



ASTRETCH

AUTUMN 2016

www.asaustralia.org

ANKYLOSING SPONDYLITIS AUSTRALIA



New AS Treatments *kindly re-printed from Arthritis Qld (Joint News—Issue #50)*

For the last 10-12 years biologics including TNF inhibitors have been used on patients with AS which according to Professor Matthew Brown have resulted in clinical remission for more than half of patients. This is an excellent result.

Professor Brown is Director of Genomics at QUT.

Professor Brown explains: "People who are in their first ten years don't have many therapeutic options but we know that TNFs actually work for them. So what we have been doing is basically ensuring that we have clinical trials running as much as we can so that we give people an option of getting onto a biologic, even if it means they have to participate in a study."

AS treatments on the horizon

There are two new treatments on the horizon for ankylosing spondylitis that Professor Brown is very excited about.

Treatment 1 Collaboration with Janssen-Cilag

For 40 years it was thought that a gene called HLA-B27 was the only gene involved in the development of AS. "But since 2007 we have identified more than 26 other genes involved in the development of ankylosing spondylitis."

Professor Brown and colleagues published research in Nature Genetics in 2011, explaining how select enzymes work with HLA-B27 to help the immune system distinguish between what is self and what is foreign. In ankylosing spondylitis genetic variants result in the production of overactive enzymes that act in combination with HLA-B27 to induce arthritis.

With further research Professor Brown and his team identified two enzymes as promising drug targets. "We think that by inhibiting these enzymes we could be able to switch off the immune reaction that cause AS and other related diseases" he said.

We've partnered with a major international pharmaceutical company

Janssen to develop this completely new class of anti-rheumatic medication which should be a tablet-based medication.

"Our three-year collaboration seeks to capitalise on Janssen's drug discovery expertise including their capability to screen thousands of compounds to find inhibitors of the two enzymes, which we would optimise together."

One of the exciting aspects of this research is that the process to treatment may be streamlined. "We know of some agents that definitely inhibit what we're looking at and they are already at human trial stage in other diseases. So it's quite possible that we'll get to treatment earlier than might be expected normally through the normal drug development times."

"Initially we'll be targeting people who have Ankylosing Spondylitis, but given that this actually protects against the development of AS in the first place, there is a possibility of using it as a preventative."

The information contained in this newsletter should not take the place of advice and guidance from your own health-care providers.

Be sure to check with your doctor about changes in your treatment plan.

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New AS Treatments *continued from Page 1*

Treatment 2 Research targeting Interleukin 23 pathway

Another class of therapies just coming into trial in ankylosing spondylitis targets another gene pathway identified back in 2006. They target the Interleukin 23 pathway (IL-23) which is an important part of the inflammatory response against infection.

Professor Brown reports: "In 2010 the first clinical trials were registered and they're just starting to show phase 2 and some phase 3 data that inhibiting this pathway is at least as effective as TNF inhibitors. I'm really interested to see if you actually treat high-risk people whether we can actually stop them getting the disease in the first place with those agents."

This therapy is promising for patients with AS who do not respond to treatment with NSAIDs or TNF blockers or find them harmful.

Importance of investment in research

Professor Brown spoke about the importance of funding arthritis research as a long term investment. He has been funded by health charities since he first started AS research 21 years ago and believes that the breakthroughs discussed would not be coming to fruition without this support.

Frankly, if I'd been working for a pharmaceutical company, my research program would have been wound up by now because of the length of time it has taken. What has spun out of that research is the old interleukin 23 pathway therapies. They're going to be billion dollar drugs that will have a huge impact on the lives of people living with AS, and that wouldn't have happened if we hadn't actually been doing that basic research."

The support of each donor who gives to research through arthritis foundations, no matter how big or small is not lost on Professor Brown. "Each donation is getting us closer to better treatments and vaccines for the different types of arthritis."

