

# HEADLINES

FROM THE ARTHRITIS FOUNDATION

SPRING/SUMMER 2007



Arthritis Foundation volunteers Colleen, Dave & Caitlin Ryan stormed Washington, D.C. during the 2007 Advocacy Summit, February 25-28.



Providing summer camps for children with arthritis, like Hawaii's Camp Manaolana, is a top priority for the Arthritis Foundation.

## Get Moving with **THE ARTHRITIS FOUNDATION!**



 **ARTHRITIS**  
FOUNDATION®  
**Take Control. We Can Help.™**

It's Arthritis Walk season once more!  
In 2006, the top team in Orange County, Princess Parade, raised more than \$18,000.

Q&A WITH THE DOCTOR • THE ARTHRITIS WALK IS COMING TO YOU!



## Message from the Chair - Robin K. Dore, MD

Dear Headline Readers:

Many of you will be asked in coming weeks by your physicians or friends to participate in the Arthritis Walk. Hopefully, many more of you will be asking your physicians and friends to participate in the walk.

For all of you, it is important that you are aware of what the Arthritis Foundation is doing for you – now. Because the Arthritis Foundation is a volunteer-driven organization, and most volunteers have or have someone close to them with arthritis, it has always focused on providing information and programs that educate and support people with arthritis. It also provides hope as we search, through research we fund, for causes and cures for arthritis.

In my experience, the more patients know about their diseases and options, the better the outcome. Take the time to come in or call one of our offices to get information, or visit our website. Share these resources with your physician, family and friends. These are “now” resources. At the same time, learn about the research we are funding – providing hope for the future is also a “now” resource.

We are asking you to support our mission – and let us support you or your family or friends with arthritis. I hope to see you at the Arthritis Walk.



## WALK THIS WAY!

At first glance, Zoe Schley looks like your average 4-year-old girl. She loves her ballet and tai kwon do classes

that she attends regularly.

However, on the inside she is not your average kid. On March 2, 2006, Zoe was diagnosed by her doctor with juvenile ankylosing spondylitis. She has to take four different types of medications; she attends occupational and physical therapy twice weekly; she has to visit the lab for blood drawings and urine samples every few weeks and she has to visit her rheumatologist and ophthalmologist every two months.

With all of this going on in her life, Zoe and her family have taken action with the Arthritis Foundation. She is one of this year’s honorees for the Los Angeles Arthritis Walk, and will be one of thousands of people raising funds and awareness at Walks across Southern California, Southern Nevada and Hawaii. The annual Arthritis Walks are held nationwide surrounding May, the National Arthritis Month. In 2006,

more than 400 walks took place across the country, raising more than \$8 million for the Arthritis Foundation. The #1 walk in the nation in 2006 was the Orange County Arthritis Walk, which raised nearly \$200,000!

Anyone can team up for the Arthritis Walk by recruiting friends, family, co-workers, neighbors and classmates to walk for a great cause. Those with arthritis will be given a blue honoree hat to show they took action in taking control of their condition.

Over 300,000 children have some form of arthritis and as of 2006, 46.4 million, or nearly 1-in-5 adults, have some form of a doctor-diagnosed arthritis. Half of those Americans with arthritis don’t think anything can be done to help them. By participating in the walk, you are not only creating a more healthful lifestyle, you are also supporting the Arthritis Foundation in the prevention, control and cure of arthritis. For more information on how you can sign up for the Arthritis Walk, call your local branch or visit [www.arthritis.org](http://www.arthritis.org) today.

### Arthritis Foundation

(800) 954-2873  
[www.arthritis.org](http://www.arthritis.org)

### Coachella Valley Branch

73-710 Fred Waring Dr., Suite 104  
Palm Desert, CA 92260-2510  
(760) 773-3076  
[info.sca.cvb@arthritis.org](mailto:info.sca.cvb@arthritis.org)

### Hawaii Branch

615 Piikoi St., Suite 1812  
Honolulu, HI 96814  
(808) 596-2900  
[info.sca.hib@arthritis.org](mailto:info.sca.hib@arthritis.org)

### Inland Empire Branch

4060 Chestnut Street  
Riverside, CA 92501-3537  
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### Los Angeles Metro Office

4311 Wilshire Blvd., Suite 530  
Los Angeles, CA 90010-3775  
(323) 954-5750  
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17155 Newhope St., Suite A  
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(714) 436-1623  
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### Santa Barbara Branch

2253 Las Positas Rd., Suite A  
Santa Barbara, CA 93105  
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### Southern Nevada Branch

