



**ARTHRITIS**  
TALKS

# **Find freedom from pain: Strategies that work**

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## Presenters



**Dr. Siân Bevan**

Chief Science Officer  
Arthritis Society Canada  
(Moderator)



**Susan Johnston**

Nurse Educator  
Osteoarthritis Service Integration System (OASIS)  
Vancouver, BC

## Webinar tips

- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat** box to connect with other participants and the Arthritis Society's Canada's chat moderator.
- If you have further issues, email [arthritistalks@arthritis.ca](mailto:arthritistalks@arthritis.ca)

The screenshot shows the Arthritis Society Canada webinar interface. The main content area displays the Arthritis Society Canada logo. A 'Q&A' window is open on the right, titled 'Welcome to Q&A' with the text 'Questions you ask the host and panelists will show up here'. At the bottom, there is a control bar with buttons for 'Audio Settings', 'Show captions', 'Q&A', 'Chat', and a red 'Leave' button. Three yellow callout boxes provide instructions: one at the top right points to the 'x' icon in the Q&A window; one at the bottom left points to the 'Audio Settings' button; and one at the bottom right points to the 'Q&A' and 'Chat' buttons.

Click on the x icon to exit out of the Q&A or Chat

Click here to access your audio settings

Click here to chat or to submit a question

**World Arthritis Day — October 12**

## **Arthritis: The Silent Drain on Canada's Economy**

*New white paper by Arthritis Society Canada and Leger Healthcare*

- Arthritis is the **#1 cause of disability in Canada**
- Costs our economy **\$33 billion annually**
- **Only 4%** of Canadians know arthritis is the top cause of disability
- **85% of workers with arthritis** say it has either limited their ability to do their job, or they anticipate it will
- **Just 24%** received workplace accommodations

*Visit [arthritis.ca/news](https://arthritis.ca/news) to learn more*







**Pain**



**Pain Management Strategies**



**Q & A**



**Why is it so important to manage pain effectively?**

1. The nervous system gets better at whatever it practices.
2. Any changes are not permanent and can be changed, for the better, at any time.
3. Chronic pain is a problem with the body and protective systems being too responsive or a system that is “wound up”





**What are some non-pharmacological approaches to manage pain?**



- **Mobility Aids:** Nordic walking poles, cane or walkers
- **Joint stabilizers:** Knee brace, wrist and thumb braces
- **Orthotics!**
- **Low impact exercise** such as aquatic exercises and cycling
- **See a physiotherapist**
- **Use ice** to cause the nervous system to feel cold instead of pain





**How can I use medication safely to help manage pain?**

- **Start** with topicals like Voltaren applied consistently and persistently
- **Add in** extended-release acetaminophen such as Tylenol Arthritis for long term effective relief
- **Use NSAIDS** like ibuprofen **WITH** acetaminophen for break through pain
- **Narcotics** should only be used when all else fails







**Q: What excites you about the future for those diagnosed with arthritis today?**



- The emergence of cannabis as a potent pain reliever for arthritis
- Evidence that movement, physio, walking aids and bracing all ensure best outcomes





# Questions



**Tell us what you think...**

# How you can help



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