

HSS

RHEUMATOID ARTHRITIS | PSORIATIC ARTHRITIS | ANKYLOSING SPONDYLITIS | REACTIVE ARTHRITIS | GOUT

INFLAMMATORY ARTHRITIS **RESOURCE** GUIDE

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Joan Westreich, LCSW-R, Social Work Coordinator, Early Arthritis Initiative • 212.774.7378



INFLAMMATORY ARTHRITIS RESOURCE GUIDE

Inflammatory arthritis refers to a range of medical conditions including rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and gout. What do these conditions have in common? Inflammation in the joints that may also be seen in other parts of the body such as the skin, lungs, or heart are a feature in all of these conditions.

Coping with any type of inflammatory arthritis can be challenging. That is why it is important to learn as much as possible about your medical condition. With knowledge, you will have the tools you need to partner with your healthcare team. Together you will be able to decide on treatment options and the best way to manage your illness.

*We hope you will find the resources in this guide to be helpful. They are provided by the Hospital for Special Surgery's Department of Social Work Programs for informational purposes only and are not intended to be a complete list.

* These resources are not meant as endorsements or recommendations by HSS or its faculty. For specific guidance, seek the advice of your personal medical care provider.

RHEUMATOID ARTHRITIS

Hospital for Special Surgery

hss.edu

212.606.1000

Inflammatory Arthritis Center

hss.edu/IAC

The Inflammatory Arthritis Center provides patient clinical care, education and support to people with rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout, among other conditions.

SUPPORT

Support Groups Rheumatoid Arthritis Support and Education Programs

hss.edu/RAprograms

Hospital for Special Surgery offers two free monthly support and education programs for people with RA. Each ongoing group is co-facilitated by a clinical social worker and experienced rheumatology nurse. Lectures by experts in RA treatment and management are followed by a discussion and peer support group.

Living with Rheumatoid Arthritis: Lecture, Lunch and Conversation

hss.edu/RAGroup

For people with moderate to severe RA and their family members and friends.



Contact: Adena Batterman, MSW, LCSW, Senior Manager, Inflammatory Arthritis Patient Support and Education Programs
212.774.2539
battermana@hss.edu

The Early RA Support and Education Program

hss.edu/EarlyRA

For people recently diagnosed with RA and their family members and friends.

Contact: Joan Westreich, LCSW-R, Social Work Coordinator, Early Arthritis Initiative
212.774.7378
westreichj@hss.edu

EDUCATION

Support Program Summaries

hss.edu/SupportSummaries

Selected lectures delivered at the Early RA and Living with Rheumatoid Arthritis groups are archived online. Topics include: *Fatigue and Inflammatory Arthritis*, *Understanding Rheumatoid Arthritis Lab Tests and Results* and *Learning to Manage Your Stress*.

Lectures and Symposia

hss.edu/PublicEd

The HSS Education Institute offers lectures, symposia and wellness classes for people with RA and other illnesses.



Information on Conditions and Treatment: RA

hss.edu/RA

Detailed information on RA: overview, diagnosis, treatment, wellness, research, HSS clinical trials and other information.

Blog

The Playbook: Strategies to Keep You in the Game of Life

hss.edu/RAplaybook

HSS clinicians, including rheumatologists, social workers and physical therapists, contribute articles on topics related to RA management and diagnosis. Ask the Expert features a member of the healthcare team who is an expert on RA and other inflammatory conditions who answers questions submitted by patients.

Webinars

hss.edu/webinars

Free on-demand webinars on RA and other forms of inflammatory arthritis, featuring HSS rheumatologists, social workers, physical therapists, among others.

A recent program was the free community symposium: *Essentials in Managing rheumatoid arthritis (RA): Fatigue, Nutrition, Joint Protection and Treatments*.

Arthritis Foundation, (National)

arthritis.org
404.872.7100

The Arthritis Foundation, a national advocacy and

educational organization, provides information and resources for people with RA, among other forms of arthritis. Individuals may also access services and resources through local Arthritis Foundation offices.

Arthritis Foundation, (New York)

arthritis.org/new-york
917.765.2861

Among the RA-specific, free educational material available are: brochures, DVDs and newsletters; webinars; an online support and discussion community; resource locator; and an app to track daily activities and symptoms. Some resources are available in Spanish.

