May is Spondyloarthritis (SpA) Awareness Month!

This year, the Spondylitis Association of America (SAA) and its international partners will be celebrating SpA Awareness Month in May. Read about the change from April to May, and find ideas for raising awareness all month long!
Have you Registered to Join Our Global Spondyloarthritis Summit This Weekend?

There’s still time to register for this one of a kind, online, free event! Watch as people living with spondyloarthritis interview physicians on the latest treatment options, research, and more. Then ask your own questions.

Register now, and tune in starting Friday, May 3rd. Happening online, all around the world.

Combination Therapy of TNF Inhibitors and NSAIDs May Help Slow Down Radiographic Progression in Ankylosing Spondylitis

According to findings from a recent cohort study, the combined use of nonsteroidal anti-inflammatory drugs (NSAIDs) and tumor necrosis factor (TNF) inhibitors, may help slow the progression of damage to the spine in ankylosing spondylitis, mitigating some of the effects of the disease.
Our 2019 Spring Issue of Spondylitis Plus is Here. Take a Peek Inside Now!

The latest issue of *Spondylitis Plus* is now available online for SAA members.

Not a member yet? Read the Featured Article, "**How Spondyloarthritis Affects Quality Of Life**"

**Read the Full Issue!**

**Read the Featured Article!**

---

**Your Stories: Cursed And Gifted With AS**

Yay! I have a chronic, debilitating, painful, and incurable disease! My lifelong nightmare was over when I was diagnosed with Ankylosing Spondylitis and prescribed medication to help prevent, instead of just treat, my symptoms.
Participate In Research: Help SpA Researchers Understand What Is Important In Choosing Between Medications.

Researchers at Boston University are conducting a survey to help learn about how people with ankylosing spondylitis and related conditions choose medications. The survey will take 15-20 minutes to complete. Those who finish the survey may win one of five $50 gift cards.

Learn More!

Copay Accumulator Programs: What They Are And How They Might Impact Your Out-Of-Pocket Costs

If you’ve been using a drug manufacturer’s copay discount card to help with your out-of-pocket costs for a biologic or other specialty medication, you may soon be in for a surprise. Several large insurance companies and pharmacy
benefit managers (PBMs) are implementing new schemes called “copay accumulator programs” that affect how contributions from those same copay cards are applied to your annual out-of-pocket cost requirements.

Imagine Dragons’ Dan Reynold Launches a New Campaign to Raise Awareness & Bring Earlier AS Diagnosis.

Earlier this month, SAA’s Director of Brand Experience & Public Affairs, Jason Blackwell moderated a panel including Dan Reynolds; Rheumatologist, Dr. Suleman Bhana; and Chris Garver, a tattoo artist and television personality from Miami Ink, to launch “Monster Pain in the AS,” a new AS awareness campaign.

Developed by Novartis, the campaign strives to raise awareness and help bring about faster diagnosis. The campaign’s website, monsterpainintheas.tumblr.com, offers a back pain quiz, various AS resources, and a searchable directory to connect with a rheumatologist.

The campaign launch has been covered in several major media outlets including People, Prevention, Parade, Us Weekly, and Reader’s Digest amongst others. SAA was proud to participate in the campaign launch to help bring much needed attention.
SAA’s Helpful Hints: Community Wisdom – Practicing Self-Care

Helpful Hints is a recurring feature, aimed at sharing our community’s knowledge and experiences. In this installment, we asked our online community, “Do you practice self-care? What do you do to treat yourself?”

We share some of the responses in this article.

Upcoming Support Group Meetings

**The Woodlands, TX** — Saturday, May 1, 2019 — [Details]

**Chicago, IL** — Saturday, May 4, 2019 — [Details]

**St. Paul, MN** — Saturday, May 4, 2019 — [Details]

**Morristown, NJ** — Saturday, May 4, 2019 — [Details]

**Sacramento, CA** — Saturday, May 4, 2019 — [Details]
Denver, CO — Monday, May 6, 2019 — Details

Orange County, CA — Tuesday, May 7, 2019 — Details

Richmond, VA — Tuesday, May 7, 2019 — Details

Elmira, NY — Thursday, May 9, 2019 — Details

Baltimore, MD — Saturday, May 11, 2019 — Details

San Diego, CA — Saturday, May 18, 2019 — Details

St. Louis, MO — Saturday, May 18, 2019 — Details

SoCal Parent Support Group — Tuesday, May 23, 2019 — Details

New York, NY — Tuesday, May 28, 2019 — Details

Southington, CT — Wednesday, May 29, 2019 — Details

View all SAA-sponsored spondylitis educational support groups!
Support SAA by starting your shopping at smile.amazon.com

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Spondylitis Association of America whenever you shop on AmazonSmile.

We invite you to connect with us on Facebook and Twitter, browse our spondylitis videos on YouTube, and chat with others on SAA’s Message Boards.

unsubscribe from this list
update subscription preferences