



Joint Efforts

The official newsletter of Arthritis Foundation Malaysia

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Are you JUST SITTING on your cure? WELL, DON'T!

Okay, I'll confess: I am a self-help "literature" junkie. Almost without fail – and even when I try my level best to steer clear of the "Self Help" section when in any book shop -- I end up absorbed in some self-help tome and losing track of time.

The book that I'm currently reading begins with a fascinating parable that goes something like this: a man is about to walk past a beggar who has been begging at the same spot for 30 years, when the former's attention is caught by the wooden box on which the beggar is sitting.

The passerby then asks the beggar what's in the box. The beggar shrugs and says he doesn't know, but has been sitting on it for 30 years, and frankly, the beggar really couldn't care less about the contents of the box. Meanwhile, he shakes his begging bowl and tells the man to get on with it and to toss some spare change into the bowl.

The passerby refuses to do so, instead insisting that the beggar get off his behind so that they could both open the box to discover its contents. They do, and – what do you know! – they find gold bars enough to make the beggar a rich man over two lifetimes.

And, you ask, what does this parable have to do with the contents of this issue of Joint Efforts? Well, the way I see it, the scruffy and much under-esteemed box can, in this case, represent exercise, the main focus of this publication.

When properly understood, exercise, especially in relation to arthritis, can prove a treasure trove of wealth. This is true when it is performed, alongside medication, to manage the excruciating and chronic pain that is arthritis.

What's more, exercise can even go as far as reducing your need for medication and even in lowering medical bills. If this isn't wealth, then I wouldn't know what else would be. That's why this issue of Joint Effort contains a wealth of information on how exercise can go a very long way in helping you manage your conditions as well as, in some cases, arrest the regression of certain cases or even releasing you from total dependence on drugs.

So, take a deep breath, slowly release it to exhale, focus, and turn the page....

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EDITOR

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EXERCISING IS ONE OF YOUR BEST OPTIONS

Although it may seem counter-intuitive, exercise is essential for a person with arthritis

In general, exercise increases energy levels, develops better sleep patterns, controls weight gain, maintains a healthy heart, increases bone and muscle strength, decreases depression and, improves self-esteem and self-confidence.

the benefits of exercise and raise your levels of fitness. However, many do not fully realize that you can and should first get yourself fit enough to play any sport, or risk injuring yourself. What this means is that you first have to condition your stamina, strength and flexibility.

In other words, exercise is about getting yourself fit without having to take up a sport. It involves a series of controlled movements synchronized with one's breathing. The main goal of this (and we're not referring to soccer here) is to strengthen, stretch and improve the endurance of muscles and their corresponding joints.

Any exercise that leaves you feeling a little breathless and your muscles slightly tired is good for you. As well as keeping you mobile it can help you relax, make you feel better about yourself and give you more energy. When exercising, it's best to use as much of the body as possible - swimming, walking and cycling are all good options.

There are different types of exercise and it is pertinent for someone dealing with arthritis to understand fully the importance of each, especially in relation to arthritis.

Range-of-motion Exercises

Range-of-motion exercises are gentle stretching exercises that aim to move each joint through their normal maximum range of motion, that is, the distance joints can move in certain directions. These exercises need to be done daily to help keep joints fully mobile and prevent stiffness and deformities.

Range-of-motion exercises are important for arthritis patients who -- because of intense or chronic pain -- shy away from moving their joints through their full range. Some people believe that normal daily activities take joints through their full range of motion but this is not the case. Normal daily activities, such as housework, dressing, bathing, and cooking are not a substitute for range-of-motion exercises.



From this list, it seems as if exercise is a panacea, a cure-all for just about everything. Perhaps it is, and given that it is free, it would appear as the best complement to your medical regime for the management of arthritis.

This is mainly because exercise is crucial in the maintenance of healthy joints. Moving your joints daily helps keep them fully mobile especially if you also strengthen the surrounding muscles that support the joints. Also, joint movement transports nutrients and waste products to and from the cartilage, the material that protects and cushions the ends of the bones.

Types of Exercise

At this point you are probably overwhelmed by bewilderment. You certainly cannot imagine yourself hopping from one end of the badminton -- or tennis -- court to the other. For sure, soccer and volleyball are out of the question.

This is why truly understanding the concept of "exercise" is very important. You may not be doing the best thing for you (exercising, that is) only because of your misunderstanding of the term.

Exercise and sport is not necessarily the same thing. Many people automatically, when told that they need to exercise, whip out the badminton or tennis rackets. Playing a sport can give you

Examples of these would be turning your head from side to side, patting yourself on the back or reaching to touch each hand from the back, lifting your knee to your chest, doing arm circles, knee bends while sitting, rotating your wrists or gently twisting your torso.

Strengthening Exercises

Strengthening exercises help increase muscle strength which in turn helps support the joints, making them more stable, helping you move more easily and with less pain. The two types of strengthening exercises are isometric and isotonic. Isometric exercises involve tightening the muscles, without moving the joints. These exercises are especially useful when joint motion is impaired. Isotonic exercises involve strengthening the muscles by moving the joints such as biceps curls.

The types of strength exercises you choose vary depending on personal preference, the type of arthritis involved, and how active the inflammation is. Strengthening one's muscles can help take the burden off painful joints.

Strength training can be done with small free weights, exercise machines, isometrics, elastic bands, resistive water exercises. Correct positioning is critical, because if done incorrectly, strengthening exercises can cause muscle tears, more pain and joint swelling.

Endurance Exercises

Endurance exercises are physical activities that bring your heart rate up to your optimal target level for at least 20 to 30 minutes. Your target heart rate is computed based on age and physical condition. By raising the heart rate, endurance exercises improve cardiovascular fitness and should be performed at least three times a week to build on their effectiveness.

Many arthritis patients who regularly perform endurance exercises find they are able to increase physical strength, develop a better mental attitude and, most significantly, improve arthritis symptoms.

Not all arthritis patients are able to perform endurance exercises however. For example, patients with long-term rheumatoid arthritis who have severe joint damage and functional limitations may be unable to do this type of activity. Endurance exercises for arthritis patients need to be chosen carefully to avoid joint injury.

Although walking is the most accessible forms of endurance exercises, swimming has the added advantage given that the water, rather than your joints, supports the weight of your body. Some strokes may not suit you, though, so try to get professional advice. If you go to exercise classes, check they're run by a qualified teacher who knows about your condition.

Before embarking on an exercise regime...

... You should, of course, always discuss exercise plans and goals with your doctor before starting a routine or program. There may be exercises that are off-limits because they could cause injury or further joint damage, especially when joints are swollen and inflamed.

It is appropriate to put joints gently through their full range of motion once a day, with periods of rest, during acute systemic flares or local joint flares. Patients can talk to their doctor about how much rest is best during general or joint flares. The amount and form of exercise recommended for each individual will vary depending on type of arthritis, joints involved, levels of inflammation, stability of joints, joint replacements as well as other physical limitations. People with arthritis often have to balance carefully how and when to exercise and when to rest.

In adults, if the joints are particularly inflamed or swollen it may be necessary to rest more than usual. But generally, people with arthritis should exercise every day to prevent joints becoming stiff and painful, and to keep muscles strong.

For children with arthritis, it's particularly important to exercise even when the disease is very active, because contractures and deformities can develop very quickly.

As there are many types of arthritis. Exercises that are particularly helpful for a specific type of arthritis can be recommended by experienced doctors, physical therapists or occupational therapists.

Doctors and therapists also know specific exercises for particularly painful joints. There may be exercises that are off-limits for people with a particular type of arthritis or when joints are swollen and inflamed. People with arthritis should discuss their exercise plans with a doctor.

HOW MUCH EXERCISE IS TOO MUCH?

Most experts agree that if exercise causes pain that lasts for more than one hour, it is too strenuous. People with arthritis should work with their physical therapist or doctor to adjust their exercise program when they notice any of the following signs of strenuous exercise:

- unusual or persistent fatigue
- increased weakness
- decreased range of motion
- increased joint swelling
- continuing pain
(pain lasting more than 1 hour after exercising)

EXERCISE CHECKLIST

Choose exercises suitable to your level, if you're a beginner, work up gradually. Always ensure that you first perform gentle warm-up stretches before and after the exercise.

- Wear good footwear and appropriate clothing.
- Do not binge on exercise - little and often is better.
- Stop the activity if it makes your pain worse.
- Never perform fitness or aerobic exercises on a stone or concrete floor.
- Do not exercise if you feel ill.
- Most importantly, enjoy yourself!