All can be accessed through:
arthritis.org/living-with-arthritis/tools-resources

SUPPORT

Support Groups:

arthritis.org/living-with-arthritis/tools-resources

Through the Arthritis Support Networks, information is provided about peer-led local support groups for people with RA and other illnesses.

Online Support and Discussion Community

inspire.com/groups/arthritis-foundation

RA Connect brings together a virtual community for discussions on living with RA, resources and advocacy opportunities.

EDUCATION

Webinars

arthritis.org/new-york/local-resources/elearning-series.php

Free, one-hour webinars led by healthcare professionals on topics such as *Navigating RA for the Newly Diagnosed* and *Living Better with Rheumatoid Arthritis*.

Publications

Arthritis Today Magazine

arthritis.org/arthritis-today-magazine

Print and digital editions of Arthritis Today provide information on fitness, nutrition and daily living tips.

RA & You Magazine

arthritis.org/about-arthritis/types/rheumatoid-arthritis/ra-and-you-sign-up.php

RA-specific information about symptoms, treatments and medications, provided by medical professionals and people living with RA.

Arthritis Foundation Helpline

844-571-HELP (4357)

One-on-one support is provided through a toll-free Helpline.



Creaky Joints

creakyjoints.org

845.348.0400

Creaky Joints focuses on education, research, patient support and advocacy. It provides a range of patient-generated content such as blogs on living with RA, as well as articles written by Creaky Joints staff on various forms of arthritis, treatment, medications and navigating insurance coverage.

SUPPORT

Online Support and Discussion Community

Message Boards

creakyjoints.org

Facebook page

[Facebook.com/CreakyJoints](https://www.facebook.com/CreakyJoints)

Monthly Twitter Chat

#CreakyChats

@CreakyJoints

Described by Creaky Joints as a “peer-to-peer educational forum across the autoimmune arthritis space.” Topics include *Touchdown With CreakyJoints: Sports, Movement and Activity with a Chronic Disease*.

EDUCATION

Publications

Raising the Voice of Patients: A Patient's Guide to Treatment and Managing Rheumatoid Arthritis

creakyjoints.org/education/rheumatoid-arthritis-patient-guidelines

Developed by patients and reviewed by rheumatologists, this comprehensive guide to rheumatoid arthritis offers information about treatments, diets, patient-provider communication and other topics.

Common RA Myths

creakyjoints.org/living-with-arthritis/rheumatoid-arthritis-myths

A list of common RA myths, including: “You can't be sick if you

don't look sick." Contributed by members of the Creaky Joints community.

Research Arthritis Power

arthritispower.org

A patient-inspired research initiative, people can use the Arthritis Power app to track and view their symptoms over time and to share information with their doctors. Patient data is used in research studies.

American College of Rheumatology (ACR)

rheumatology.org

404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and scientists who work with patients with rheumatic illness. The organization's members are also involved in research and advocacy efforts, as well as patient and professional education.

SUPPORT

For Patients & Caregivers

rheumatology.org

A Patient Resources quick link on the American College of Rheumatology's homepage provides access to the resources section for patients and caregivers. It also provides information about medication assistance programs for rheumatology patients.



EDUCATION

Publications

rheumatology.org

Patient/Caregiver

On the American College of Rheumatology's homepage, the Patient & Caregivers tab provides access to a range of RA-related information in English and Spanish.

Videos

The American College of Rheumatology has a library of videos that cover information about RA, as well as patients' personal stories about the impact of living with RA.



PSORIATIC ARTHRITIS

Hospital for Special Surgery Inflammatory Arthritis Center

hss.edu/IAC

The Inflammatory Arthritis Center provides clinical care, patient education and support to people with rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout, among other conditions.

EDUCATION

Information on Conditions and Treatment: Psoriatic Arthritis

hss.edu/PsoriaticArthritis

Detailed information on psoriatic arthritis: overview, diagnosis, treatment, wellness, research and other information.

Blog

The Playbook: Strategies to Keep You in the Game of Life

hss.edu/PAplaybook

Ask the Expert features a member of the healthcare team, who is an expert on psoriatic arthritis and other inflammatory conditions, who answers questions submitted by patients.