2560 E. Sunset Road, #106  
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(702) 367-1626  
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### Valley Branch

16633 Ventura Blvd., Suite 550  
Encino, CA 91436-1820  
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# Meet the Arthritis Walk HONOREES

## WALK DATES:

**April 14, 2007**

Queen Kaahumanu Center, Kahului, Maui

**April 14, 2007**

Hills Park, Summerlin NV

**April 22, 2007**

Wadsworth Theatre Great Lawn, Los Angeles

**April 22, 2007**

Windward City Shopping Center, Kaneohe, Oahu

**April 29, 2007**

Bridgeport Community Park, Santa Clarita

**May 13, 2007**

Hawaiian Waters Adventure Park, Kapolei, Oahu

**May 19, 2007**

Santa Barbara City College,  
West Campus, Santa Barbara

**May 20, 2007**

Warner Center Park, Woodland Hills

**May 20, 2007**

Historic Fairmont Park, Riverside

**May 20, 2007**

Irvine Spectrum Center, Irvine

**Oct. 13, 2007**

Kukui Grove Center, Lihue, Kauai

**Oct. 27, 2007**

Palm Desert Civic Center Park, Palm Desert

**Jasmin Otto**, age 9,  
diagnosed at age 2 with  
juvenile rheumatoid  
arthritis. **Honoree,**  
Hawaii Arthritis  
Walks.



**Zoe Schley**, age 4,  
diagnosed at age 3 with  
ankylosing spondylitis.  
**Honoree,** Los Angeles  
Arthritis Walk.



**Michael Mantell**,  
age 16, diagnosed  
with juvenile  
rheumatoid arthritis.  
**Honoree,** Orange  
County Arthritis  
Walk.



**Laurie  
Miller**,  
diagnosed  
at age 12  
with juvenile  
rheumatoid  
arthritis.  
**Honoree,**  
Los Angeles  
Arthritis Walk.



**Jake Anderson**,  
age 2, diagnosed at  
14 months old with  
juvenile rheumatoid  
arthritis. **Honoree,**  
Woodland Hills  
Arthritis Walk.



**Clare Murphy**,  
age 13, diagnosed at age  
12 with psoriatic arthritis.  
**Honoree,** Santa Barbara  
Arthritis Walk.

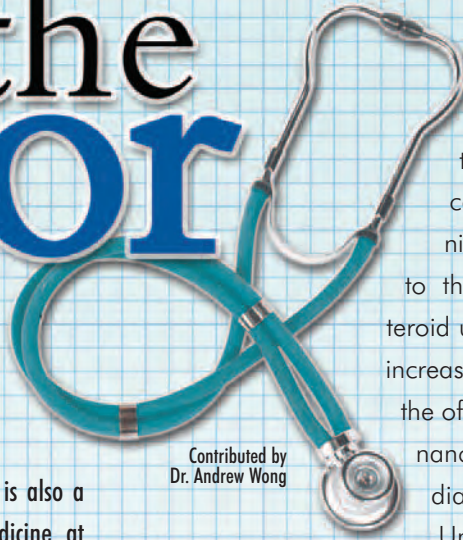


# Ask the Doctor



Dr. Andrew Wong is the Chief of Rheumatology at Olive-View-UCLA Medical Center in Sylmar, CA. He is also a Professor of Clinical Medicine at the David Geffen School of Medicine at UCLA.

Contributed by  
Dr. Andrew Wong



during the pregnancy for treatment of RA, as only low concentrations of the prednisone will cross the placenta to the fetus. However, corticosteroid use in pregnancy can slightly increase the risk of cleft palate in the offspring and/or result in pregnancy induced hypertension or diabetes in the mother. The United States FDA classifies

prednisone in the pregnancy drug ratings as Category B, which means "No evidence of risk (to the fetus) in humans."

In any event, the lowest possible dose of prednisone (usually <10 mg per day) that can control the RA symptoms during pregnancy should be used. For those patients not wanting to take medications during pregnancy, omega-3 fish oil may possibly be a safe "natural" alternative to try to control their RA symptoms. Thus, the important thing is to be followed closely throughout the pregnancy by your doctors and to be able to discuss various RA treatment options if needed both during and right after the pregnancy.