运动锻炼

理想健身选择

听起来有点矛盾，但关节炎患者确实需要它

一般而言，运动可以增强体力、促进睡眠、控制体重、保持心脏健康、增强骨骼和肌肉力量、减少郁闷、提高自信和信心。这一连串的好处，让人觉得运动有如灵丹妙药，好像可以治百病一般。也许它真的是。再加上它是免费的，它无疑就是你可用来配搭治疗计划，达到管理关节炎目标的一道途径。这主要是因为运动对维持关节健康很重要。每天活动关节可以使关节充分灵活，尤其当你也同时锻炼支撑关节的周边肌肉的话，效果就会更好。此外，保护骨头末端的软骨内的肮脏废物，以及软骨需要的养分，都分别在关节活动的时候排除或送入。

运动的种类

阅读至此，你可能会感到很困惑，很难想象自己到底怎么可能在羽球场，或网球场上跑跳自如，而足球和排球就更加没有可能了。

所以，我们必须真正明白到底“运动”所指的是什么，这一点很重要。对运动误解的后果，很有可能会是：所做的运动，并非是对自己最有帮助的一种。

运动和体育活动指的不一定是同一样东西。每当你对人说他们需要做运动时，他们会急不及待的就把羽毛球拍或网球拍拿出来，准备上场打球了。体育活动无疑可以带来运动的好处，也增进健康。然而很多人不明白我们其实应该先锻炼好体能，才去做体育活动，不然就很可能会因运动而受伤。所以，做体育活动之前，因该先锻炼好耐力、体力和四肢的灵活性。

换句话说，运动是指在不需要做体育活动的情形下，把身体锻炼好。运动乃一系列配合着呼吸进行的控制动作，其最大目的是要达到增强、拉伸和加强肌肉和相关关节的持久力。

任何可以使你觉得有点喘不过气、肌肉有点累的运动，都对你有益。它在帮助你保持灵活的同时，也可以使你放轻松，给你美好的感觉，也使你更有气力。运动时最好尽量用到身体的每个部位，游泳、步行和骑脚车，均是不错的运动选择。

运动有很多种，关节炎人士要做运动应该先充分了解每种运动的重要之处，尤其是它与关节炎方面的关系。

关节活动幅度运动

做关节活动幅度运动的目的，是要让每个关节温和伸展，达到它们平常最大的活动范围，即每个关节朝某一方向可以达到的最大活动范围。这些运动必须每天做，关节才会充分灵活并达到预防关节僵硬和变形的效果。

关节活动幅度运动对于关节炎患者，尤其是因为关节剧痛或慢性痛，而甚少让关节充分活动者有很大益处。有些人相信日常的活动已经足够让关节充分活动了，但是却不然。一般的日常活动如做家务、穿衣、冲凉和烧饭煮菜，并无法取代关节活动幅度运动。这类运动的例子有：把头从一边转到另一边、用手拍打背部、伸手往背后去摸另一只手、把脚提到齐胸高、用手臂画圆圈、坐着做屈膝动作、转动手腕或者轻轻扭动身躯。

增强型运动

增强型运动帮助增强肌肉力量，强而有力的肌肉可支撑关节，使关节更加平稳，使你行动比较轻松，而且比较少疼痛。增强型运动有两类，即等距运动及等张运动。等距运动是在关节没有动的情形下收紧肌肉，对于关节活动受限者很有用。等张运动是通过活动关节来增强肌肉，例如锻炼二头肌的双臂屈伸动作。

选择做哪一种增强型运动，要看个人的喜好、患的是哪一种关节炎及发炎的程度来决定。增强肌肉力度之后，可以减轻疼痛关节所承受的负担。增强型运动可以采用的器材或形式有小型重量物、运动机器、等距运动、松紧带、水中抗力运动等。运动时姿势必须正确，不然增强型运动会造成肌肉扯裂，或令疼痛加剧，关节更加肿胀。

耐力锻炼运动

耐力锻炼运动是通过做一些体能运动，将你的心跳次数提高到你可达的最理想目标，并维持至少二十至三十分钟之久。目标心跳次数是依据个人的年龄和健康状况来决定。耐力锻炼运动会提高心跳率，有促进心脏健康的作用。这类运动必须每周至少做三次才见效果。

许多经常做耐力锻炼运动的关节炎患者发现，他们不但体力增强了，而且心态也变得积极。还有，最重要的是，关节炎症状减少了。

然而，并非所有关节炎患者都能够做耐力锻炼运动。例如患类风湿性关节炎许多年以致关节严重损坏且功能受限者，就可能无法做这类运动了。关节炎患者必须小心挑选要做的耐力锻炼运动，以免伤及关节。

虽然步行是最容易达成的耐力锻炼运动，但是游泳却有一个额外好处，因为游泳时由水浮力支撑体重，而不需关节支撑。如果不知道哪一种游泳方式适合自己，可以寻求这方面的专业指导。如果你决定参加运动课程，就必须找能够了解你的情况的合格教练。

开始运动锻炼之前…

…你应该先和医生讨论了运动计划和目标之后才进行。有些运动可能会不适合，因为它们会伤害或进一步损坏关节，尤其是关节正在肿胀和发炎的时候。

即使是全身的关节急性发炎或是局部关节炎复发，患者还是应该每天做一趟关节活动幅度运动，轻轻让关节在其活动范围内活动活动。病人可以跟医生讨论到底当全身出现发炎症状，或局部关节炎复发的时候，要有多少的休息时间才算理想。医生会根据不同病人的不同关节炎、受累的关节、发炎的程度、关节的平稳度、是否做了关节置换，以及其他的身体限制，来建议该做哪一类的运动和每次该做多久。

关节炎患者通常都得谨慎安排该如何、及什么时候做运动，该什么时候休息。

如果成人患者的关节发炎严重或肿得很厉害的时候，他们也许就应该比平常多休息。不过，一般而言，关节炎患者应该每天运动，以预防关节僵硬和疼痛，同时保持肌肉强壮。至于儿童关节炎患者，即使发炎病情活跃，还是必须运动，因为儿童很容易发生关节挛缩及变形的情形。

正因为关节炎有很多种，有经验的医生、物理治疗师或职能治疗师们，都会为不同的患者建议他们该做的、对他们有益处的运动。

医生和治疗师们也知道哪一种运动可以舒缓哪一种关节痛，有些运动则不适合某种关节炎患者做。当患者的关节肿胀或发炎的时候，也该避免做某些运动。所以，关节炎患者要制定运动计划时须和医生多加讨论。

运动过量指的到底是多少呢？

专家们多数认为，如果运动引起疼痛，而这疼痛在停下运动一个小时之后还没有消失，那就是运动太剧烈了。假如关节炎患者察觉运动过后出现以下情形，就请跟物理治疗师或医生检讨有关的运动计划：

- 异常或持续疲累
- 更加无力
- 关节活动范围缩小
- 关节更加肿胀
- 持续疼痛（运动后疼痛维持一个小时以上）

运动检查单

选择适合自己水平的运动，初入门者应该按步就班，慢慢开始。

- 每次运动前记得做暖身伸展操，运动后记得做放松操。
- 穿上舒适的好鞋子和适当的衣着。
- 切勿一次过运动太久 少量的经常做会比较好。
- 如果运动令你疼痛加剧，就须停下不要做。
- 切勿在硬石或水泥地板上做健身或有氧运动。
- 不舒服的时候不要运动。
- 最重要的是，你要喜欢运动，乐在其中！

BERSENAM ADALAH SALAH SATU PILIHAN TERBAIK ANDA

Walaupun bukan mudah, bersenam adalah penting untuk mereka yang menghidapi arthritis



Secara amnya, bersenam meningkatkan tahap tenaga, membentuk corak tidur yang lebih baik, mengawal kenaikan berat badan, mengekalkan jantung sihat, meningkatkan kekuatan tulang dan otot, mengurangkan kemurungan, meningkatkan keyakinan dan harga diri.

Nampaknya, senaman seolah-olah merupakan penyelesaian dan penawar untuk segalanya. Memandangkan senaman adalah percuma, ia merupakan pelengkap terbaik bagi rutin pengurusan arthritis anda.

Ini adalah kerana senaman penting dalam mengekalkan sendi yang sihat. Menggerakkan sendi anda setiap hari membantu mengekalkan pergerakan sepenuhnya terutama jika anda juga menguatkan otot yang menyokong sendi. Selain itu, pergerakan sendi membantu menghantar zat dan produk buangan kepada dan dari rawan, iaitu bahan pelindung di hujung tulang.

Jenis-jenis senaman

Mungkin ketika ini anda merasa agak terkejut dan tidak dapat membayangkan diri anda terlompat-lompat dari penjuru ke penjuru yang lain di gelanggang badminton atau tenis. Bola sepak dan bola tampar sudah tentulah bukan pilihan.

Itulah sebabnya penting bagi kita untuk benar-benar memahami konsep senaman. Anda mungkin tidak melakukan yang terbaik untuk diri anda hanya kerana anda tidak memahami maksudnya.

Senaman dan sukan tidak semestinya sama. Secara automatiknya, ramai yang akan terus mengeluarkan raket badminton atau tenis sekiranya diberitahu bahawa mereka perlu bersenam. Bersukan boleh memberi manfaat senaman dan meningkatkan tahap kecerdasan. Walau bagaimanapun, ramai yang masih tidak sedar bahawa anda perlu memastikan diri anda cukup cergas terlebih dahulu sebelum bersukan, atau anda mungkin berhadapan dengan risiko kecederaan. Kecergasan yang cukup adalah bermakna anda hendaklah memulihkan stamina, kekuatan dan kelenturan anda.

Dalam erti kata lain, bersenam merupakan cara mencergaskan diri tanpa perlu bersukan. Ia melibatkan siri pergerakan yang terkawal dengan pernafasan. Tujuan utamanya adalah untuk menguatkan, memanjang dan memperbaiki ketahanan otot dan sendi yang berkaitan dengannya.

Sebarang jenis senaman yang membuat anda berasa sedikit tercungap dan otot merasa sedikit penat adalah baik untuk anda. Selain daripada mengekalkan pergerakan anda, ia membantu anda merasa selesa, membuat anda berasa yakin tentang diri anda dan memberi lebih tenaga. Apabila bersenam, adalah baik jika anda menggunakan sebanyak mungkin bahagian tubuh anda. Berenang, berjalan dan berbasikal semuanya merupakan pilihan yang baik.