National Psoriasis Foundation

psoriasis.org

800.723.9166

The National Psoriasis Foundation provides information



and disease-management services to people with psoriasis and psoriatic arthritis. Its website offers comprehensive information about the disease in English and Spanish.

SUPPORT

Online Support and Discussion Community Psoriasis One to One

psoriasis.org/newly-diagnosed/one-to-one

Connects people newly diagnosed with psoriatic arthritis with a mentor who has experience living with the condition.

TalkPsoriasis

inspire.com/groups/talk-psoriasis

An online community for people with psoriatic arthritis.

NPF Blog

psoriasis.org/blog

Posts on living with psoriatic arthritis, treatment, diet, exercise and other topical information.

EDUCATION

Publications

psoriasis.org/advance

Psoriasis Advance: Online magazine with information on the latest research, treatments and other topics of interest to patients.

Webinars

psoriasis.org/webcasts

Free webinars on topics related to psoriatic arthritis diagnosis and management. Ten new webinars per year, with earlier ones archived.

Arthritis Foundation (National)

arthritis.org

404.872.7100

EDUCATION

Online Resources

arthritis.org/about-arthritis/types/psoriatic-arthritis

Understanding psoriatic arthritis, its symptoms, causes, diagnosis, treatment and self-care. Also included are articles on the emotional impact of having the disease, psoriatic arthritis myths and other topics.

Psoriatic Arthritis Toolkit

arthritis.org/toolkits/better-living/about/psoriatic-arthritis

In depth information about psoriatic arthritis, its causes, symptoms and treatment, as well as what you can do to manage it.

PsAToday Newsletter

arthritis.org/about-arthritis/types/psoriatic-arthritis/psa-today-sign-up.php

Online publication providing information about living with psoriatic arthritis, as well as treatment and strategies for self-care.

Psoriatic Arthritis & You Magazine

arthritis.org/about-arthritis/types/psoriatic-arthritis/psa-and-you-sign-up.php

Psoriatic arthritis-specific information about symptoms, treatments and medications provided by medical professionals, as well as tips for coping with PsA from others who are living with the illness.

Arthritis Foundation (New York)

arthritis.org/new-york

917.794.2103

EDUCATION

Webinars

Psoriatic Arthritis Webinar

Part 1: af.peachnewmedia.com/store/streaming/seminar-launch.php?key=6neRwoeQSmQfX-b320urQG1ZBGGGWuKuOChDiN-G9Uhgo%3D

Psoriatic Arthritis Webinar

Part 2: af.peachnewmedia.com/store/streaming/seminar-launch.php?key=b3BJSWftZ1yjoozU-YxZWF5lgNYWW299ormpp73x-Eac4%3D

A webinar focusing on research about psoriatic arthritis.

Resources include a PDF handout and MP4 download of the webinar.

Spondylitis Association of America™ (SAA)

spondylitis.org

818.892.1616

The Spondylitis Association of America provides support, educational resources and advocacy for people with psoriatic arthritis and other conditions.

SUPPORT

Support Groups

spondylitis.org/Support-Groups

The Spondylitis Association of America sponsors approximately 30 support groups throughout the United States. These groups are led by trained peer volunteers who

themselves have psoriatic arthritis or other types of inflammatory arthritis. Group meeting frequency varies from monthly to quarterly.



Online Support and Discussion Forums

forums.spondylitis.org

Message boards and forums that provide a space for people with psoriatic arthritis and other types of inflammatory arthritis to share ideas and provide mutual support.

EDUCATION

Overview of Psoriatic Arthritis

spondylitis.org/psoriatic-arthritis

Information about symptoms, diagnosis, causes and treatment of psoriatic arthritis.

Access to educational and other resources including publications, seminars and webinars, physician locator and medication assistance programs are available through a single link:

spondylitis.org/educational-materials-resources

Publications

Action Plan to Manage Spondylitis

spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook

A 20-page brochure with spondylitis information, list of educational seminars, webinars and podcasts. Access to support and information about patient assistance programs.

Educational Materials for Psoriatic Arthritis and Related Diseases

spondylitis.org/educational-materials-resources

A comprehensive menu of information and resources about psoriatic arthritis and related diseases.