*"I'm currently pregnant and I'm not taking any medications for my arthritis. My rheumatologist says that prednisone is safe, but my OB/GYN disagrees. Is there any medication I can safely take to relieve the pain?"*

*"I have rheumatoid arthritis (RA) and I recently gave birth to my son. I'm currently experiencing a really bad flare. How long do post-pregnancy flares last? What can I do to lessen the effects?"*

## WHAT HAPPENS TO RA DISEASE ACTIVITY DURING THE PREGNANCY?

Most patients (about 75%) with RA have improvement spontaneously in their arthritis symptoms during the pregnancy, beginning sometime in the first trimester and lasting through the immediate postpartum period. Therefore, many patients with RA are able to stop some of their medications including their DMARDs (disease-modifying anti-rheumatic drugs) just before becoming pregnant.

However, some patients with RA will have minimal improvement in their joint symptoms during the pregnancy and some may even worsen or flare, necessitating starting or restarting medication therapy. In general, certain corticosteroids, such as prednisone (but not dexamethasone), are relatively safe to use at moderate to low dosage

## WHAT HAPPENS TO RA DISEASE ACTIVITY AFTER THE PREGNANCY?

Most patients (about 90%) with RA will have a postpartum flare in their arthritis symptoms, usually within the first three months after pregnancy. With the added stress of caring for a newborn baby in a mother with RA likely to have a postpartum flare, most rheumatologists would recommend restarting the mother's previous RA medications (if they were stopped for the pregnancy) shortly after the pregnancy to prevent the postpartum flare.

However, when making this decision, the mother's desire to breast-feed must be taken into consideration as many of the RA medications will have the same restrictions in breast-feeding mothers as during the pregnancy. Therefore, for those mothers who have a postpartum flare of their RA, prednisone can similarly be prescribed in low doses.

*Continued on page 5*

If a moderate dose (20 mg or more) of prednisone for a short period is needed to control RA symptoms, then it is recommended to wait four hours after taking each prednisone dose before breast-feeding.

For those still flaring or having a very bad persistent postpartum flare of their RA, DMARD therapy (including biologics) will likely need to be restarted (or started) soon in order to control the flare, with the decision to breast-feed or not while on medication treatment re-evaluated. Your doctor's choice of DMARDs will depend on the toxicities (and safety if breast-feeding) of the various medications weighted against the medication's effectiveness and mother's need for rapid disease control of her RA.

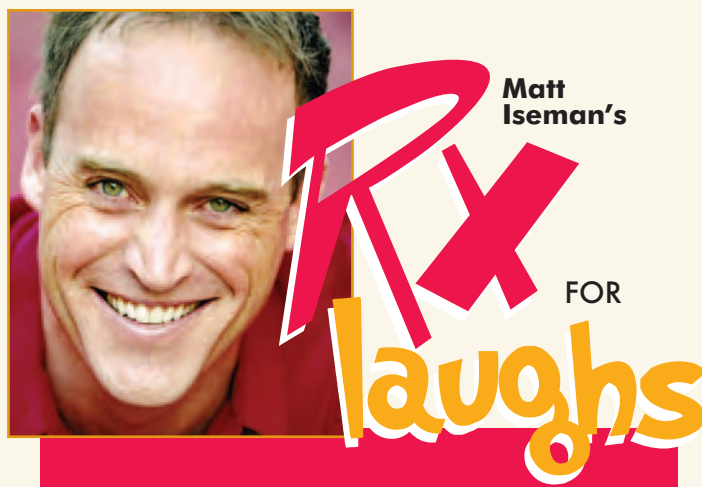
In summary, most patients with RA will have some improvement in their arthritis symptoms during the pregnancy, but then most of them will likely have a postpartum flare within three months after their pregnancy. In those women with active RA disease needing treatment during pregnancy, low dose prednisone (<15 mg per day) will usually be the first choice of treatment if necessary.

In order to prevent the postpartum flare of RA, most rheumatologists would recommend restarting the mother's previous medication treatments shortly after the pregnancy (if not breast-feeding) to minimize the stress of caring for a newborn with arthritis. Patients with RA should be followed closely during as well as after the pregnancy by their doctors so that both mother and newborn can be appropriately managed and cared for well.

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## DO YOU HAVE A MEDICAL QUESTION THAT YOU WOULD LIKE ANSWERED?

*We'd love to hear from you! Questions may be edited for brevity. We regret that we cannot answer medical questions personally, but we do offer a physician referral list to those seeking specific diagnoses. Please contact your local Arthritis Foundation office to receive a copy, or visit [www.arthritis.org](http://www.arthritis.org). Please send questions to: Arthritis Foundation/ ATTN: Headlines Q&A/4311 Wilshire Blvd., Ste. 530/Los Angeles, CA 90010, or email [sreeve@arthritis.org](mailto:sreeve@arthritis.org).*



Matt Iseman knows how to joke about arthritis: "I deal with chronic pain, but as a comedian, I believed that laughter was the best medicine. Turns out it can't touch Vicodin!"