"Thank goodness that there are agencies around

like Arthritis Australia, Arthritis Queensland and also Arthritis Research UK who have been prepared to put money into higher risk long term projects. Not all of them will bear fruit but if you don't have those sorts of projects then you don't end up with new breakthrough therapies."

To donate to the Arthritis Queensland research fund or for more information on clinical trials visit the AQ website

www.arthritis.org.au



Living Well with Arthritis Seminar Korumburra

Arthritis
VICTORIA
inc. OSTEOPOROSIS VICTORIA

South Gippsland Arthritis Support Group

Seminar held in conjunction with Arthritis Victoria for people living with Arthritis or other allied conditions, their families, carers and friends.

A Rheumatologist, Physiotherapist, Occupational Therapist and a Pain Management Nurse will be presenting.

Come along and try Nordic walking and an afternoon tea.

When: Saturday 16th April 2016 **Registration** 1pm

Seminar 1:30 – 4pm **Cost:** \$5

Where: Korumburra Recreation Centre, Sports Lane (off King Street)

RSVP: Monday 11th April to Diane 5658 1443

Gym Based Activities *by Margaret Lewington*

Gym based activities are becoming increasingly popular for a broader range of people, including middle aged & older adults. You don't have to look or be super fit to go to the gym.

Regular physical activity promotes general wellbeing & fitness. Mobility exercises - those that help keep the spine (& any other affected joints) moving are the most important types of exercise for people with AS. To obtain a

balanced programme, stretching & strengthening & heart/lung fitness are also important.

To increase the likelihood of exercise being carried out regularly and consistently, it is important to find an activity that you enjoy and is easily accessible. There are lots of exercise classes & options in the community that deliver these benefits. Choose something that suits your interests, time & needs. Pi-

lates, Yoga, Tai Chi, Step, Boxercise, swimming, cycling, running, gym programmes. Body Balance ® (Les Mills) is one such class which combines aspects of Tai Chi, Yoga & Pilates. It not only includes lots of stretch, strength & mobility work – but also can improve balance which is very important.

Two stories follow of people doing & enjoying Body Balance. Let me know what you do & find helpful.

My Journey with Psoriatic Spondyloarthropathy *by Cassandra*

I was relieved when I was diagnosed with my arthritis, not at all because I wanted to have something wrong, but because it was so great that after seven years of being told there was nothing wrong I finally had a reason for my random pains and I no longer felt as though I was going a little bit crazy or making it up.

I have always been very active playing a variety of sports and regularly going to the gym to maintain my health and fitness. My painful body was starting to prevent me from exercising as much as I liked or needed. Not because I was unable to do the exercise but because I was concerned I would make worse whatever was going on. As they say knowledge is power and knowing what was affecting my body empowered me to push through the pain without fear of doing more damage. In fact the exercise, as long as I managed to do it, helped my symptoms and allowed me to move more freely. It also took away my excuse for not exercising!

I have never had great flexibility and these days I am even more limited. Instead of accepting that is how it was to be I decided to try to do something about it. Yoga and I are old friends and it has always been a fantastic way to improve my flexibility, calm myself and

find some life balance. I then discovered Body Balance, a Les Mills pre-choreographed group fitness class put to an awesome soundtrack run in my gym. Body Balance consists primarily of Yoga poses with elements of Tai Chi and Pilates and runs for either 55, 45 or 30 minutes. The key factor that attracted me was that Body Balance is inclusive – it is for anyone and everyone no matter your age or ability level. I decided to put this to the test and train to become an instructor.

Becoming an instructor has been fantastic. I get paid to take a class that I love that also helps with my arthritis. It not only keeps me moving but I genuinely feel so much better following a class. My pain lessens, my mood lifts and I leave feeling centered, balanced and happy. And because I now take the class I don't have the excuse that I am too sore, I push through it and just get it done.

There are of course some days where there are certain poses I just can't do. The beauty of Body Balance is that the instructor always provides a variety of options for participants to choose from within the pose. Simply put if it hurts don't do it!! Body Balance is a journey if followed consistently you will become more flexible, stronger

and it will positively affect your stress and anxiety levels.

