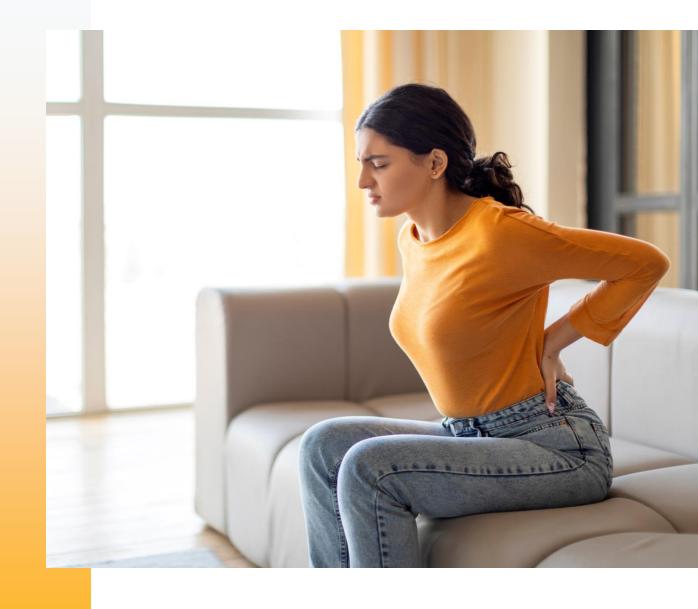


Find freedom from pain: Strategies that work

October 8, 2025



#### **Presenters**



Dr. Siân Bevan

Chief Science Officer
Arthritis Society Canada
(Moderator)