Spondylitis Plus

spondylitis.org/spondylitis-plus

A quarterly news magazine for SAA members that features information on treatments for psoriatic arthritis and other types of inflammatory arthritis, news about the latest research and personal stories of readers.

eSun

spondylitis.org/#esun-signup

A quarterly electronic update newsletter featuring news, research and personal stories.

Webinars

spondylitis.org/seminars-and-webinars

Free on-demand webinars featuring medical professionals, including rheumatologists, physical therapists and pain management specialists, as well as people living with psoriatic arthritis and other types of inflammatory arthritis.



Creaky Joints

creakyjoints.org

845.348.0400

Creaky Joints is an education, research, patient support and advocacy organization for people with psoriatic arthritis and other types of inflammatory arthritis.

SUPPORT

Online Support and Discussion Community

Message Boards

creakyjoints.org

Facebook page

Facebook.com/CreakyJoints

Monthly Twitter Chat

[#CreakyChats](https://twitter.com/CreakyJoints)

[@CreakyJoints](https://twitter.com/CreakyJoints)

Described by Creaky Joints as a “peer-to-peer educational forum across the autoimmune arthritis space.” Topics include *Touchdown With CreakyJoints: Sports, Movement and Activity with a Chronic Disease*.



On the American College of Rheumatology's homepage, A Patient Caregiver tab provides access to a range of psoriatic arthritis-related information in English and Spanish. "Fast Facts" on psoriatic arthritis, including causes and diagnosis, treatments, the broader health impact of PsA and suggestions for managing living with PsA.

Spanish

rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/artritis-psoriasica

Psoriatic Arthritis-related information in Spanish.

EDUCATION

Raising the Voice of Patients: A Patient's Guide to Living with Psoriatic Arthritis

creakyjoints.org/education/psoriatic-arthritis-patient-guidelines

Developed by patients and reviewed by rheumatologists, this comprehensive free guide to psoriatic arthritis offers information about treatments, diets, patient-provider communication, advocacy and other topics.

American College of Rheumatology (ACR)

rheumatology.org

404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and

scientists who work with patients with rheumatic illness. The organization's members are also involved in research and advocacy efforts as well as patient and professional education.

SUPPORT

rheumatology.org

A Patient Caregiver Resources quick link on the American College of Rheumatology's homepage provides access to the Resources section for patients and caregivers. It also provides information about medication assistance programs for rheumatology patients.

EDUCATION

Publications

rheumatology.org

Patient/Caregiver

rheumatology.org

Videos

The American College of Rheumatology has a library of free patient education videos that cover information about psoriatic arthritis, as well as patients' personal stories about the impact of living with PsA.

ANKYLOSING SPONDYLITIS

Hospital for Special Surgery

hss.edu

212.606.1000

Inflammatory Arthritis Center

hss.edu/IAC

The Inflammatory Arthritis Center provides patient medical education and support to people with rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout, among other conditions.

EDUCATION

Information on Conditions and Treatment:

Ankylosing Spondylitis

hss.edu/AS

Detailed information on ankylosing spondylitis, including an overview, and information on diagnosis and treatment.

Blog

The Playbook: Strategies to Keep You in the Game of Life

hss.edu/ASplaybook

HSS rheumatologists who specialize in treating ankylosing spondylitis and other inflammatory conditions answer patients' questions about living with ankylosing spondylitis.



Spondylitis Association of America™ (SAA)

spondylitis.org

818.892.1616

The Spondylitis Association of America provides support, educational resources and advocacy for people with spondylitis.

SUPPORT

Support Groups

spondylitis.org/groups

The Spondylitis Association of America sponsors approximately 30 support groups throughout the United States. These groups are led by trained peer volunteers who themselves have a form

of spondylitis. Group meeting frequency varies from monthly to quarterly.

Online Support and Discussion Community Forums

forums.spondylitis.org

Message boards that provide a space for people with ankylosing spondylitis to share ideas and offer mutual support.

EDUCATION

Educational Materials for Ankylosing Spondylitis and Related Diseases

spondylitis.org/educational-materials-resources

A comprehensive menu of information and resources about ankylosing spondylitis and related diseases.