However don't just take my word for it! Research conducted by Khan, Marlow and Head (2008) measured the effects of doing Body Balance three times per week for 12 weeks. Alongside all the expected effects, participants also saw reductions in anxiety and significant increases in core strength and hip mobility in young and middle aged participants. Additionally recent research by Nicholson, McKean, and Burkett (2014) found Body Balance is effective for improving some balance and functional tasks in older adults.

If you suffer from inflammatory arthritis and have not tried something like this give it a go. You may just find, like me, that it lessens your pain and leaves you feeling calm balanced and happy.

References

Nicholson, V McKean, M & Burkett, B 2014 '12 Weeks of Body Balance Training Improved balance and functional task performance in middle aged and older adults', *Clinical interventions in Ageing*, vol.9, pp. 1895-1904.

Khan, R Marlow, C & Head, A 2008 'Physiological and psychological responses to a 12 week Body Balance training programme', *Med Sport* vol. 11, pp. 299-307.

Body Balance *by Denise*

I used to do Body Balance many years ago, before my diagnosis with a spondyloarthropathy and wondered if I would be able to manage the class now with my condition- however it has proven to be the greatest thing for me.

I can easily manage the class and look forward to it every week. I love the all over body stretch it provides - I can go into a class feeling a bit tight/stiff and by the end of it feel great. Each

part of my body has moved through a wide range of positions and stretches and I feel supple, flexible and relaxed.

The best part about a Body Balance class is that everyone has different abilities and you are encouraged to listen to your body and move or stretch as far as you feel comfortable - there is no pressure. If you have specific concerns the instructor can usually give you an

alternative option to suit you. The class moves at such a comfortable pace that even if you are a bit slow to move into or out of a position/stretch you will not be left behind! I love that there is great music to exercise to in a relaxed group environment - and the five minutes of relaxation at the end is a real bonus. I would highly recommend it as an enjoyable way to keep your body moving!

Exercise Classes *kindly reprinted from NASS*

Thinking about joining an exercise class?

- Get as much information as you can before you take part
- Make sure that any class instructor is aware of your AS and any limitations you may have

Your ability to exercise may change from week to week so an exercise you find easy one week may be more difficult the next. Is the class low or high impact? Low impact classes are better to make sure your joints are not irritated during and after exercise.

Does the class have an element of body contact? Body contact in exercise is something you should tend to avoid. Are there different levels of class on different days? Always start with a beginners' class. Learning good technique from the start is essential to gain the most benefit.

Body Balance

Body balance classes are low impact and combine movements from yoga, Pilates and tai chi. The aim of the class is to use breathing control, stretches, movements and positions to enhance your flexibility and strength.

As movements are gentle and flowing and instructors usually use light music in the background, many people find Body Balance calming. It's a slower

paced class but the continued movement means that you burn calories and keep your joints mobile. The class will work your core stability which means it is good for posture management.

Body pump

This class is low impact and involves performing set movements while holding weights. You set the level at which you want to work which is a great advantage for people with AS as you may feel able to do more one week than another. Classes are usually set to music and involve performing squats and lunges.

Circuit training

Involves working your way around a set of exercise stations, each with a different exercise for you to perform. The exercises throughout the class cover a combination of strengthening and cardiovascular exercises with each exercise being performed for a set time period. A good circuit class will ensure you have a full body workout.

The benefit of circuit training is that it allows you to work at your own pace on each exercise. It's up to you how hard you work. Be aware that it's easy to become competitive with fellow class mates. You might feel good during the class but if you do too much

you might have a flare up.

Core Stability

Many gyms will offer various types of core stability class. They might be called Gym Ball or Swiss Ball class. These classes tend to be low impact and focus on stability and strengthening of the muscles that support the spine. This means they can be very helpful for people with AS.