Terdapat pelbagai jenis senaman dan penting bagi seseorang yang menghidapi arthritis untuk memahami sepenuhnya mengenai kepentingan setiap jenis senaman, terutamanya jika berkaitan dengan arthritis.

Senaman Range-of-motion

Senaman range-of-motion ialah senaman regangan lembut bertujuan untuk menggerakkan setiap sendi melalui tahap



pergerakan maksimum normal mereka, iaitu jarak sendi boleh bergerak dalam sesetengah arah. Senaman-senaman ini hendaklah dilakukan setiap hari untuk supaya sendi kekal boleh bergerak dan mencegah kekakuan dan deformasi.

Senaman range-of-motion penting untuk pesakit artritis yang tidak menggerakkan sendi-sendi mereka dalam jarak sepenuhnya kerana kesakitan yang teramat kuat atau kronik. Sesetengah orang percaya bahawa aktiviti harian normal akan menggerakkan sendi pada tahap pergerakan penuhnya, tetapi sebenarnya tidak. Aktiviti harian normal seperti kerja rumah, memakai baju, mandi dan memasak bukanlah pengganti kepada senaman range-of-motion. Contoh senaman range-of-motion adalah memusing kepala ke kiri dan kanan, menepuk diri pada belakang atau cuba mencapai tangan dari belakang, mengangkat lutut ke dada, membuat pusingan dengan tangan, membengkokkan lutut semasa duduk, memusingkan pergelangan tangan atau menggoyangkan torso.

Senaman Menguatkan

Senaman menguatkan membantu meningkatkan kekuatan otot yang seterusnya akan membantu menyokong sendi, menjadikan sendi lebih stabil dan membantu anda bergerak dengan lebih mudah dan kurang rasa sakit. Dua jenis senaman yang menguatkan adalah isometrik dan isotonik.

Senaman isometrik melibatkan pengetatan otot tanpa menggerakkan sendi. Senaman ini sangat penting apabila pergerakan sendi terjejas. Senaman isotonik melibatkan penguatan otot dengan menggerakkan sendi seperti bicep curls.

Jenis-jenis senaman menguatkan yang anda pilih bergantung kepada selera peribadi, jenis artritis dan bagaimana aktifnya keradangan. Menguatkan otot seseorang dapat membantu mengurangkan kesakitan sendi.

Latihan menguatkan boleh dilakukan dengan pemberat kecil, mesin senaman, isometrik, gelung elastik atau senaman rintangan air. Kedudukan yang betul adalah penting kerana jika tidak dilakukan dengan betul, senaman menguatkan boleh menyebabkan otot koyak, menambah kesakitan dan Bengkak sendi.

Senaman Ketahanan

Senaman ketahanan adalah aktiviti fizikal yang meningkatkan kadar denyutan jantung ke tahap optimum yang disasarkan untuk sekurang-kurangnya selama 20 hingga 30 minit. Kadar denyutan jantung sasaran diukur berdasarkan umur dan keadaan fizikal anda. Dengan meningkatkan kadar denyutan jantung, senaman ketahanan akan meningkatkan kecergasan kardiovaskular dan patut dilakukan sekurang-kurangnya tiga kali seminggu untuk membina keberkesanannya.

Ramai pesakit artritis yang selalu melakukan senaman ketahanan mendapati mereka mampu meningkatkan kekuatan fizikal, membentuk sikap mental yang lebih baik dan yang paling ketara, berupaya mengurangkan simptom artritis.

Walau bagaimanapun, bukan semua pesakit artritis mampu melakukan senaman ketahanan. Sebagai contohnya pesakit yang menghidapi artritis reumatik jangka panjang yang mempunyai kerosakan sendi yang teruk dan had kefungsian mungkin tidak boleh melakukan aktiviti ini. Senaman ketahanan bagi pesakit artritis hendaklah dipilih dengan baik bagi mengelakkan kecederaan sendi.

Walaupun berjalan merupakan senaman paling mudah dilakukan, berenang mempunyai kelebihan kerana air dan bukannya sendi yang menyokong berat badan anda. Sungguh pun begitu, sesetengah kuak renang mungkin tidak sesuai untuk anda, maka cuba dapatkan nasihat profesional. Sekiranya anda menghadiri kelas senaman, sila tentukan kelas tersebut dikendalikan oleh pengajar yang bertauliah yang tahu tentang keadaan anda.

Sebelum memulakan rutin senaman....

...Anda hendaklah sentiasa berbincang mengenai rancangan senaman dan sasarannya dengan doktor anda sebelum memulakan rutin atau program senaman. Terdapat senaman yang tidak boleh dilakukan kerana ia mungkin akan mengakibatkan kecederaan atau akan terus merosakkan sendi terutamanya apabila sendi membengkok dan keradangan.

Sendi hendaklah dilatih secara lembut melalui tahap pergerakan penuhnya sekali sehari dengan tempoh rehat ketika keradangan sistemik akut atau keradangan sendi setempat. Pesakit boleh berbincang dengan doktor mereka tentang berapa banyak anda patut berehat semasa keradangan am atau sendi. Jumlah dan bentuk senaman yang disyorkan bagi setiap individu adalah berbeza-beza bergantung kepada jenis artritis, sendi yang terlibat, tahap keradangan, kestabilan sendi, pengantian sendi serta had fizikal lain.

Pesakit artritis selalunya perlu mengimbangi dengan baik bagaimana dan bila mereka perlu bersenam atau berehat.

Bagi orang dewasa, sekiranya sendi sedang radang atau bengkak, mungkin anda perlu berehat lebih lama daripada biasa. Tetapi secara amnya, pesakit artritis hendaklah bersenam setiap hari untuk mencegah sendi daripada menjadi kaku dan sakit, dan supaya otot kekal kuat.

Bagi kanak-kanak yang menghidapi artritis pula, senaman adalah penting untuk mereka walaupun ketika penyakit sedang aktif kerana kecacatan dan deformasi boleh terbentuk dengan sangat cepat. Memandangkan terdapat banyak jenis artritis, senaman yang benar-benar membantu bagi artritis yang tertentu boleh disyorkan oleh doktor, jurupulih fizikal atau juru pulih pekerjaan yang berpengalaman.

Doktor dan juru pulih juga mengetahui senaman khusus bagi kesakitan sendi yang tertentu. Pesakit artritis hendaklah berbincang mengenai rancangan senaman dengan doktor terlebih dahulu.

BERAPA BANYAK SENAMAN DIANGGAP BERLEBIHAN?

Kebanyakan pakar bersetuju bahawa sekiranya senaman menyebabkan kesakitan yang melebihi sejam, maka ini adalah keterlaluan. Pesakit artritis hendaklah bekerjasama dengan juru pulih fizikal atau doktor mereka untuk menyusun program senaman mereka jika mereka mendapati tanda-tanda senaman keterlaluan yang berikut:

- keletihan luar biasa atau berterusan
- semakin lemah
- had pergerakan yang semakin berkurangan
- sendi semakin membengkok
- kesakitan yang berterusan
(kesakitan melebihi 1 jam selepas senaman)

SENARAI SENAMAN

Pilih senaman yang sesuai dengan tahap anda, sekiranya anda baru mula bersenam, tingkatkan secara perlahan-lahan. Sentiasa tentukan anda lakukan regangan tahap rendah sebelum dan selepas bersenam.

- Pakai kasut senaman yang baik dan pakaian yang sesuai.
- Jangan bersenam terlalu banyak – sedikit dan kerap adalah lebih baik.
- Hentikan aktiviti sekiranya kesakitan anda semakin teruk.
- Jangan lakukan senaman kecergasan atau aerobik di lantai batu atau konkrit.
- Jangan bersenam sekiranya anda berasa kurang sihat.
- Dan yang paling penting, berseronoklah!



NATIONAL RA DAY

By: Annie Hay, Chairman, RASG

This year's National Rheumatoid Arthritis Day, the fifth one, was celebrated in historical Melaka on 9th & 10th July 2011. A total of 42 participants consisting of members and their spouses as well as friends from the Klang Valley signed up for the trip.

The final number of participants on Saturday, 9th July was 38 and they all filled up the coach excitedly, leaving Kuala Lumpur at promptly 8.45am and arriving in Melaka at 10.45am.

A half day tour was organized before checking into The Baba House, situated close to Jonker Walk. Our first stop was Hang Li Po's Well also known as King's Well, located at the foot of Bukit Cina, next to Sam Po Kong Temple.

Lunch was at a small Nyonya restaurant renowned for their special pineapple and pandan rice. Everyone enjoyed the food, especially and the delicious cendol.

After lunch, it was off to the famous Cheng Hoon Teng Temple at Jalan Tokong. It is the oldest and surely one of the grandest Chinese temples in Malaysia. The temple, with its curved roof ridge, cut-and-paste chien pien decoration, and gable design, reflect the architectural style of South China, especially of the craftsmen from Fujian and Guangdong.

It has recently been restored, and in the process garnered a prestigious Unesco award for outstanding architectural restoration.

After this, some members wanted to visit the Baba Nyonya Heritage Museum whilst the rest checked-in at the hotel. This was arranged very quickly by our tour guide from Mayflower and everyone was able to catch some "shut eye" before a sumptuous seafood dinner at Restoran Sea Front 88, Portuguese Square.

We occupied four tables, and although we had quite a wait for our food as it was a Saturday evening and the restaurant was teeming with many other tourist groups as well, the delicious Portuguese fair was surely worth the wait – every second of it! Everyone thoroughly enjoyed herself / himself, with almost all of us, I am certain, over-eating. After dinner, we headed back to the hotel for our night session with our invited guest, Ms Wong Sau Ping, a Health Consultant with Netturul Resources Sdn Bhd.