Publications **Action Plan to Manage Spondylitis**

spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook

A free 20-page brochure with information about spondylitis, including a list of educational seminars, webinars and podcasts. Access to support and information about patient assistance programs.



Spondylitis Plus

spondylitis.org/spondylitis-plus

A free quarterly news magazine for SAA members that features information on treatments for ankylosing spondylitis and other types of inflammatory arthritis, news about the latest research and personal stories of readers.

eSun

spondylitis.org/#esun-signup

A quarterly electronic update newsletter featuring news, research and personal stories.

Webinars

spondylitis.org/seminars-and-webinars

Free on-demand webinars featuring medical professionals, including rheumatologists,

physical therapists and pain management specialists, as well as people living with ankylosing spondylitis and other types of inflammatory arthritis.

Creaky Joints

creakyjoints.org

845.348.0400

Creaky Joints focuses on education, research, patient support and advocacy to individuals with ankylosing spondylitis and other types of inflammatory arthritis.

EDUCATION

Publications

Raising the Voice of Patients: A Patient's Guide to Treatment and Managing Ankylosing Spondylitis

creakyjoints.org/education/ankylosing-spondylitis-patient-guidelines/

Developed by patients and reviewed by rheumatologists, this free comprehensive guide to ankylosing spondylitis offers information about treatments, diets, patient-provider communication, advocacy and other topics.

American College of Rheumatology (ACR)

rheumatology.org

404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and scientists who work with patients

with rheumatic illnesses. The organization's members are also involved in research and advocacy efforts, as well as patient and professional education.

SUPPORT

For Patients & Caregivers

rheumatology.org

A Patient Resources quick link on the American College of Rheumatology's homepage provides access to the Resources section for patients and caregivers. It also provides information about medication assistance programs for rheumatology patients.

EDUCATION

Publications

rheumatology.org

Patient/Caregiver

rheumatology.org

On the American College of Rheumatology's homepage, the Patients & Caregivers tab provides access to a range of ankylosing spondylitis-related information in English and Spanish.

Spanish

rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/espondiloartritis

Ankylosing spondylitis-related information in Spanish.

Videos

rheumatology.org/I-Am-A/Patient-Caregiver/Patient-Education-Videos

A library of videos with information about ankylosing spondylitis, as well as patients' personal stories about the impact of living with AS.

REACTIVE ARTHRITIS

Hospital for Special Surgery

Inflammatory Arthritis Center

hss.edu/IAC

The Inflammatory Arthritis Center provides clinical care, patient education and support to people with reactive arthritis, rheumatoid arthritis, ankylosing spondylitis and gout, among other conditions.

EDUCATION

Information on Conditions and Treatment: Reactive Arthritis

hss.edu/reactivearthritis

Detailed information on reactive arthritis: overview, diagnosis and treatment, wellness, research, HSS clinical trials and other information.

National Organization for Rare Disorders (NORD)

rarediseases.org/rare-diseases/reactive-arthritis

National Organization for Rare Disorders (NORD) is a clearinghouse for illness-related information about a variety of rare diseases, including reactive arthritis.



Arthritis Foundation (National)

arthritis.org

404.872.7100

Arthritis Foundation, (New York)

arthritis.org/new-york

917.765.2861

EDUCATION

The Arthritis Foundation provides information about all types of arthritis, including reactive arthritis symptoms, treatment and self care.

arthritis.org/about-arthritis/types/reactive-arthritis

Publications

Arthritis Today

arthritis.org/about-arthritis/types/reactive-arthritis/treatment.php

Print and digital editions with information on treatment, pain management, fatigue, exercise and stress reduction.

Spondylitis Association of America™

spondylitis.org

818.892.1616

The Spondylitis Association of America provides support, educational resources and advocacy for people with reactive arthritis and other types of inflammatory arthritis.

EDUCATION

spondylitis.org/reactive-arthritis

An overview of reactive arthritis, including symptoms, diagnosis and treatment.

SUPPORT

Support Groups

spondylitis.org/groups

The Spondylitis Association of America sponsors approximately 30 support groups throughout the United States. These groups are led by trained peer volunteers who themselves have reactive arthritis or other types of inflammatory arthritis. Group meeting frequency varies from monthly to quarterly.