Pilates

Pilates classes focus on core stability and postural control through exercises aimed at strengthening the muscles that support the spine. Classes are low impact, using positions of lying and sitting to teach awareness of breath control, spinal alignment and strengthening of the trunk. Pilates classes could help you to maintain and improve your:

- Strength
- Flexibility
- Mobility (including the trunk, shoulders and chest expansion)
- Balance and co-ordination
- Posture

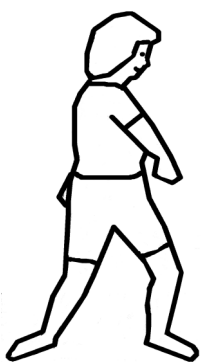
Clinical research has shown that pilates can help improve BASFI scores, is effective and safe.

Please read the full article at the NASS website <http://nass.co.uk/exercise/>

AS Exercises by Margaret Lewington (Physiotherapist)

These exercises are based on some of the components of a typical BodyBalance (Les Mills) Class. I have shown a basic example in each section. Many other movements are involved in the exercise routines, some simple, some more complex.

Tai Chi Warm Up

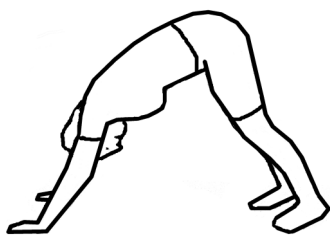


Feet wide, knees slightly bent. Turn body side to side allowing arms to loosely wrap around. Breathe deeply & keep relaxed.

Other movements may include, longer arm swings, weight transfer from leg to leg.

Sun Salutation

This is a Yoga based sequence to emphasise breathing, stretch & strength.

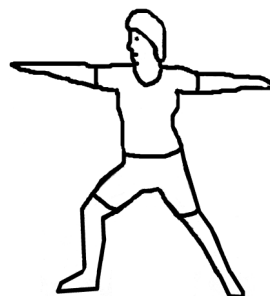


The down dog position is illustrated.

The sequence usually starts in mountain pose (Stand Tall), then lunge back, down dog, plank, cobra, up dog. Trunk twists and some other movements are sometimes included.

Standing Strength

This combines Yoga & Tai Chi.



Standing with feet wide & arms outstretched. Foot direction & trunk turn are varied.

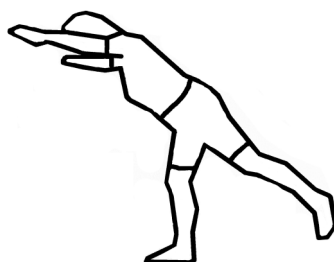
The knees can be bent more, lowering the body to increase leg strength. Movement is slow & goes through various postures.

Balance

Standing on one leg, focus your gaze to a steady point to help.

Move the leg slightly behind as you lift the arms & stretch up & forwards.

Various slow movements are made with either arm or leg to challenge your balance & leg strength.



You are encouraged to touch your foot down at anytime.

The sequence is always repeated on the other leg.

Core : abdominal strength Pilates and Yoga style

Lying on your back, tilt pelvis & flatten your back to the floor—lift legs so that your knees are above your hips & lower leg is parallel to

the floor. Alternate toe tap to floor.



You may also lift your head & neck & reach with your arms. Many advanced options. Take care. Keep it simple & easy.

Core : Back

Many variations are done, some lying flat, some in 4 point kneeling, all aiming to strengthen the back postural muscles. Lie on your tummy—lift opposite arm & leg & hold. Then try little kicks with the legs with arms still. Then hold legs



still or rest on toes & move arms out to the side and back to the front.

Twists & forward bends

Standing, sitting or lying positions are used to do stretching & twisting at the end of the class.

Sit cross legged & up tall. Then lean & reach forward—aiming to take your chest towards the floor—but not curling your back.



Ankylosing Spondylitis Victoria Inc Report *by Annie McPherson*

Welcome to our first edition for 2016.

The AS Exercise program at Caulfield Community Health Service has been well booked for the autumn 2016 session. We welcomed Paul, a new member, at the Coffee and Chat session at Fairfield in February and enjoyed a long discussion on health professionals and services available to people with a chronic MSK disease.

