

MORE CAN BE DONE: TAKE A STAND FOR ARTHRITIS

DID YOU KNOW?

- ✓ Over 4, 5 million Canadians have arthritis, which results in one out of 6 Canadians.
- ✓ 60% of Canadians with arthritis are between 15 and 60 years of age.
- ✓ Arthritis affects people of all ages, from babies to senior citizens.
- ✓ Arthritis is among the three most common chronic diseases in Canada including among children.
- ✓ With an aging population, the burden of arthritis is only expected to rise.
- ✓ Certain subgroups of the population are at greater risk. In fact, aboriginal peoples have a much higher rate of arthritis than non-aboriginal people.
- ✓ It is estimated that 19% of Aboriginal people living off-reserve report having arthritis.



People with arthritis are more likely to report reduction of activities at work or not being in the labour force than those without arthritis, leading to other important consequences including:

- having to change jobs or reduce hours at work
- job loss and productivity losses (absenteeism, job disruptions)
- impact on job progression such as foregoing promotions, or restriction of work-related travel

Strategies to maintain full participation of those with arthritis in the labour force is important to Canadian economy, particularly in light of the changing demographic of the workforce with the aging of the baby boomer generation.

Today, there is no known cause or cure for any form of arthritis. There is a significant unmet need in the management of patients experiencing inflammatory arthritis such as rheumatoid arthritis, as well as osteoarthritis that can be addressed through models of care. Models of Care incorporate best practices for the delivery of care, which can be adapted to the structure and needs of each individual provincial health system.

<p>Standards for Arthritis Prevention and Care</p> <p>2005</p>	<p>Arthritis Funding Landscape Review</p> <p>2011</p>	<p>The Impact of Arthritis in Canada: Today and Over the Next 30 Years</p> <p>2011</p>	<p>Joint Action: A Framework for Arthritis Prevention and Care in Canada</p> <p>2012</p>
<p>Master Worksheet for Developing and Evaluating Models of Care</p> <p>2012</p>	<p>Pan-Canadian Approach to Inflammatory Arthritis Models of Care</p> <p>2014</p>	<p>Inflammatory Arthritis Models of Care Toolkit</p> <p>2014</p>	<p>Manuscripts Coming Soon</p> <p>2016</p>

WHAT CAN BE DONE?

The Arthritis Alliance of Canada (AAC) has developed a set of recommendations to help governments in Canada respond effectively to the growing crisis in arthritis care.

The Arthritis Alliance of Canada recommendations lay out an approach to optimal models of care that, when implemented, will ensure that every Canadian affected by inflammatory for of arthritis receives the timely diagnosis and treatment they need.

Our approach lays out the relationships and steps amongst providers to deliver an optimal patient journey from detection to diagnosis, treatment, rehabilitation and remission.

- Inter-professional, team-based approach
- Streamlining early detection and diagnosis
- Escalating treatment to facilitate and maintain remission.

The benefits of this approach are much better outcomes for the patient, as well as significant impacts downstream for the health system and the economy as a whole. This will help Canadians to remain productive members of their families and the community, and reduce the growing burden on our health system that is brought on by uncontrolled disease, related conditions, and progressive disability.

WE NEED YOUR SUPPORT!

Collaboration has been the hallmark of the Alliance's success. Improving the lives of people living with arthritis requires support and participation of all stakeholders. **Everybody has a role to play!**

- **Patients** – Patients should feel empowered to proactively seek help and advice in dealing with arthritis and speak out about their disease and refuse to suffer in silence.
- **Physicians** – Physicians should encourage and try to employ early diagnosis and referral to specialists.
- **Government** – Provincial and federal governments to seize the opportunity to prioritize arthritis, put the resources in place to enable world class research, raise awareness and drive systemic change in health delivery.
- **General public** – Canadians can exercise regularly to take care of their bone and joint health, understand arthritis prevention strategies and know the symptoms, educate those who don't know and support loved ones who are suffering with the disease.

We need your help to:

- Gain recognition of arthritis as health burden and an important health issue that would benefit from a more strategic approach.
- Ensure engagement with the Arthritis Alliance of Canada members to advise on the adaptation and implementation of the recommendations for models of care for each jurisdiction.
- Confirm commitment to work with us following the election to look at the kind of innovation that Canada's health care system requires, starting with people living with arthritis disease.

ABOUT ARTHRITIS ALLIANCE OF CANADA

The Arthritis Alliance of Canada, formerly the Alliance for the Canadian Arthritis Program (ACAP), was formed in 2002. Its goal is to improve the lives of Canadians with arthritis. With more than 30 member organizations, the Arthritis Alliance brings together arthritis health care professionals, researchers, funding agencies, governments, voluntary sector agencies, industry and, most importantly, representatives from arthritis consumer organizations, from across Canada. While each member organization continues its own work, the Alliance provides a central focus with a collaborative approach for national arthritis-related initiatives.

YOU CAN GET INVOLVED BY:

- Staying informed by signing up to receive updates on our work
- Sharing your story
- Visiting www.arthritisalliance.ca or contacting Lina Gazizova at: lgazizova@arthritisalliance.ca