She shared with us some easy massage techniques and health tips, demonstrating these on some of the members as we are supposed to practice the massage techniques we had learnt at home.

The night session ended at about 10.15 pm and most of the members were soon off shopping at the night market on Jonker Walk. Overall, it was a good day and not too tiring for all.



On Sunday, we were all awake by 6.45am, thanks to wake-up calls that were arranged the night before to ensure that we would all be ready to leave the hotel by 8.15 am.

We checked-out of the hotel soon after breakfast and gathered at the lobby by 8.15am for a transfer to the Melaka International Trade Centre (MITC) in Air Keroh where the public forum was to be held.

The Public Forum was sponsored by Abbott Malaysia Sdn Bhd with AFM and the venue was booked for 100 guests.

Registration was open to the public but response from Melaka was poor. We had about 60 attending the forum.

Our first speaker, Dr Chong Hwee Cheng, Consultant Rheumatologist from Melaka Hospital, spoke on "Living with RA". She touched on the misconceptions about arthritis and went on to explain the nature of arthritis, its symptoms and causes and how doctors diagnose the disease. She ended her talk by explaining some of the features of Rheumatoid Arthritis and how RA can affect the lives of the sufferer and their family members. A Question & Answer session followed with two questions from members.

The second invited speaker was En Mohd Naquiddin, a physiotherapist from Melaka Hospital, and he spoke on "Exercises for RA Sufferers". He listed the benefits that RA patients could reap from having a simple exercise routine given that this will go a long way in pain management. As with the earlier session, a "Q&A" of two questions followed.

We had a short tea break before the third invited speaker, Puan Azizah Binti Mohd Isa, gave her presentation. She is an

Occupational Therapist from Melaka Hospital and her topic was "Joint Protection Techniques for Activities in Daily Living".

She showed all present the various custom-mold splints that are available for RA patients and some tips on quick pain relief methods that they can use.

Tokens of appreciation, courtesy of Abbott Malaysia, were presented to the three invited speakers.

Soon after this, all members were asked to gather in another room for 40–45 minutes of dance exercises from certified fitness instructor, Ms Karynn Tan. The theme of the session was, aptly enough "Move your Body to Fight RA".

The dance movements were fun and music upbeat. Some members opted out as it was quite a task for them to move their joints. Everyone participated and sweated it out with the dancers.

The group left Melaka for Kuala Lumpur at about 2.30pm after a lunch catered by our sponsor and arrived at Sunway Medical Centre at around 4.00 pm. We arrived home safely as the traffic was fair and there were no major traffic jam along the highway.

AFM would like to thank our sponsor, Abbott Malaysia Sdn Bhd, for sponsoring the public forum although most of the members attending were RASG members. Overall, members felt that the trip was fun and not too tiring as the organizers were careful to keep it as free and easy as possible.

A note of thanks must be extended to Ms Yuges and Ms Shanta for all the administrative assistance rendered.

HARI RA KEBANGSAAN

Oleh: Annie Hay, Pengurus, RASG

Pada tahun ini, Hari Rheumatoid Arthritis Kebangsaan yang kelima diraikan di Bandaraya Melaka Bersejarah pada 9hb & 10hb Julai 2011. Sejumlah 42 orang peserta yang terdiri daripada ahli dan suami/isteri mereka serta sahabat handai dari Lembah Kelang telah mendaftar untuk lawatan ini.

Bilangan muktamad peserta pada hari Sabtu, 9hb Julai adalah 38 orang dan mereka semua menaiki koc dengan penuh rasa teruja, meninggalkan Kuala Lumpur tepat pada pukul 8.45 pagi dan tiba di Melaka pada pukul 10.45 pagi.

Lawatan setengah hari diatur sebelum mendaftar masuk di "The Baba House" yang terletak berhampiran Jonker Walk. Hentian pertama kami adalah Perigi Hang Li Po yang juga dikenali sebagai Perigi Raja yang terletak di kaki Bukit Cina, bersebelahan dengan Tokong Sam Po Kong.

Kami makan tengah hari di sebuah restoran Nyonya kecil yang terkenal dengan hidangan istimewanya iaitu nasi nenas dan pandan. Semua peserta gembira menikmati makanan terutamanya cendolnya yang lazat.

Selepas makan tengah hari, para peserta berangkat ke Tokong Cheng Hoon Teng yang terkenal di Jalan Tokong. Ia adalah salah sebuah tokong Cina yang tertua dan pastinya yang terbesar di Malaysia. Tokong tersebut, dengan ukiran atapnya yang menarik, hiasan potong tumpal chien nien dan rekabentuk gabelnya, mencerminkan gaya seni bina China Selatan, terutamanya tukang-tukang dari Fujian dan Guangdong.

Baru-baru ini, tokong telah dipulihkan dan sedang dalam proses mendapatkan anugerah pemulihan seni bina oleh Unesco yang berprestij.

Selepas itu, sesetengah peserta ingin melawat Muzium Warisan Baba Nyonya manakala sebahagian mereka mahu berehat sahaja di hotel. Semuanya diatur dengan pantas oleh pemandu pelancong kami dari Mayflower dan semua peserta dapat berehat sebentar sebelum menikmati hidangan makanan laut untuk makan malam di Restoran Sea Front 88, Portuguese Square.

Kami semua duduk memenuhi empat buah meja dan terpaksa menunggu agak lama untuk makanan siap memandangkan hari tersebut adalah petang Sabtu dan restoran itu penuh dengan kumpulan pelancong yang lain. Walau bagaimanapun, hidangan makanan Portugis yang kami nikmati pastinya berbaloi setiap saat menunggu!

Semua orang benar-benar gembira, dan saya pasti hampir semua peserta terlebih makan. Selepas makan malam, kami pulang ke hotel untuk menghadiri sesi malam bersama tetamu jemputan, Cik Wong Sau Ping, Perunding Kesihatan di Netturul Resources Sdn Bhd.

Beliau telah berkongsi beberapa teknik mengurut yang mudah dan tip-tip kesihatan serta mendemonstrasikannya ke atas beberapa orang peserta kerana kami semua perlu mengamalkan teknik mengurut yang telah dipelajari itu di rumah nanti.

Sesi malam berakhir pada kira-kira pukul 10.15 malam dan kebanyakan ahli terus pergi membeli belah di pasar malam Jonker Walk. Secara keseluruhannya, ia merupakan hari yang baik dan tidak begitu meletihkan.

Pada hari Ahad, kami semua dikejutkan untuk bangun pada pukul 6.45 pagi untuk memastikan yang kami akan bersedia untuk meninggalkan hotel pada 8.15 pagi.

Kami keluar hotel sebaik sahaja selepas sarapan pagi dan berkumpul di lobi pada pukul 8.15 pagi untuk pergi ke Melaka International Trade Centre (MITC) di Air Keroh di mana satu forum umum diadakan.

Forum Umum ini dianjurkan oleh Abbott Malaysia Sdn Bhd dengan AFM dan lokasi tersebut ditempah untuk 100 orang tetamu.

Pendaftaran dibuka kepada umum tetapi sambutan dari Melaka kurang menggalakkan. Hanya anggaran 60 orang sahaja menghadiri forum tersebut.

Penceramah pertama kami adalah Dr Chong Hwee Cheng, Perunding Reumatologi dari Hospital Melaka yang bercakap tentang "Hidup dengan RA". Beliau menyentuh tentang tanggapan yang salah mengenai artritis dan menerangkan tentang sifat artritis, simptom dan penyebabnya dan bagaimana doktor mendiagnosis penyakit tersebut. Beliau mengakhiri ceramahnya dengan menerangkan beberapa ciri Rheumatoid Arthritis dan bagaimana RA boleh menjelaskan kehidupan penghidapnya serta keluarga mereka. Terdapat dua soalan sahaja daripada ahli semasa sesi Soal Jawab.

Penceramah kedua yang dijemput adalah En Mohd Naquiddin, ahli terapi fisio daripada Hospital Melaka dan beliau bercakap tentang "Senaman bagi Penghidap RA". Beliau menyenaraikan faedah yang boleh diperolehi oleh pesakit RA daripada rutin senaman yang mudah dan ia mempunyai manfaat jangka panjang dalam menguruskan kesakitan. Seperti sesi Soal Jawab sebelumnya, hanya dua soalan sahaja yang ditanya semasa sesi pada kali ini.

Kami berhenti rehat seketika untuk minum teh sebelum penceramah ketiga, Puan Azizah Binti Mohd Isa, memberi pembentangannya. Beliau merupakan seorang jurupulih pekerjaan dari Hospital Melaka dan topik perbincangannya adalah mengenai "Teknik Perlindungan Sendi bagi Aktiviti dalam Kehidupan Harian". Beliau menunjukkan kepada semua pelbagai spin rekaan khas yang boleh digunakan oleh pesakit RA dan beberapa tip tentang kaedah melegakan kesakitan yang boleh diamalkan.



Cenderahati, sumbangan daripada Abbott Malaysia, diberikan kepada ketiga-tiga penceramah jemputan sebagai tanda penghargaan.