In late October Mike McKenzie and Stan Proctor returned from Darwin after their epic Make-A-Move-Ride month-long cycling journey. Together with Arthritis & Osteoporosis Victoria [A&O Vic] they have raised over \$12,000.00 for AS research.

In February we had our first Social dinner for 2016. This year it was held at the North



Fitzroy Arms Hotel. The dinner and new venue were enjoyed by all.

A&O Victoria & Melbourne University:

During September 2015, I was invited to attend the launch of the Centre for Excellence in Translation of Research into Improved Outcomes in Musculoskeletal Pain and Health (CRE-TRIUMPH) at the Physiotherapy Department Melbourne University. This is a National Health & Medical Research Centre grant, and my role as a consumer representative on the Translation Policy & Practice committee (TPP) joins other representatives from A&O V, researchers from other Australian Universities, Arthritis Australia and Health Professionals on related committees. Our first TPP committee meeting was held in December 2015, laying out the procedures and programs for the year.

In February, 2016 I joined other health consumer ambassadors to present a Patient Perspective talk, for the Department of

Medical Education. The session was very well received by the first year Medical students and the question time panel provided responses from the aspect of different conditions represented. The talks focused on "Living with a chronic condition and a patient perspective of the healthcare sector".

Austin Health:

In December, 2015 I was invited to give a health consumer talk on my experience in the Healthcare sector and being a consumer representative at the Community Advisory Committee meeting Austin Health in Heidelberg. At the conclusion of the talk the Chairperson asked if there were any ideas to put forward, and I suggested more of the Information Stand projects at the Tobruk Centre Outpatients clinics for various conditions on a rotating basis would be very beneficial for patients waiting to see their doctors. All the feedback we have received from patients, families, staff and clinicians has been very positive.

Health Issues Centre:

In December, 2015 I attended an HIC information session for consumer advocates and representatives on training and the "Step-Up" program to keep health consumers informed of projects and positions available in the healthcare sector.

Austin Health – AS & Arthritis Information Stand:

Tuesday 22nd March, during Arthritis Awareness Week, we are holding our AS & Arthritis Information Stand at the Rheumatology and Spondylitis Outpatients clinic at the Tobruk Centre, Banksia St. campus of Austin Health in Heidelberg. We hope to catch up with members who may be visiting the Tobruk Centre on the day and meet with others living with AS.

Berwick Inn, World Spondylitis Day luncheon:

We are hoping that our local ASers will join us again this year at the Berwick Inn on Saturday 7th May for our annual regional lunch and gettogether. Please see the

Calendar of events at the back of this newsletter for details.

Best regards to all and keep well.

Annie McPherson-President

AS Victoria Inc



South Gippsland Arthritis Support Group

Our Coffee and Chat sessions at Leongatha and Korumburra have resumed and starting to pick up with more visitors. We are planning our regional Arthritis Information Seminar for Saturday 16 April in Korumburra. We have arranged speakers from areas of rheumatology, pain management, occupational therapy and Physiotherapy. South Gippsland Arthritis Support Group, Arthritis & Osteoporosis Victoria and AS Victoria Inc have joined to-



gether to hold this event. The program and location details are listed below, please come along and bring your family and friends to support our activities.

Regards

Adam Collard -Vice President

AS Victoria Inc

AS Group of Queensland Report *by Ross Wilson*

Hi everyone and a late Happy New Year. We are already a quarter of the way through the year and I just don't know where the time has gone.

We had our first event for the year at the beginning of March with an enthusiastic group meeting by the water at Sandgate for a WALK/BIKE RIDE followed by a great meal of fish and chips at Doug's Seafood Café. It was great to see some new faces, with two members even making the long drive from Maryborough to enjoy the day. For those who aren't familiar with the area, it is about a 3-4 hour drive, so I am sure they enjoyed being able to spend some time with other members and to discuss like-minded issues.



or not. But after a few phone calls we decided to take the chance and if the weather didn't clear we would just have an early dinner. Fortunately the weather gods were smiling on us as the clouds parted and provided the perfect walking and riding conditions. As we rode across the Hornibrook Bridge with a view towards the city, it looked to be pouring, so it seems Right Place, Right Time.