Iseman has starred in over 20 national television spots, guest-starred on *The Drew Carey Show* and *General Hospital*, hosted "Scream Play" on E! Entertainment Network, and he currently co-hosts the wildly popular TV show "Clean House" that airs on the Style Network. Matt also has rheumatoid arthritis (RA).

Matt noticed symptoms of pain in his hands and feet during the summer of 2001. First he went to a podiatrist and received some medications for his feet. He then moved on to cortisone injections and continued taking aspirin. But when the symptoms didn't go away, Matt finally had blood work done. The tests came back confirming that he had an aggressive case of RA.

"My pain was so bad I even tried acupuncture. The acupuncturist stuck 67 needles in me...I became my own voodoo doll!"

So what is Matt's "Prescription for Laughs?" It's the name of his stand-up routine that he performs at physician conferences. He also performed at the Arthritis Foundation National Development Conference in 2006, where he joked about his rheumatoid arthritis and had the room in stitches. "I like to use the jokes to give others with the disease hope and to thank those who work to create the cures that benefit me," says Matt.

When he performs in the medical setting, Matt strives to make people laugh because he wants them "to understand that living with a chronic disease doesn't mean life is over." Matt also says that "I want to thank the doctors, nurses, scientists and the volunteers who have tirelessly worked to find these new treatments that have helped me out so much."

Friends like Matt Iseman are helping the Arthritis Foundation improve lives through leadership in the prevention, control and cure of arthritis and related diseases. Find out how you can help the Arthritis Foundation by calling 1 (800) 954-2873.

**Visit [www.mattisean.com](http://www.mattisean.com) to find out where to catch his next routine!**



# ARTHRITIS FOUNDATION®



The Santa Barbara Branch's Taste of the Town event was a delicious affair! Local chefs and attendees get ready for a live shoot of the television program "Cooking Local."



Volunteers Larry Lee and Kurt Chaltron ham it up at the Hawaii Branch's "Reds, Whites & Blues" food and wine tasting on September 30, 2006.



Aquatic Exercise Program instructors take a break in a spa after a class. Nadja Richards and Stephanie Grijalva teach this Arthritis Foundation program at the YWCA in Riverside, CA.

## SANTA BARBARA

The 25th Annual Taste of the Town, held on September 10, 2006, was a record breaking fundraising event, bringing in \$92,000. More than 80 local restaurants and wineries donated products and services to ensure a fun and successful day. The 26th annual event is scheduled for September 9, 2007 at Riviera Park Gardens, in Santa Barbara.

## COACHELLA VALLEY

The Coachella Valley Branch went "Out of Africa" at the Jane Wyman Luncheon and Fashion Show on March 3, 2007. The event honored Dr. Jonathan Braslow, medical director of the JFK Arthritis Institute. More than 300 people attended, raising nearly \$200,000 for the Arthritis Foundation.

## HAWAII

Guests and sponsors sporting blues-inspired sunglasses raised over \$40,000 at Hawaii Branch's 4th Annual "Reds, Whites & Blues" event on September 30, 2006. Guests sampled exquisite wines and gourmet food, indulged themselves in a delightful silent auction, and mellowed out to the blues music.

Children from the Big Island of Hawaii, Kauai, Maui, Lanai and Oahu attended the annual three-day Camp Mana'olana (Hawaiian for "hope") held in Honolulu in August. For the 5th year, the Hawaii Building Industry Labor Association, BILA, has provided a grant to support Camp Mana'olana and the annual Hawaii Juvenile Arthritis Family Conference.

## INLAND EMPIRE

Walkers will flock to historic Fairmont Park in Riverside for the Inland Empire Arthritis Walk on May 20. Hundreds of Arthritis Foundation supporters will bring their friends, family and dogs out to the park to raise funds and awareness. For more information, or to sign up, visit [www.arthritiswalkie.org](http://www.arthritiswalkie.org).

## LOS ANGELES METRO

Dodger Stadium was the site of a fun and stirring kick-off breakfast for the Los Angeles Arthritis Walk on February 15, 2007. More than 90 people braved rush hour traffic to hear from emcee Suzanne Rico, anchor for CBS-2's morning newscast. Sponsors Presbyterian Intercommunity Hospital and City National Bank expressed their commitment to the Arthritis Walk. Honorees Laurie Miller and Lizette and Zoe Schley inspired all attendees with their personal stories of hardship and hope. To sign up for the Los Angeles Arthritis Walk, visit [www.arthritiswalkla.com](http://www.arthritiswalkla.com).