Sebaik sahaja forum umum ini tamat, semua ahli dikehendaki berkumpul di bilik lain selama 40 – 45 minit untuk tarian senaman di bawah bimbingan jurulatih senaman bertauliah, Cik Karynn Tan. Tema sesi ini adalah "Gerakkan Badan Melawan RA". Gerakan tarian dengan muzik rancak ini sungguh menyeronokkan. Sesetengah ahli tidak melakukan senaman ini kerana terlalu sukar bagi mereka untuk menggerakkan sendi mereka. Semua yang menyertainya sama-sama mengeluarkan peluh bersama para penari.

Kumpulan rombongan ini meninggalkan Melaka untuk pulang ke Kuala Lumpur pada pukul 2.30 petang selepas makan tengah hari yang ditempah oleh penaja kami dan tiba di Sunway Medical Centre sekitar pukul 4.00 petang. Kami selamat tiba di rumah kerana lalu lintas kurang sibuk dan tiada kesesakan yang teruk di sepanjang lebuh raya.

AFM ingin mengucapkan terima kasih kepada penaja kami, Abbott Malaysia Sdn Bhd, kerana menaja forum umum ini walau pun kebanyakan ahli yang hadir adalah ahli-ahli RASG. Secara keseluruhannya, ahli seronok dengan rombongan yang telah diadakan dan ia tidak begitu memenatkan kerana pihak pengajur sememangnya merancang supaya rombongan tersebut bebas dan santai. Penghargaan juga disampaikan kepada Cik Yoges dan Cik Shanta atas semua bantuan pentadbiran yang telah diberikan.

全国类风湿性关节炎

执笔：类风湿性关节炎互助小组组长夏安妮

今年是庆祝全国类风湿性关节炎日的第五个年头，这次改以旅游古城马六甲的方式来庆祝。活动在7月9日及10日进行，一共有42人报名参加，当中包括来自巴生谷的会员和他们的伴侣以及朋友们。

7月9日星期六早上，只有38人到来，一行人高高兴兴坐上巴士于8点45分出发，于10点45分抵达马六甲。

登记进住靠近鸡场街的The Baba House酒店之前，一行人先来个马六甲半日游。参观的第一个景点是汉丽宝井，此井处于三宝山山脚的三宝庙旁边。

游览之后，我们到以黄梨班兰饭闻名的一间小小娘惹餐厅用午餐，大家极喜欢这家餐厅的美食，尤其是那好吃的煎多冰。午餐过后，一行人继续游览活动，这回是参观著名的青云亭。此庙乃马来西亚历史最悠久庙宇，而且更是国内最辉煌的庙宇之一。庙宇屋顶以碎瓷瓦制作的人物祥兽来装饰，处处显现了中国南部的建筑色彩，尤其是福建和广东省的风格。青云亭不久前刚刚完成修复，并赢得联合国教科文组织颁予修复建筑物出色奖项。

参观完了青云亭，一部分团员前往参观娘惹文化馆，另一部分则进入酒店休息。在五月花旅游社的安排下，团员们都得以在晚餐前“抽空”在酒店稍作歇息。晚上，我们到葡萄牙广场的Sea Front 88餐厅用晚餐，筵开四席。在食客如云的星期六晚上，食物在等了不少时间后才一一上桌，但是那一道道色香味齐全的葡萄牙美食佳肴确实是值得那冗长的等待！

美味佳肴当前，我们个个都吃得开心极了，结果几乎每个人都吃得太饱。晚餐之后，我们回到酒店开始晚间节目，那是由Nettural Resources Sdn Bhd的黄秀冰小姐负责的按摩技巧分享会。

黄小姐向我们讲解几项简单的按摩技巧，也告诉我们一些保健知识。她在几位团员身上示范如何做这些按摩，因为我们都应该一一学会，并在家自行按摩。

节目在晚上10点15分结束，大部分团员都去逛鸡场街夜市购物。总的来说，今天的节目安排得挺不错，大家也不会太累。

星期日一早6点45分，大家都在酒店的电话呼唤起床服务下离开温暖被窝，梳洗并用过早餐之后，一行人准时在8点15分退房离开酒店前往爱极乐的马六甲国际贸易中心，出席Abbott

Malaysia Sdn Bhd赞助，由马来西亚关节炎基金会主办的讲座会。讲座会场地可容纳100人并开放给民众参加，但因马六甲民众反应不甚热烈，结果就只有60人出席。

讲座会的第一位主讲人是任职马六甲医院的风湿科顾问医师庄惠贞医生，她跟大家谈的是“类风湿性关节炎患者生活需知”。她先谈及人们对关节炎的错误见解，接着再讲解关节炎的性质、其症状及发病原因，还有医生如何作诊断。她在演讲最后讲解类风湿性关节炎的一些特性，以及该疾病如何影响患者及其家人的生活。跟着下来是回答观众两则问题的问答环节。

第二位受邀演讲的是任职马六甲医院的物理治疗师莫哈默那基丁先生。他跟大家谈“类风湿性关节炎患者可做的运动”，他一一列出患者做简单运动锻炼在管理疼痛方面的长远好处。跟之前一样，演讲后是回答观众两则问题的问答环节。

稍作茶歇之后，第三场讲座开始了，主讲人是马六甲医院技能治疗师阿姿扎女士，她的讲题是“日常关节保护技巧”。她现场展示各种为类风湿性关节炎患者量身订做的副木/夹板，并传授有助迅速舒缓疼痛的方法。

三位主讲人过后得到由Abbott Malaysia送出的答谢赠礼。

会员们紧接着就到另一活动室去，参加一场历时约40至45分钟，由合格健身教练陈凯琳小姐带领的健身舞运动。这场健身舞名叫“舞动身躯，对抗类风湿”，其动作有趣，节奏畅快，一些会员因为关节承受不了而不得不放弃。凡参与舞动身躯者都流了一身快乐的汗。

我们一团人在用过赞助商提供的午餐之后，大约在下午2点半离开，并于下午4点抵达双威医药中心，各人过后也安全回到各自家里。

马来西亚关节炎基金会在此感谢Abbott Malaysia Sdn Bhd赞助这场公众讲座会，尽管参加的多数为类风湿性关节炎互助小组的组员。总的来说，会员们都认为这是一趟欢乐之旅，也不会太疲倦。这全归功于主办单位的妥善安排，且尽量做到让会员们有自由活动的时间。

我也特别在此感谢玉葛丝小姐和珊达小姐在行政上的各项协助。

Events in Conjunction with WORLD ARTHRITIS DAY

This year's theme was

MOVE TO IMPROVE



(muscles) around the knee, most commonly caused by running and is a form of repetitive injury. In the case of Raynes Knees, rest is required, and although not a form of arthritis, it could well lead to arthritis if not attended to.



SELANGOR

In Selangor this year, a series of talks on the various aspects of arthritis, a sharing session on the challenges of living with arthritis as well as exercise sessions were held at the Swan Convention Centre, Sunway Medical Centre, Bandar Sunway on the 8th of October.

It spanned from 10.30am to 4.40pm and was graced by none other than the patron of the AFM, Toh Puan Dato' Seri Hajah Dr Aishah Ong. The event's guest of honour, on the other hand, was Mr Lau Beng Long, the CEO of Sunway Medical Centre.

The day was started with a welcoming speech from the AFM President and Consultant Rheumatologist, Dr Amir Azlan Zain, which was then followed by the opening address by the AFM Patron, and a speech by Mr Lau Beng Long.

The first of the series of talks was "Anti-CCP Testing" by Dr Amir. After the talk, the floor was opened to questions and Dr Amir was asked by Anna Kronenburg, who later led the "Pilates for Arthritis" session, if RA could be a hereditary condition, to which he answered in the affirmative.

Mr Stanley wanted to know if his 13 year-old son is having Rheumatoid Arthritis (RA) if the boy's knees produce a cracking sound every time he squats. Dr Amir assured Stanley that cracking sounds from the knees when squatting do not necessarily indicate RA. However, if the child complains of pain or if his knee swells, then the parent should seek medical advice.

Mr Lee, on the other hand, wanted to know if Raynes knees is a form of arthritis. The answer to this was a "No". However, Dr Amir was quick to explain that Raynes Knees is the result of strained soft tissue (ligaments, tendons and

50 free arthritis kits were then given to the first 50 participants to register at the Abbott booth. An RM75 discount for the arthritis test was included. The test is to be done at Sunway Medical Centre and the offer is valid from 15 Oct to 31 Dec 2011.

The next topic on the agenda was "Biologics Therapy in RA", by Dr Sargunan Sockalingam, consultant Rheumatologist UMMC. This was then followed by a sharing session led by RA Support Group Chairperson, Ms Annie Hay. Along with Ms. Nagula Thambidurai and Puan Aminah Abdullah, Hay spoke about their conditions and the coping measures they have improvised to suit their specific situations with the disease.

To add a much-needed shot of movement to the event, exercise sessions were slotted in. Pilates for arthritis was led by Ms. Anna Kronenburg after which participants were treated to a line dancing demonstration by a group called "Tfrends". After performing a few dances, they taught the audience some simple line dancing steps.

