@arthritis.ca

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RESEARCHER PROFILE

Better primary care for lower back pain: **Kyle Vader**

Growing up on a dairy farm in Ontario, Kyle Vader was accustomed to seeing his loved ones “push through the pain”. Now, as a researcher and physiotherapist, he’s working to make a difference for people living with chronic pain.

In 2021, Kyle Vader was honoured with a PhD Salary Award from the Arthritis Society to fund his research into a new approach to managing low back pain, which we know contributes to disability, decreased quality of life and emotional distress.

With the support of this prestigious award, Kyle is exploring the experiences of people with low back pain who access team-based primary care that includes a physiotherapist as first point of contact.



This valuable research could lead to improvements in primary care settings for people with arthritis, and the management of chronic low back pain.

Only through the generosity of dedicated donors like you is such innovative research made possible. Kyle Vader knows how important that generosity is. His grandmother always believed in and has donated to the Arthritis Society for years. “To now have the Arthritis Society fund my work is a real full circle moment,” says Kyle. 😊

“**I’m really grateful to be supported by the Arthritis Society. You can’t underestimate the value that has.**” — Kyle Vader

In 2020-2021, the Arthritis Society invested \$3.6 million in research. Thanks to you, and all our donors, we are the largest charitable funder of arthritis research in Canada.

NEW GRANTS REWARD BOLD IDEAS WITH HIGH POTENTIAL

The Arthritis Society’s new Ignite Research Grants were created to fund “high risk” ideas that have a strong potential for “high reward.” Through the support of our donors, we’re committed to fostering transformative approaches and ideas in arthritis research. Ignite Research Grant recipients are chosen for their talent and bold plans to confront the challenges of defeating arthritis and delivering the best evidence-informed care possible.

High-risk, high-reward research is the key to the future of arthritis research — to better diagnosis and detection, improved treatment and management, and ultimately, a cure. 😊

Joan Fidler Burrows is grateful every day

“Routines I learned to help manage my arthritis are integrated into my life.”



Joan Fidler Burrows was the inspiring subject of an article in a 2012 Arthritis Society newsletter. She graciously allowed us to check back in to see how life has been treating her over the past nine years.

Juvenile arthritis at 10

Joan is quick to acknowledge that she feels fortunate and grateful, regardless of her almost lifelong experience with arthritis. At the age of 10, Joan was bedridden for five months with juvenile arthritis, a time during which she did school work and indulged in her love of reading.

When Joan developed rheumatoid arthritis in her 40s, she took advantage of the services offered at the Mary Pack Centre in Vancouver, which has a strong connection to the Arthritis Society. Looking back, Joan notes that the lessons she learned from the self-management program — covering diet, exercise and body awareness — were very new ideas at the time. Those lessons informed her life and became routine, so that today, Joan is very active and grateful for her good health.

An “invisible” disease

Not surprisingly, Joan is a regular donor to the Arthritis Society, and strongly supports our mission to increase awareness of this debilitating disease.

Joan knows what it’s like to live with an “invisible” disease, and how easy it is for the public to ignore what they can’t see and don’t understand. Joan strongly believes physiotherapists, doctors and nurses need to be more educated about arthritis and is counting on the Arthritis Society to take up that challenge.

Awareness and education

“I believe the Arthritis Society has a role in educating the public and funding research. I can’t emphasize that enough.” In fact, Joan is currently participating in a clinical trial evaluating the immune response and the safety of COVID-19 vaccines in people living with autoimmune diseases such as rheumatoid arthritis.

Not slowing down much!

These days Joan says she feels no more than the occasional stiffness or bit of pain brought on by bad weather. It doesn’t slow her down much! At 85, Joan is very active, enjoying long walks in the woods, continuing her active interest in grandmothers and women, especially in sub-Saharan Africa, and keeping up with her three grown daughters and their families via Zoom calls. 😊



COMPLEMENTARY THERAPIES MAY BE **RIGHT FOR YOU**

When it comes to pain management, what works for one person may not work for another. Complementary therapies are designed to work with, not replace, doctor-recommended treatments, and offer an integrated approach, treating the whole body, rather than just symptoms or one concern.

Popular therapies include acupuncture, biofeedback, mindfulness meditation, massage, traditional Chinese medicine and naturopathic medicine. It's important to choose therapies that are most effective for

people with arthritis, and not harmful or disruptive to your current treatment.

Talk to your primary care provider about what you're looking for. They might be able to provide guidance, suggest reputable providers and steer you to the options that work best for you. Remember, it can take time to find the combination that works. 😊

To learn more about complementary therapies, visit arthritis.ca/complementarytherapies

GREAT THINGS HAPPEN WHEN YOUR GIFT IS MATCHED

As a generous supporter of the Arthritis Society, you've made donations that have doubled in value when they are "matched." In this way, your contributions go even further to support the vital work we do. In 2021, our Leadership Circle members raised \$104,000 that was matched for a total of \$208,000! That's how powerful gift matching is!

These vital funds have gone to support Canada's most talented young researchers who could change the future of arthritis treatment. For example,

Emily Ha at the University of Toronto is using her PhD Salary Award from the Arthritis Society to study how knee pain works in postmenopausal women, seeking to improve methods of treatment in osteoarthritis pain.

Megan Thomas, University of British Columbia, is using her PhD Salary Award to study considerations of equity in the care of patients with inflammatory arthritis. Understanding barriers in accessing arthritis care could inform strategies to improve patient outcomes. 😊

Donate today to help us extinguish arthritis



Giving is easy:

By phone: 1.855.834.4427

Online: arthritis.ca/givenow

By mail: Return the form attached to our letter in the enclosed postage-paid envelope.

THANK YOU for your inspiring generosity and partnership.