This year sees the rollout of the "DON'T TURN YOUR BACK ON IT" campaign, which is a follow on from a pilot campaign run in 2014 by Arthritis NSW with the support of pharmaceutical company AbbVie.

The 2016 campaign is aimed to further improve the outcomes for people living with undiagnosed AS.

The aim is to encourage people with chronic back pain of greater than 3 months duration, to screen for the risks of inflammatory back pain and if appropriate to seek diagnosis and disease management by a Rheumatologist.

Champion Surfer and AS sufferer Mitch Crews will be the face of the campaign and a comprehensive media campaign including all types of social media (twitter, Youtube etc) will be used to get the word out.

I congratulate those involved because anything that can help lead to earlier diagnosis is well worth the effort. I myself went undiagnosed for over 15 years and if I had known what I had earlier, there is a lot of things I could have done to manage it better.

For more information go to

<http://dontturnyourbackonit.com.au/>

The AGM is coming up on the 26th April at Tomato Bros at Wilston. So if you would like to come along and see what we do, or even better, become involved, we would love to see you there.



After a very wet start to the day, we were unsure if we had to call it off

The AS Group of Queensland invites you to attend the 2016 Annual General Meeting

on

Tuesday 26th April 2016 commencing at 8 p.m.

at

Tomato Brothers, 75 Kedron Brook Road, WILSTON

Please advise if you will be attending the AGM.

Ph 0407 425 750

Calendar of Events

VICTORIA

April

- Sat 9th 10am to 2pm and Sun 29th 11:30am to 3pm Lardner Park Farmworld - Warragul
- Tue 12th Coffee & Chat @ Fairfield RSL 6 to 8 pm.
- Sat 16th AS and AOV Seminar Korumburra time TBA

May

- Mon 2nd Coffee & Chat @ Leongatha RSL 6 to 8 pm
- Tue 3rd Coffee & Chat @ Korumburra Rec Centre 2 to 4pm
- Sat 7th International Spondylitis Day lunch at The Berwick Inn 12:30pm.

- Tue 10th Coffee & Chat @ Fairfield RSL 6 to 8 pm
 - Tue 17th Committee Meeting @ Austin Hospital 6 to 8:30 pm.
- Refer to www.asvictoria.org for details.

Please also check Arthritis & Osteoporosis Vic. website for events www.arthritisvic.org

QLD

April

- Tues 26th 8:00pm Annual General Meeting @ Tomato Brothers, 75 Kedron Brook Road, Wilston.

Refer to www.asaustralia.org/ql/ or Mark Robinson mob: 0407 425 750 for details.

Hydrotherapy Classes

BRISBANE (QLD)

Sessions supervised by **Margaret Lewington** (Physiotherapist).

When: Tuesday evenings.

Time: 6:30 - 7:30pm

Where: Hydrotherapy Pool

Lvl 2, Ned Hanlon Building

Royal Brisbane & Women's Hospital

Butterfield St, HERSTON.

Cost: \$10 or 10 classes for \$90

Enquiries: Margaret on

0404 414 501 or 07 3376 6889



PERTH (WA)

Sessions supervised by experienced Physiotherapists.

When: Monday evenings (Public holidays excepted).

Time: Two sessions.

Hydrotherapy pool 5:30 - 6:30pm.
Gymnasium & pool 5:45 - 7:45pm.
For those current group members and those who have recently participated in an AS program with the Hospital or the Arthritis Foundation.