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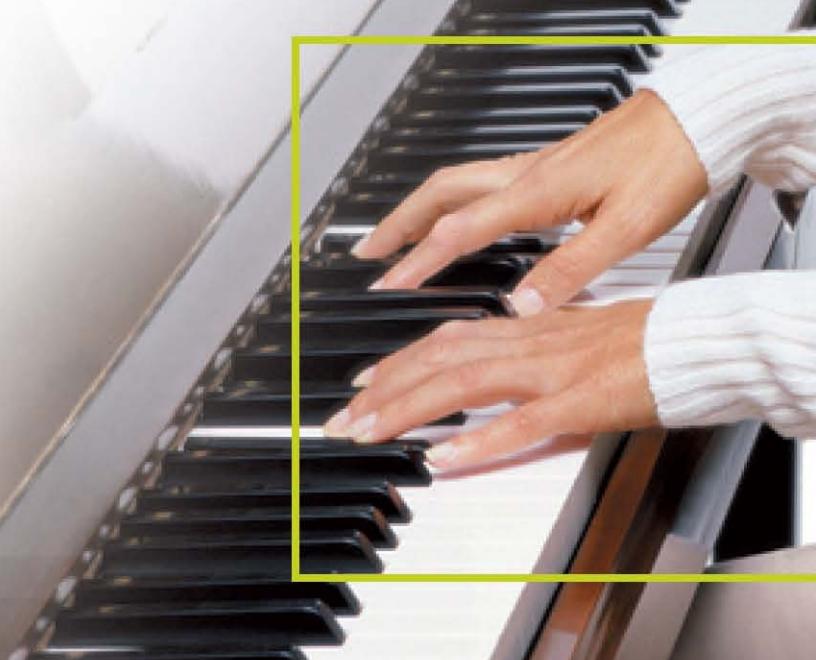


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NEGERI SEMBILAN

In conjunction with the World Arthritis Day, Abbott planned the MyWira photo gallery cum public forum. They organised an RA awareness week at hospital Tuanku Jaafar, Seremban, KPJ Penang Specialist Hospital, Bukit Mertajam and Hospital Pulau Pinang.



The event at the Hospital Tuanku Jaafar, Seremban was held from the 3rd to the 8th of October from 8am to 5.30pm. The MyWira photo gallery was set-up at the lobby of the medical clinic at the hospital, and garnered a traffic of about 100 -150 people daily. The event itself, which included lunch, was a great success with over 300 attendees. It was held on the 8th from 9am to 12.30pm at the Auditorium Gemilang, on the first floor of the hospital.

The forum's guest of honour was the wife of the Menteri Besar, YM Raja Datin Seri Salbiah Tengku Nujumudin who spoke about the importance of increasing awareness of the disease. Another VIP who graced the event was Y Bhg Dato' Dr Zailan bte Dato' Haji Adnan, the Ketua Pengarah, Kesihatan, Negeri Sembilan.

Dr Gun Suk Chyn, Consultant Rheumatologist & President of the Malaysian Society of Rheumatology delivered the opening address, while the talks, entitled "Move to Improve" was given by Dr Nadiah Mohd Noor, "The Role of an Occupational Therapist in RA" was presented by Puan Chu Ai Reen from the Department of Occupational Therapy, "PACE – People with Arthritis Can Exercise" was given by Puan Norashikin bte Mohammad Noor from the Department of Physiotherapy.



PENANG

In Penang, the MyWira photo gallery as well as the public forum were held in two venues, the KPJ Penang Specialist Hospital and the General Hospital of Pulau Pinang. At the first venue it was held from the 10th to the 14th of October from 8.30am to 5pm. There, the MyWira photo gallery enjoyed a 50-100 visits per day.

The public forum at this hospital was held on the 14th of October from 3pm to 4pm with Consultant Rheumatologist, Dr Anwar Samhari Mat Arshad, delivering a talk entitled "Love your joints" through which he covered the topics rheumatoid arthritis, osteoarthritis and gout. The 60 attendees of this forum learnt much from it.

The public forum and MyWira photo exhibition at the General Hospital of Pulau Pinang, on the other hand, were held the following week from 17-21 October, also from 8.30am to 5.30pm. There, the MyWira photo gallery enjoyed 150-200 visits each day.

The public forum there was held on the 21st of October from 8.30am to noon, with the Timbalan Pengarah, Hospital Pulau Pinang, Dr Sharmini Suna Sundram gracing the event. Dr Tan Bee Eng, Consultant Rheumatologist delivered the organising chairperson's speech while Dr Yasmin Bt Sulaiman, Pengarah Hospital Pulau Pinang made the opening address.

There, the talks were given on Rheumatoid Arthritis, simply entitled "RA" by Dr Kan Sow Lai, Pakar Perubatan Klinikal, and "Exercise for Arthritis and How to Care for Joints" by Puan Yew Su Fen, Ketua Jabatan fisioterapi. 120 people attended.





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JOHOR

In Johor, the public forum on arthritis, sponsored by Rottapharm, was held at the Columbia Asia Hospital, Nusajaya, Johor on the 16th of October, from 10.30am to 12.30pm.

Here the talks covered "Living with Gout" by Dr Palagavan Letchumanan, Consultant Physician & Rheumatologist, and "Living with Osteoarthritis" by Dr Yoga Raj, Consultant Orthopaedic Surgeon. All 70 attendees were treated to complimentary blood pressure, glucose, cholesterol and bone screening tests.



SABAH

World Arthritis Day 2011, Sabah Chapter was held on the 16th of October 2011 organised by Rheumatology Department, Hospital Queen Elizabeth, at Dataran Deasoka, Gaya Street in Kota Kinabalu.

The event was an informal, relaxed, participatory gathering with presentations from the Rheumatologists, Occupational Therapists and Physiotherapists, and even an upbeat choreographed aerobics session that had everyone moving! It was fitting for the day as the slogan for the event was 'Move to Improve'.

The presentations were meticulously arranged with a strong focus on building awareness amongst both the younger and older generations on the identification and the need to seek treatment.

Aside from this, participants were also sensitized to the types of treatment available for those affected, both in terms of medication and types of rehabilitation. There was on-the-spot consultations from the resident Rheumatologist, with people from all walks of life seeking explanations on various complaints of joint pain and swelling.

Brochures supplied by MSR (Malaysian Society of Rheumatology) and AFM (Arthritis Foundation of Malaysia) provided excellent information for those new to the terms, those who are unknowingly suffering from arthritis as well as to the caregivers of people affected by it.



Booths set up by the Occupational Therapists and Physiotherapists with a 'Show and Tell' concept were equally as informative about how problems in their activities of daily living can be overcome.

The event was sponsored by Pfizer, Sanofi-Aventis and Roche, and supported by Hospital Queen Elizabeth, MSR and AFM. Feedback from the public via anecdotal conversations on the day indicated a high level of satisfaction with the event. There were close to 600 attendees.

The twin objectives of creating awareness amongst the public regarding arthritis and the importance of early detection that the Rheumatology department aimed to fulfil were realized fully.

The range and depth of presentations were incredibly encouraging, entertaining and bode well for future iterations of the event. The event's organizers were definitely overwhelmed by the response and enthusiasm as well as the positive energy exuded by everyone. This event is but a stepping stone for the organizers to strive harder in future events, to reach a wider a crowd and to aid those in need.



Pelbagai Acara Sempena **HARI ARTRITIS SEDUNIA**

Tema tahun ini

PEMULIHAN MELALUI PERGERAKAN

SELANGOR

Satu siri ceramah menyentuh tentang pelbagai aspek artritis telah diadakan di Selangor pada tahun ini. Sesi berkongsi pengalaman tentang cabaran hidup dengan artritis serta sesi senaman telah diadakan di Swan Convention Centre, Pusat Perubatan Sunway, Bandar Sunway pada 8 Oktober.

Acara bermula dari pukul 10.30 pg hingga 4.40 ptg dan telah dirasmikan oleh penaung AFM, YABhg Toh Puan Dato' Seri Hajah Dr Aishah Ong. Tetamu kehormat acara ini pula ialah Encik Lau Beng Long, Ketua Pegawai Eksekutif Sunway Medical Centre.

Majlis dimulakan dengan ucapan aluan oleh Presiden AFM dan Pakar Perunding Reumatologi, Dr Amir Azlan Zain, diikuti dengan ucapan pembukaan oleh Penaung AFM, dan ucapan oleh Encik Lau Beng Long.

Ceramah pertama bertajuk "Ujian Anti-CCP" yang disampaikan oleh Dr Amir. Sesi soal jawab telah diadakan selepas ceramah dan Dr Amir telah ditanya oleh Anna Kronenburg, seorang jurulatih yang kemudiannya memimpin sesi "Pilates untuk Artritis", sekiranya RA merupakan penyakit keturunan, di mana jawapannya adalah ya.

Encik Stanley ingin mengetahui sama ada anak remaja beliau yang berusia 13 tahun menghidap Rheumatoid Arthritis (RA) atau tidak jika lututnya berbunyi setiap kali mencangkung. Dr Amir memberitahu En. Stanley bahawa lutut yang berbunyi tidak semestinya menandakan RA. Walau bagaimanapun, sekiranya anak anda mengadu sakit atau jika lututnya bengkok, ibu bapa patut mendapatkan nasihat doktor.

Encik Lee pula ingin mengetahui sama ada lutut Raynes Knees merupakan sejenis artritis. Jawapannya adalah "Tidak". Namun Dr Amir menjelaskan bahawa Raynes Knees adalah disebabkan kerosakan tisu lembut (ligamen, tendon dan otot) kawasan lutut, selalunya akibat berlari dan merupakan sejenis kecederaan repetisi. Raynes Knees memerlukan rehat yang cukup. Walaupun bukan sejenis artritis, namun simptom ini boleh mengakibatkan artritis jika tidak dirawat.

50 kit artritis percuma telah diberikan kepada 50 peserta pertama yang mendaftar di meja pameran Abbott. Diskaun sebanyak RM75 untuk ujian artritis turut disertakan. Ujian dilakukan di Pusat Perubatan Sunway dan tawaran sah mulai 15 Okt hingga 31 Dis 2011.