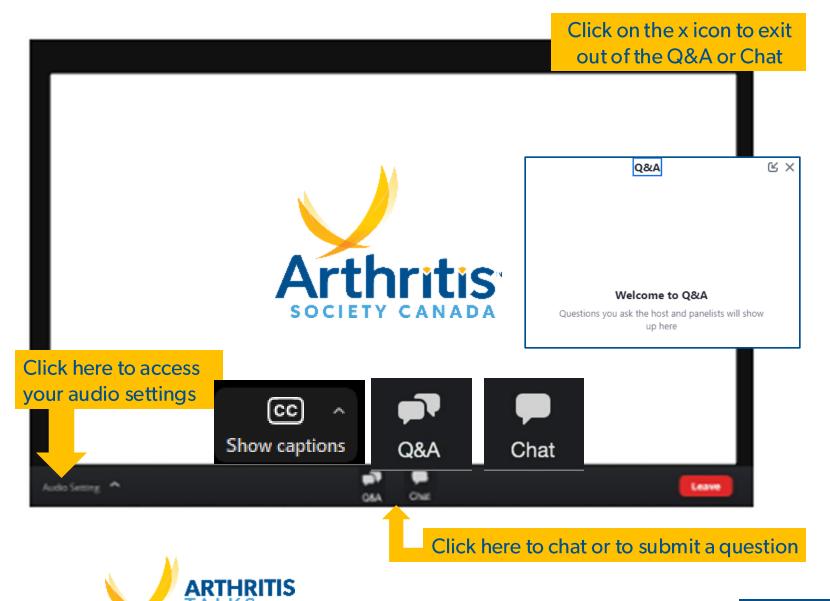
**Susan Johnston** 

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



### **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

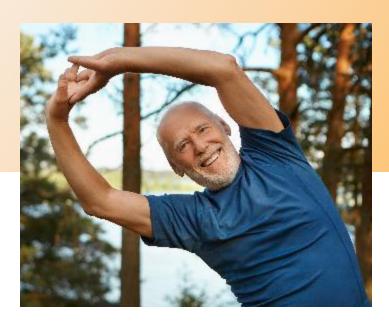








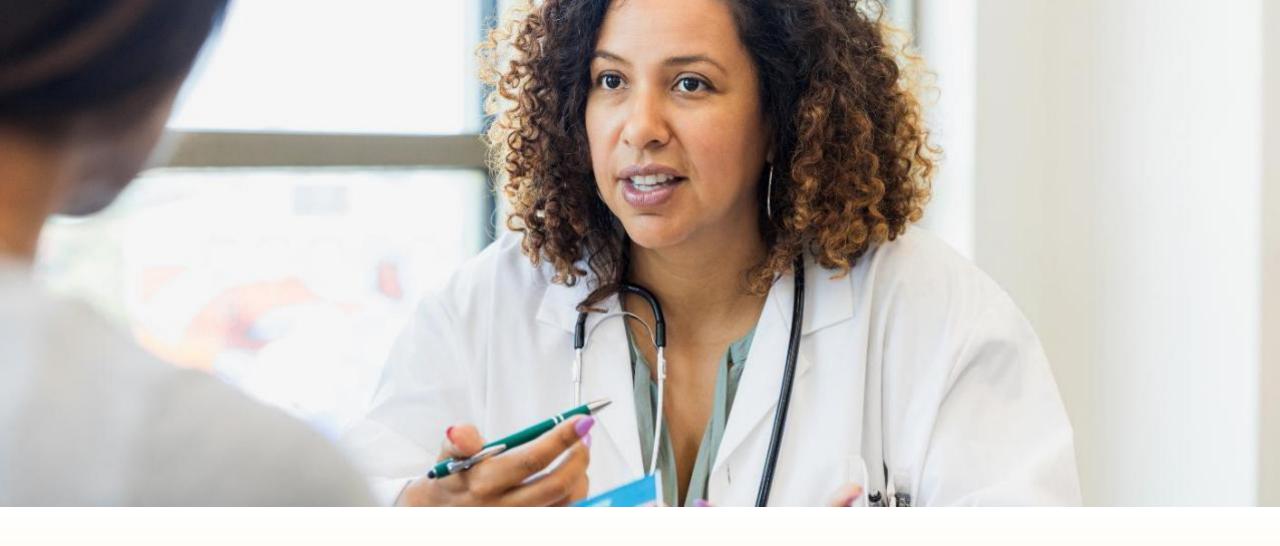




**Pain Management Strategies** 



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



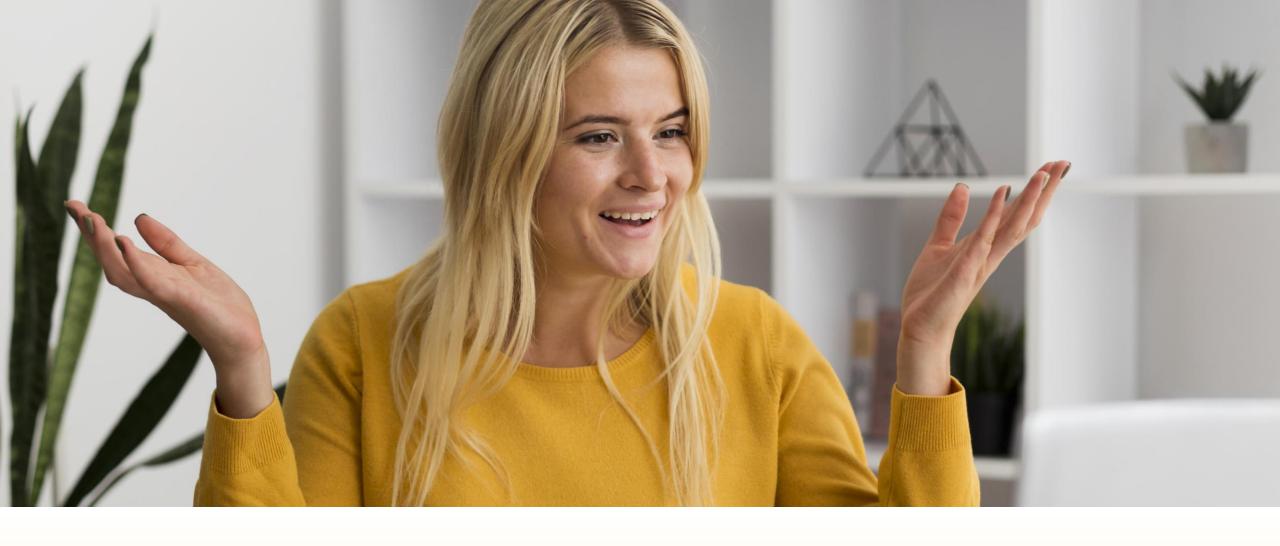


How can I use medication safely to help manage pain?

- 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?

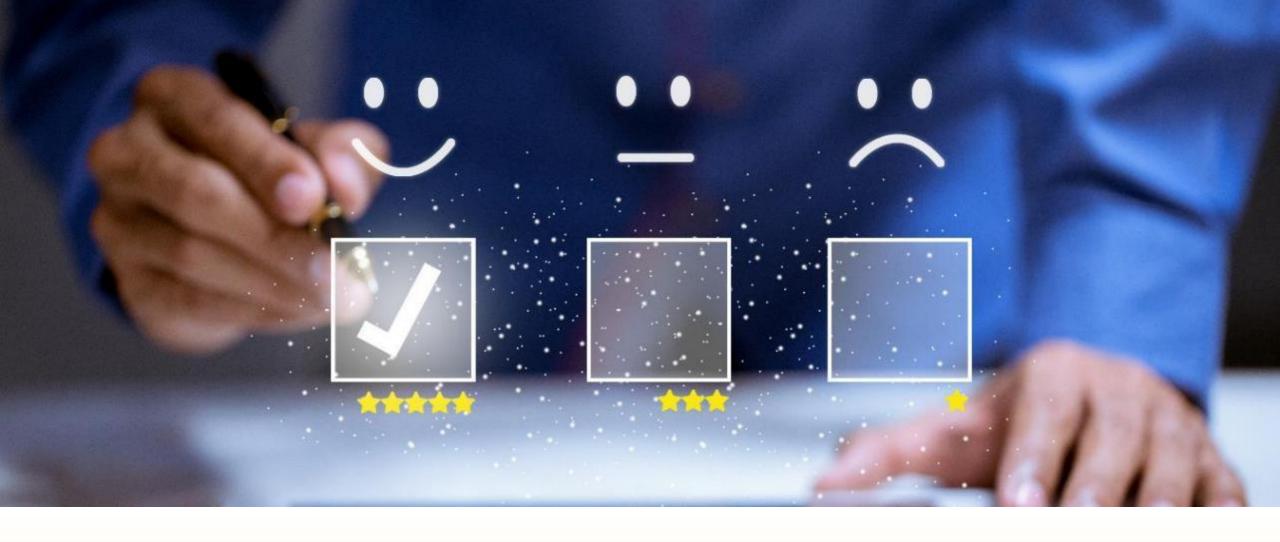
- The emergence of cannabis as a potent pain reliever for arthritis
- Evidence that movement, physio, walking aids and bracing all ensure best outcomes







## Questions



## Tell us what you think...

## How you can help



Donations power critical research and programs like Arthritis Talks.



Current shortfall caused by postal strikes puts essential programs at risk.



You can make a difference by donating today at arthritis.ca/donate.