Where: Arthritis WA,

17 Lemnos St, SHENTON PARK.

Cost: \$8

Enquiries: Lindsay

lindsay.dutton@health.wa.gov.au



Facebook Groups

[AS Brisbane](#)

[AS Sunshine Coast](#)

[AS Group VIC](#)

General Information

Ankylosing Spondylitis Groups of Australia

www.asaustralia.org

Ankylosing Spondylitis Victoria Inc

www.asvictoria.org

Arthritis Australia

www.arthritisaustralia.com.au

Spondylitis Association of America (SAA)

www.spondylitis.org

Contains message boards, online chat forums, and a members only section for resources

Ankylosing Spondylitis International Federation (ASIF)

www.spondylitis-international.org

The National Ankylosing Spondylitis Society (NASS - United Kingdom)

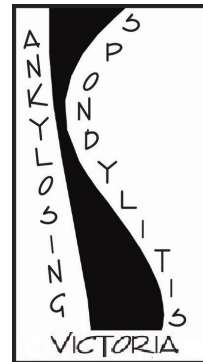
www.nass.co.uk

Contains an excellent questions and answers section and downloadable guidebook - A Positive Response to Ankylosing Spondylitis-Answer and practical advice.

Ankylosing Spondylitis Victoria Inc

Membership Form

AS Victoria Inc is an Arthritis and Osteoporosis Victoria Peer Support Group



Who we are and what we do....

AS Victoria is an organisation of people with Ankylosing Spondylitis who wish to improve knowledge and ability to manage the condition. Our group shares a number of goals and objectives for people and families living with Ankylosing Spondylitis.

We aim to provide the following:

- Provide a forum for the exchange of ideas and experiences.
- Distribute information to patients and medical professionals on AS.
- Provide and co-ordinate educational information, events, workshops and seminars on AS.
- Co-operate and interact with local, interstate, international Arthritis and peer support groups including participation in their events and activities.
- Arrange social events and activities for our group members, their families and friends

Some of the benefits of belonging to our group:

- AStretch newsletter
- Seminar evenings with excellent guest speakers
- Improved awareness of AS and the AS community
- Opportunities for interaction with other members at social gatherings and activities
- Land exercise DVD for people with AS

Membership Details

First Name: _____ Surname: _____

Mobile: _____ Home: _____

Email: _____

Address: _____

I wish to become a member of AS Victoria Inc support the purposes of the organisation and agree to comply with the rules for an incorporated association under section 46 of the Associations Incorporation Reform Act 2012.

Signed: _____ Date: ____/____/____

Send to:

AS Victoria Inc

PO Box 3166

Burnley North 3121

asvicweb@gmail.com

www.asvictoria.org

Ankylosing Spondylitis Victoria Inc complies with the Privacy Amendment (Private Sector) Act 2000 and will not sell your personal information to another organisation. You may be notified of AS Victoria Inc events, services and ways of assisting us to maintain these services. If you wish your name to be removed from our data base at any time please write to us. AS Victoria Inc passes on to members a variety of information on health and medical issues only for general, educational and informative purposes. AS Victoria Inc is not diagnostic or prescriptive and does not replace the services or advice of a qualified health care professional or purport to do so.

Membership Type☐ New ☐ Renewal (annual 30th June)☐ Mail out# membership (\$25.00)☐ Concession* Mail out# membership (\$20.00)☐ Email member ship (\$20.00)☐ Concession* email membership (\$15.00)

Donation: \$ _____ (Donations over \$2 are tax deductible)

Total: \$ _____

Cheque, money order or direct deposit -

AS Victoria Inc NAB BSB : 083 399 Account : 154321878

#Mail out membership all correspondence will be sent by Australia Post

**Concession rate available for pensioners, unemployed with health benefit card
and full time students with student card.***Statistical Information (Optional):-***

1. Are you a member of Arthritis Victoria? Y / N

2. Can we pass on your contact details to other members of the group in your area? Y / N

3. Gender M / F

4. Year of Birth: _____ 5. Preferred Language: _____

6. Do you suffer from A S Y / N 7. Do you know someone who suffers from A S Y / N

Do you have any other conditions?

.....

Are there any specific activities you would like us to organise?

.....

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