Topik ceramah seterusnya adalah "Terapi Biologik untuk RA", oleh Dr Sargunan Sockalingam, pakar perunding Reumatologi

UMMC. Ini diikuti dengan sesi perbincangan yang dipimpin oleh Pengurus Kumpulan Sokongan RA, Cik Annie Hay. Bersama dengan Cik Nagula Thambidurai dan Puan Aminah Abdullah, Hay bercakap tentang keadaan mereka serta langkah-langkah penjagaan yang mereka hasilkan sendiri bagi menangani keadaan penyakit mereka.

Bagi memeriahkan lagi majlis, satu sesi senaman turut diadakan. Sesi senaman pilates untuk artritis telah dipimpin oleh Cik Anna Kronenburg di mana selepas senaman, para peserta berpeluang menyaksikan persembahan kumpulan line dancing yang dipanggil "Tfrends". Selepas membuat beberapa persembahan, mereka telah mengajar para hadirin beberapa langkah tarian yang mudah.

Acara ini telah dijayakan dengan sokongan para penaja berikut:

Penaja utama untuk tempat, F&B dan publisiti: Pusat Perubatan Sunway (tempat, hidangan tengah hari, jamuan teh, publisiti)

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JOHOR

Di Johor, forum awam berkaitan artritis, yang ditaja oleh Rottapharm, telah diadakan di Columbia Asia Hospital, Nusajaya, Johor pada 16 Oktober, mulai 10.30 pg hingga 12.30 tengah hari.

Ceramah bertajuk "Menjalani hidup dengan Gout" telah disampaikan oleh Dr Palagavan Letchumanan, Pakar Perunding & Reumatologi, manakala ceramah bertajuk "Menjalani hidup dengan Osteoarthritis" oleh Dr Yoga Raj, Pakar Bedah Ortopedik. Seramai 70 peserta yang hadir telah diberikan ujian tekanan darah, glukosa, kolesterol dan tulang secara percuma.



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NEGERI SEMBILAN

Sempena dengan Hari Artritis Sedunia, Abbott telah menganjurkan acara forum awam serta pameran galeri foto MYWira. Mereka telah menganjurkan minggu kesedaran RA di Hospital Tuanku Jaafar, Seremban, Hospital Pakar KPJ Pulau Pinang, Bukit Mertajam dan Hospital Pulau Pinang.

Acara di Hospital Tuanku Jaafar, Seremban telah diadakan pada 3 hingga 8 Oktober dari pukul 8 pg hingga 5.30 ptg. Galeri foto MyWira telah disusun di lobi klinik perubatan hospital tersebut dan telah disaksikan oleh anggaran 100-150 orang setiap hari. Acara utama termasuk jamuan makan tengah hari menyaksikan kehadiran seramai 300 orang peserta. Majlis telah diadakan pada 8 Oktober dari pukul 9 pg hingga 12.30 tengah hari di Auditorium Gemilang, Hospital Tuanku Jaafar.

Tetamu kehormat forum ialah isteri Menteri Besar, YM Raja Datin Seri Salbiah Tengku Nujumudin yang turut menyampaikan ucapan, antara lain menyentuh tentang kepentingan kesedaran penyakit. Antara VIP lain yang turut hadir ialah Y Bhg Dato' Dr Zailan bte Dato' Haji Adnan, Ketua Pengarah Kesihatan, Negeri Sembilan.

Dr Gun Suk Chyn, Perunding Reumatologi & Presiden Persatuan Reumatologi Malaysia telah menyampaikan ucapan pembukaan, manakala ceramah yang bertajuk "Move to Improve" telah disampaikan oleh Dr Nadiah Mohd Noor, ceramah "Peranan Juru Terapi Pekerjaan dalam RA" telah disampaikan oleh Puan Chu Ai Reen dari Jabatan Terapi Pekerjaan dan ceramah "PACE – People with Arthritis Can Exercise" yang disampaikan oleh Puan Norashikin bte Mohammad Noor dari Jabatan Fisioterapi.

PULAU PINANG

Di Pulau Pinang, galeri foto MyWira serta forum awam telah diadakan di dua buah tempat, Hospital Pakar KPJ Pulau Pinang dan Hospital Besar Pulau Pinang. Acara di tempat pertama diadakan mulai 10 hingga 14 Oktober mulai jam 8.30 pg hingga 5 ptg. Seramai 50-100 orang pengunjung menyaksikan pameran tersebut setiap hari.

Forum awam di hospital ini telah diadakan pada 14 Oktober dari pukul 3 ptg hingga 4 ptg bersama Perunding Reumatologi, Dr Anwar Samhari Mat Arshad, yang menyampaikan ceramah bertajuk "Sayangi sendi anda" di mana beliau bercakap tentang tajuk meliputi rheumatoid arthritis, osteoarthritis dan gout. Seramai 60 orang peserta menyertai sesi ceramah ini.

Forum awam dan pameran foto MyWira di Hospital Besar Pulau Pinang pula telah diadakan pada minggu berikutnya iaitu 17-21 October, dari pukul 8.30pg hingga 5.30ptg. Seramai 150-200 orang pengunjung telah melawat galeri foto MyWira setiap hari.

Forum awam telah diadakan di sini pada pg 21 Oktober dan dirasmikan oleh Dr Sharmini Suna Sundram, Timbalan Pengarah, Hospital Pulau Pinang. Dr Tan Bee Eng, Perunding Reumatologi telah menyampaikan ucapan sebagai pengurus majlis manakala Dr Yasmin Bt Sulaiman, Pengarah Hospital Pulau Pinang membuat ucapan pembukaan.

Ceramah berkaitan Rheumatoid Arthritis, bertajuk "RA" telah disampaikan oleh Dr Kan Sow Lai, Pakar Perubatan Klinikal, dan ceramah "Senaman untuk Arthritis dan Cara Menjaga Sendi" oleh Puan Yew Su Fen, Ketua Jabatan Fisioterapi. Forum ini telah dihadiri oleh seramai 120 orang peserta.

SABAH

Hari Artritis Sedunia 2011, peringkat negeri Sabah telah diadakan pada 16 Oktober 2011 dan dianjurkan oleh Jabatan Reumatologi, Hospital Queen Elizabeth, bertempat di Dataran Deasoka, Jalan Gaya di Kota Kinabalu.

Majlis berupa acara bukan formal dengan persembahan daripada ahli Reumatologi, ahli terapi pekerjaan dan fisioterapi, serta sesi aerobik rancak yang membuatkan semua orang menggerakkan badan! Ini amat sesuai dengan slogan acara iaitu 'Move to Improve'.

Persembahan yang diadakan disusun untuk memberi tumpuan kepada peningkatan kesedaran di kalangan generasi baru dan lama berkenaan mengenal pasti serta rawatan penyakit.

Selain daripada itu, para peserta turut didedahkan kepada beberapa jenis rawatan yang ada untuk pesakit, termasuk ubat-ubatan dan jenis pemulihan. Terdapat juga sesi rundingan terus dengan pakar Reumatologi, yang menyaksikan orang ramai dari pelbagai peringkat menanyakan tentang masalah sakit dan bengkak sendi mereka.

Risalah yang disediakan oleh MSR (Malaysian Society

of Rheumatology) dan AFM (Arthritis Foundation of Malaysia) memberikan maklumat yang berguna kepada mereka yang mungkin tidak menyedari bahawa mereka menghidap arthritis serta mereka yang menjaga pesakit arthritis.

Gerai-gerai yang disiapkan oleh ahli terapi Pekerjaan dan Fisioterapi yang berkonsepkan 'Show and Tell' turut memberi maklumat yang berguna tentang cara melalui aktiviti harian bagi pesakit.

Majlis ini telah ditaja oleh Pfizer, Sanofi-Aventis dan Roche, dan disokong oleh Hospital Queen Elizabeth, MSR dan AFM. Maklum balas yang diterima pada hari tersebut menunjukkan kepuasan yang tinggi daripada para peserta acara. Seramai 600 orang peserta telah menghadiri majlis ini.

Dua objektif utama Jabatan Reumatologi iaitu meningkatkan kesedaran orang ramai tentang arthritis dan kepentingan pengesahan awal penyakit telah berjaya dicapai.

Skop persembahan sangatlah menggalakkan, menghiburkan serta menjanjikan acara yang lebih menarik di masa akan datang. Para pengajur acara sudah pastinya teruja dengan sambutan yang diterima. Acara ini menjadi peniup semangat kepada pengajur untuk menganjurkan acara yang mencapai kepada lebih banyak peserta dan mereka yang memerlukan di masa akan datang.