Online Support and Discussion Forums

forums.spondylitis.org

Message boards and forums that provide a space for people with reactive arthritis and other types of inflammatory arthritis to share ideas and offer mutual support.

EDUCATION

Publications

spondylitis.org/educational-materials-resources

A comprehensive menu of information and resources about reactive arthritis and related diseases.

Action Plan to Manage Spondylitis

spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook

A free 20-page brochure with spondylitis information, list of educational seminars, webinars and podcasts. Access to support



and information about patient assistance programs.

Spondylitis Plus

spondylitis.org/spondylitis-plus

A quarterly news magazine for SAA members that features information on treatments for reactive arthritis and other types of inflammatory arthritis, news about the latest research and personal stories of readers.

eSun

spondylitis.org/#esun-signup

A quarterly electronic update newsletter featuring news, research and personal stories.

Webinars

spondylitis.org/seminars-and-webinars

Free on-demand webinars featuring medical professionals, including rheumatologists,

physical therapists and pain management specialists, as well as people living with reactive arthritis and other types of inflammatory arthritis.

Creaky Joints

creakyjoints.org

845.348.0400

Creaky Joints is an education, research, patient support and advocacy organization that provides information about reactive arthritis and other types of inflammatory arthritis.



SUPPORT

Online Support and Discussion Community

Message Boards
creakyjoints.org

Facebook page
[Facebook.com/CreakyJoints](https://www.facebook.com/CreakyJoints)

Monthly Twitter Chat
[#CreakyChats](https://twitter.com/CreakyJoints)
[@CreakyJoints](https://twitter.com/CreakyJoints)

Described by Creaky Joints as a “peer-to-peer educational forum across the autoimmune arthritis space.” Topics include *Touchdown With CreakyJoints: Sports, Movement and Activity with a Chronic Disease*.

American College of Rheumatology

rheumatology.org
404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and scientists who work with patients with rheumatic illness. The organization’s members are also involved in research and advocacy efforts.

SUPPORT

For Patients & Caregivers
rheumatology.org

A Patient Resources quick link on the American College of Rheumatology’s homepage, provides access to the Resources section for patients and

caregivers, and also provides information about medication assistance programs for rheumatology patients.

EDUCATION

Publications
rheumatology.org

Patient/Caregiver

On the American College of Rheumatology’s homepage, the Patient/Caregiver tab provides access to a range of reactive arthritis-related information in English and Spanish.

Spanish

rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/artritis-reactiva

GOUT

Hospital for Special Surgery

hss.edu

212.606.1000

Inflammatory Arthritis Center

hss.edu/IAC

The Inflammatory Arthritis Center at Hospital for Special Surgery provides care to people with gout, rheumatoid arthritis, ankylosing spondylitis, psoriatic arthritis and reactive arthritis, among other rheumatic conditions.

EDUCATION

Information on Conditions and Treatment: Gout

hss.edu/gout

Detailed information on gout: overview, diagnosis, risk factors, treatment and wellness.

Publications

Gout: Risk Factors, Diagnosis and Treatment

hss.edu/goutoverview

This article presents an overview of gout, including symptoms, diagnosis, initial treatment and long-term management issues for patients with gout.

Blog

The Playbook: Strategies to Keep You in the Game of Life

hss.edu/goutplaybook

Blog posts on gout awareness nutrition and other topics. In the

Ask the Expert feature, an HSS rheumatologist, podiatrist, and dietitian, experts on gout and other inflammatory conditions, answer patients' questions.

Gout & Uric Acid Education Society

gouteducation.org

The Gout & Uric Acid Education Society is an organization of healthcare professionals raising awareness about gout, the most common inflammatory disease. It offers a range of free resources to patients and professionals.

EDUCATION

gouteducation.org/patient/education

Free material can be downloaded and printed. Copies of many of the publications are also available in Spanish. These include a patient education kit with information on managing gout, brochures on the link between gout and other health issues, gout fact sheets and monthly newsletters.

Videos

gouteducation.org/patient/education/video-library

A video library with offerings on lifestyle and diet, communicating with your doctor and tips for managing gout.

Creaky Joints

creakyjoints.org

845.348.0400

Creaky Joints is a patient education and advocacy organization that focuses on education, research, patient support and advocacy.