# IN ACTION!

## ORANGE COUNTY

The 2006 Orange County Arthritis Walk was #1 in the country, raising nearly \$200,000 in 2006. Nearly 1,000 walkers came out to the Huntington Beach pier for a great day in the sun. The top team, Princess Parade, raised over \$18,000. In 2007, the walk youth hero will be Michael Mantell, a 16-year-old student with systemic JRA, and the adult honorees will be Joyce and Tom Murphy of Laguna Niguel. The walk will be co-chaired once again by Chris Stoeri and Colleen Ryan, but this year it will take place at the Irvine Spectrum on Sunday, May 20! The event will include a kids zone and a fun-filled festival zone for all. You can help by signing up today at [www.ocarthritiswalk.org](http://www.ocarthritiswalk.org)!

The Orange County Women's Auxiliary Fashion Show is coming up on April 28, at 11:00 a.m. at the Embassy Suites in Anaheim. Last year's show raised \$40,000 for Camp Esperanza, the Arthritis Foundation's Southern California camp for children with arthritis. For more information or tickets to the Fashion Show, call (714) 436-1623.

## SOUTHERN NEVADA

Camp Sol campers held a reunion and holiday party on December 8, 2006 at the Renaissance Hotel in Las Vegas. The kids were so excited to see their camp friends again. They came together and made gingerbread houses, planned the Kids Zone, the Arthritis Walk, ate lots of pizza and candy, sat with Santa, and finished the evening off with a screening of the movie, "Polar Express." They are all looking forward to seeing each other again at Camp Sol 2007!

## VALLEY

The Valley's Countrywide-Freddie Mac Golf Classic tee'd off October 16, 2006 raising over \$420,000 – the most in its 21 year history! Long-time friend of the Foundation, Angelo Mozilo, Chairman and CEO of Countrywide Financial Corporation played in the tournament to show his support for those living with arthritis.

2007 is proving to be an exciting year with two Arthritis Walks happening in the region. Walk Co-Chairs Cheri & Don Fleming of Valencia Acura welcome all to participate in the Santa Clarita Valley Walk on Sunday, April 29 at Bridgeport Community Park. Get involved today, visit [www.scvarthritiswalk.kintera.org](http://www.scvarthritiswalk.kintera.org). The 2nd annual Woodland Hills Arthritis Walk is off to a great start. Join Co-Chairs Rose Goldwater, Dale Surowitz and Councilman Dennis P. Zine on Sunday, May 20 at Warner Center Park. Sign up today at [www.wharthritiswalk.kintera.org](http://www.wharthritiswalk.kintera.org).



Lizzette Schley, with her daughter, L.A. Walk honoree Zoe Schley, speaks at the L.A. Arthritis Walk Kickoff about what it's like to be a parent of a child living with arthritis.



Camp Sol campers like Jonathan Cortell had a great time making gingerbread men at the 2006 Holiday Party & Camp Reunion.



Southern Nevada Advisory Board member Jaki Baskow and Nevada State Attorney General Catherine Cortez Masto present the "Commitment to Community" Award to Rossi Ralenkotter, President and CEO of the Las Vegas Convention and Visitors Authority, at OscarNight America Las Vegas on February 25.

# PLANNED GIVING:

Ensuring That The Fight Against Arthritis Continues

George H. Musil boxed both inside and outside the ring: inside the ring he beat three former Golden Gloves champions; outside the ring he battled with arthritis in his hands. To continue the fight against arthritis, Mr. Musil included a very generous gift to the Arthritis Foundation in his Trust.



Jo T. and Mary Cole also included the Arthritis Foundation in their Trust. They remembered the Arthritis Foundation's Southern California Chapter and the Coachella Valley branch with two separate, identical gifts to be restricted in use for both offices respectively.

Generous planned gifts such as these allow the Arthritis Foundation to continue its mission to improve lives through **leadership** in the **prevention, control** and **cure** of arthritis and related diseases. Our number one priority is research to find a cure for arthritis and we currently provide nearly \$20 million in grants to nearly 300 researchers, but unfortunately, so much more promising research still goes unfunded.

George H. Musil and Jo T. and Mary Cole's generous gifts have provided a living legacy in the fight against arthritis, but there's so much more that needs to be done. To learn more about how you can make a planned gift please call (800) 645-7188.

## 2007 Officers

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