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雪兰莪

雪兰莪的宣扬活动是于10月8日假双威市双威医药中心之天鹅会议中心进行，活动包括数个讲座、一场如何在生活上面对关节炎的分享会，以及运动体操。

当天活动由大马关节炎基金会总干事杜潘爱莎翁主持开幕，并邀请到双威医药中心总执行长Lau Beng Long先生为座上嘉宾。活动由上午10点30分开始，下午4点40分结束。

大马关节炎基金会主席风湿专科顾问医师阿米尔医生在活动伊始致欢迎词，接下来是总干事杜潘爱莎翁的开幕演讲，最后是Lau Beng Long先生致词。

第一个讲座是由阿米尔医生主讲的“抗环瓜氨酸肽抗体检验”，接着是问答环节，阿米尔医生现场接受听观众的提问。首先，安娜古能博小姐想知道类风湿性关节炎是不是会遗传，而阿米尔医生回答说类风湿性关节炎是会遗传的。安娜小姐当天负责带领与会者们练习适合关节炎患者做的普拉提斯运动。

接下来，史丹利先生问关于他十三岁儿子的情形。他说，每当儿子蹲下时膝盖关节会咔咔作响，这是否表示他患上了类风湿性关节炎？阿米尔医生要史丹利放心，他说膝盖作响并不一定是类风湿性关节炎。不过，如果孩子的膝盖肿胀或疼痛，那就应该带他去看医生。

李先生想知道“雷纳斯膝盖”是不是一种关节炎？答案是“不是”。阿米尔医生跟着即解释道雷纳斯膝盖是因为膝盖周边的软组织（韧带、肌腱和肌肉）扭伤或拉伤所致，通常是因跑步造成，而且是重复性的损伤。万一有雷纳斯膝盖，休息最为重要。它虽然不是关节炎，但若不小心看待，则很可能会导致关节炎。

接下来，首五十名到Abbott摊位登记的与会者一一领取了免费关节炎礼包，礼包内含一张价值RM75的双威医药中心关节炎检验折扣券，优待由2011年10月15日至12月31日。

讲座会的下一个讲题是“类风湿性关节炎的生物制剂疗法”，主讲人是马大医药中心风湿科顾问医师沙谷楠医生。过后是由类风湿性关节炎互助小组组长夏安妮小姐负责的分享会。与夏小姐一起跟来宾分享关节炎经历的还有娜古拉小姐和阿美娜女士。夏小姐谈她们的病情，谈她们如何为了可以生活得比较舒服而随病况调整生活上的大小事。

由于大家公认运动是重要的，所以活动也安排了一段运动时间。首先，安娜古能博小姐带领大家做了适合关节炎患者练习的普拉提斯体操；接着是观赏一场由“Tfrends”组合表演的排舞，并在观赏后学习几个简单的排舞舞步。

我们谨此感谢以下各赞助商，因为他们的热心参与，以上活动才能成功举行：

场地、餐饮和宣传主要赞助商：Sunway Medical Centre
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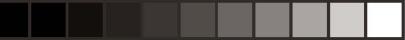
柔佛

10月16日，Rottapharm赞助了一场在柔佛州奴沙再也的哥伦比亚亚洲医院举行的关节炎公众讲座，讲座会由上午10点30分开始，下午12点30分结束。

讲座会的内容涵盖风湿科顾问医师帕拉卡万医生主讲的“痛风患者生活须知”，以及骨外科顾问医师尤嘉医生所讲的“退化性关节炎患者生活须知”。所有出席的七十位与会者都

免费做了血压、血糖、血液胆固醇检查，以及骨质检验。





森美兰

Abbott策划了MyWira摄影展兼公众讲座来宣扬世界关节炎日，该公司分别在芙蓉端姑再化医院、大山脚KPJ槟城专科医院以及槟城医院办了类风湿性关节炎意识周。



芙蓉端姑再化医院的意识周由10月3日至8日举行，时间由上午8点到下午5点30分。当时的MyWira摄影展乃设在医院内医疗诊所的大堂里，每天有一百至一百五十人次前来参观。共有三百人出席了10月8日的讲座会，反应热烈。讲座在医院一楼的Gemilang礼堂进行，由上午9点开始，下午12点30分结束，并备有午餐招待。

讲座会的特别贵宾是州务大臣夫人拉惹拿汀斯里莎比雅，她在致词中谈及提高民众关节炎意识的重要。在场的另一位座上嘉宾是森州卫生局总监拿督扎伊兰医生。

当天的活动一开始是由风湿科顾问医师兼马来西亚风湿科协会主席Gun Suk Chyn医生致开幕词，娜迪亚医生主讲“活动身躯，增进健康”，职能治疗部门的Chu Ai Reen女士谈“职能治疗师在类风湿性关节炎治疗上的角色”，而物理治疗部门的诺拉丝金女士则谈“关节炎患者可以做运动”。



槟城

槟城州的MyWira摄影展，分别在大山脚KPJ槟城专科医院及槟城中央医院两个地点展出。大山脚的展出日期是从10月10日至14日，时间由上午8点30分至下午5点，每天参观人次有五十至一百人。

10月14日举行的讲座会由风湿科顾问医师安华医生负责主讲，讲题为“爱护你的关节”，内容论及类风湿性关节炎、退化性关节炎和痛风，出席的60位民众都获益不少。

槟城中央医院的MyWira摄影展则由10月17日至21日举行，时间是上午8点30分至下午5点30分，每天的参观人次约有一百五十至两百人。

这边厢的公众讲座谈是在10月21日举行，上午8点30分开始，中午结束，讲座会的嘉宾是槟城医院副总监莎米妮医生。风湿科顾问医师兼筹委会主席陈美英医生致词过后，接下来是由槟城医院总监雅思敏医生致开幕词。

槟城医院的公众讲座谈的是类风湿性关节炎，讲题为“类风湿性关节炎”，由临床专科医师Kan Sow Lai医生主讲。物理治疗部门主管Yew Su Fen女士则讲解“关节炎患者可做的运动以及如何照护关节”。出席人数多达一百二十人。

沙巴

沙巴州的2011年世界关节炎日宣扬活动，于2011年10月16日在阿庇市迪亚苏卡广场举行，由伊利莎白医院风湿科部门筹办。

该活动以非正式形态进行，气氛悠闲，共同参与的风湿专科医师、职能治疗师和物理治疗师们，都分别做了简报，另外还安排了节奏轻快活泼的有氧体操舞蹈，带动了所有与会人士，纷纷动了起来！这正好是当天活动主题所强调的：“活动身躯，增进健康”。

每项简报或专题演讲，皆经过精心策划，专注于提高民众关节炎意识，不管老少，希望做到人人都会辨认此疾病，同时明白患了关节炎必须寻医治疗。

此外，主办单位也积极向民众灌输治疗方面的知识，让公众知道有哪些药物和复建种类可以用来治疗关节炎。住院的风湿专科医师也在场为各阶层人士解答多项和关节痛和关节肿胀相关的提问。

马来西亚风湿科协会以及大马关节炎基金会为此活动提供资讯册子，册子资料详细丰富，不论是初次接触关节炎资讯者、不知晓自己的病痛正是关节炎者以及看护关节炎患者的人，都从它们那儿获益匪浅。职能治疗师和物理治疗师们分别在各自的摊位上，以“展示加说明”的方式向民众宣导，教导关节炎患者如何能够克服日常生活上的不便之处。

这场活动由Pfizer、Sanofi-Aventis 及Roche共同赞助，伊利莎白医院、马来西亚风湿科协会及大马关节炎基金会联合支援。总共有大约六百人出席活动，民众对此活动好评如潮，很满意主办单位的安排。院方风湿科部门的两个目标——提高民众关节炎意识，教导民众及早发现的重要——都已经一一达到。

简报或专题演讲的涵盖范围以及内容深度，都很丰富及深远，同时趣味盎然，是传承的好起点。民众的热烈反应以及每个与会者的积极态度，确实给主办单位打了一剂强心针。让主办单位更加有信心在将来把这类活动办得更加有声有色，将讯息传达得更广更阔，帮助更多有需要的人。



FIND A RHEUMATOLOGIST

The following is a list of hospitals which offer Rheumatology services:

Johor

- Hospital Sultan Ismail, Pandan, Johor Bahru*
- Columbia Asia Hospital, Nusajaya, Johor.

Kedah

- Hospital Sultanah Bahiyah, Alor Setar*
- Putra Medical Centre, Alor Setar

Negeri Sembilan

- Hospital Tuanku Jaafar, Seremban*

Pahang

- Hospital Tengku Ampuan Afzan, Kuantan*

Perak

- Hospital Raja Permaisuri Bainun, Ipoh*
- Hospital Pantai Putri, Ipoh

Pulau Pinang

- Hospital Pulau Pinang, Pulau Pinang*
- KPJ Penang Specialist Hospital, Bandar Perda, Seberang Prai

Selangor

- Hospital Selayang, Batu Caves*
- Hospital Serdang, Serdang*
- Sime Darby Medical Centre, Subang Jaya, Petaling Jaya
- Sunway Medical Centre, Petaling Jaya

Sabah

- Hospital Queen Elizabeth, Kota Kinabalu*

Sarawak

- Hospital Kuching, Kuching*

Terengganu

- Hospital Sultanah Nur Zahirah, Kuala Terengganu

Wilayah Persekutuan

- Ampang Putri Medical Centre, Kuala Lumpur
- Gleneagles Intan Medical Centre, Kuala Lumpur
- Hospital Kuala Lumpur, Kuala Lumpur*
- Hospital Pusrawi, Kuala Lumpur
- Hospital Putrajaya, Putrajaya*
- Hospital Universiti Kebangsaan Malaysia, Kuala Lumpur*
- Kampung Baru Medical Centre, Kuala Lumpur
- Pantai Medical Centre, Kuala Lumpur
- Prince Court Medical Centre, Kuala Lumpur
- Pusat Pakar Tawakkal, Kuala Lumpur
- Pusat Perubatan Universiti Malaya, Kuala Lumpur**

* Government or University Hospital - Patients wishing to see a rheumatologist at a government or university hospital require a referral letter from their general practitioner or another doctor.

** The hospital also has a private wing, University Malaya Specialist Centre

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For further clarification, please call Ms Shanta at 03-5621 6177 (Mon to Fri, 0900 to 1230 hrs).

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