SUPPORT

Online Support and Discussion Community

Message Boards

creakyjoints.org

Facebook page

Facebook.com/CreakyJoints

Monthly Twitter Chat

#CreakyChats

@CreakyJoints

Creaky Joints' message boards provide opportunities for people with gout to support one another. Staff-written articles offer information about gout and other rheumatic diseases.

EDUCATION

Raising the Voice of Patients: A Patient's Guide to Treating and Managing Gout

creakyjoints.org/education/gout-patient-guidelines

Developed by patients and reviewed by rheumatologists, this comprehensive guide to gout offers information about treatments, diets, patient-provider communication, advocacy and other topics.



American College of Rheumatology

rheumatology.org

404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and scientists who work with patients with rheumatic illness. The organization's members are also involved in research and advocacy efforts.

SUPPORT

For Patients & Caregivers

rheumatology.org

A Patient Resources quick link on the American College of Rheumatology's homepage

provides access to the resources section for patients and caregivers. It also provides information about medication assistance programs for rheumatology patients.

EDUCATION

Publications

rheumatology.org

Spanish

rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/gota

On the American College of Rheumatology's homepage, the Patient/Caregiver tab provides access to a range of gout-related information in English and Spanish.



ADDITIONAL INFORMATION



A number of U.S. government agencies are good sources of educational material and other resources for rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout.

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

niams.nih.gov

The National Institute of Arthritis and Musculoskeletal and Skin Diseases supports

research and provides information about the causes, treatment, and prevention of arthritis and other musculoskeletal and skin diseases. Many NIAMS publications are available in English, Spanish, Chinese, Korean and Vietnamese.

RHEUMATOID ARTHRITIS

EDUCATION

Publications

Handout on Health: What is rheumatoid arthritis?

niams.nih.gov/health-topics/rheumatoid-arthritis

This publication is available in English, Spanish, Chinese, Korean and Vietnamese. It provides information about RA, ranging from how it develops and is diagnosed to treatments, management strategies and information on current research.

Spanish

niams.nih.gov/es/informacion-de-salud/artritis-reumatoide

Chinese

niams.nih.gov/zh-hans/health-topics/shenmeshileifeng-shixingguanjieyan

ADDITIONAL INFORMATION

PSORIATIC ARTHRITIS

Publications

Psoriatic Arthritis Overview

niams.nih.gov/health_info/psoriatic_arthritis/default.asp

Available in English and Spanish. Information about psoriatic arthritis, including who it affects, causes, symptoms, how it is diagnosed and treated, current research and other resources.

ANKYLOSING SPONDYLITIS

EDUCATION

Publications

What Is Ankylosing Spondylitis?

Fast Facts: An Easy-to-Read Series of Publications for the Public

niams.nih.gov/health-topics/ankylosing-spondylitis

Ankylosing spondylitis diagnosis, symptoms, treatment and self-management strategies.

REACTIVE ARTHRITIS

EDUCATION

What is Reactive Arthritis? Fast Facts: An Easy-to-Read Series of Publications for the Public

niams.nih.gov/health-topics/reactive-arthritis

Information on reactive arthritis diagnosis, symptoms, treatment, self-management strategies and research. Also available in Spanish.

Spanish

niams.nih.gov/es/informacion-de-salud/artritis-reactiva

GOUT

EDUCATION

Publications

What is Gout?

niams.nih.gov/health-topics/gout

Available in English, Spanish, Chinese, Korean and Vietnamese, “Fast Facts” describes the condition and outlines its causes, diagnosis and self-management. It is also available in an audio version.

Spanish

niams.nih.gov/es/informacion-de-salud/gota

Chinese

niams.nih.gov/zh-hans/health-topics/heweitongfeng

Korean

niams.nih.gov/ko/health-topics/tongpung

Vietnamese

niams.nih.gov/vi/health-topics/benh-gout

CLINICALTRIALS.gov

clinicaltrials.gov

A service of the U.S. National Institutes of Health, ClinicalTrials.gov is a registry and database of clinical studies around the world, including those related to rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout.

For quick access to all the links listed here, find this guide online at hss.edu/ArthritisResources.

