

About Arthritis Australia

Nearly one in five Australians - that's 3.85 million people - has arthritis. Arthritis Australia is a not-for-profit and is the peak arthritis organisation in Australia. It is supported by affiliated offices in every state and territory.

Arthritis Australia:

- provides support and [information](#) to people with arthritis as well as their families and friends
- promotes awareness of the challenges facing people with arthritis across the community, and to leaders in business, industry, and government
- funds research into potential causes and possible cures as well as better ways to live with arthritis, and
- aims to keep health professionals such as physiotherapists, occupational therapists, and community nurses informed.

Resources

Our consumer information booklets and sheets are available to download from our website www.arthritisaustralia.com.au Hard copies of our booklets can also be requested.

Some of these include:

10 steps for living well with arthritis

At home with arthritis simple steps for managing in the home

Taking control of your Osteoarthritis

Taking control of your Rheumatoid Arthritis

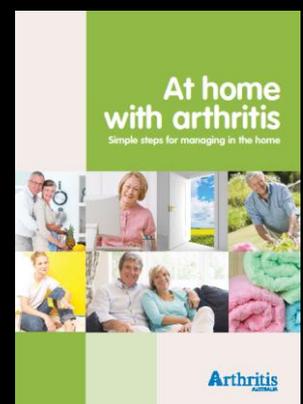
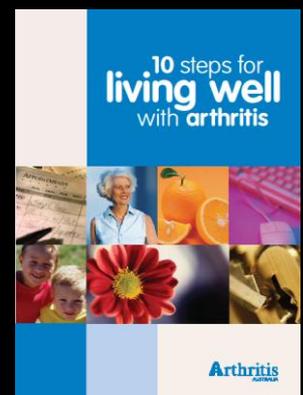
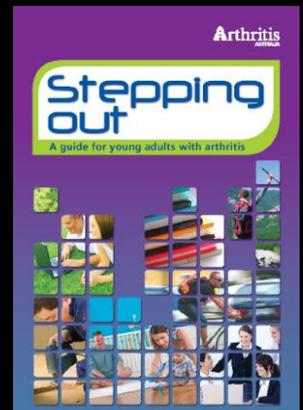
Taking control of your Ankylosing Spondylitis

Taking control of your Psoriatic Arthritis

Stepping out a guide for young adults with arthritis

and

Women's Insights into Rheumatoid Arthritis



Arthritis

AUSTRALIA

“I just happened upon the link to the newly released resource ‘Women’s Insights into RA’ and I have just read it end to end. It is fantastic. I feel validated, encouraged and supported and I want to make everyone I know read it!”

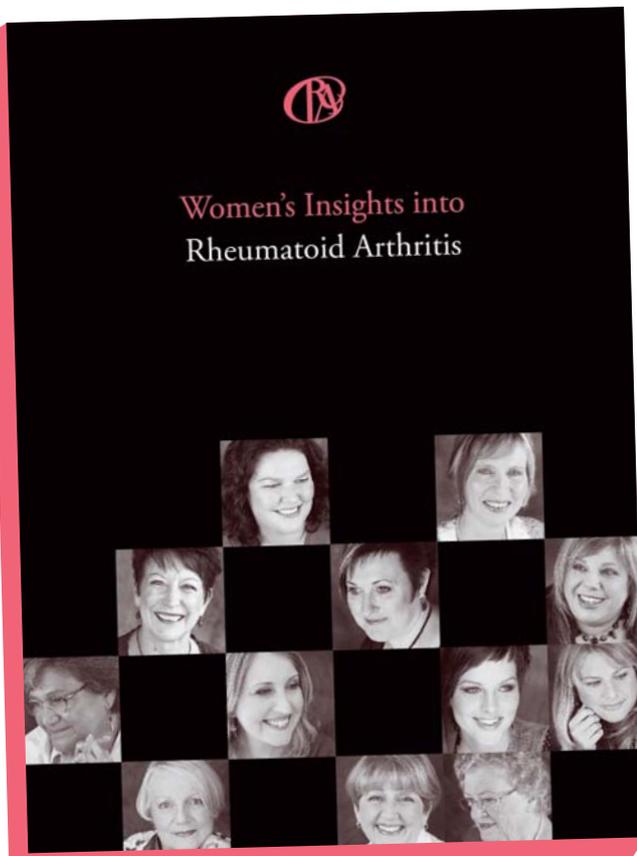
- MAUREEN, CARNARVON WA

“Reading this book has been quite empowering and I have a much greater appreciation of the facts about RA now. I hope that there are lots of other people like me who have read this book and now feel they can better enjoy their lives as a result.”

- LIZ, DANDENONG VIC

“My sister-in-law has recently been diagnosed with RA after an extremely painful, upsetting and long period. Your book has taught me a lot and she has found great solace in hearing that other women have experienced what she has been living with in silence for years.”

- LISA, NARRABUNDAH ACT



Inspiration. Empowerment. Comfort.
That's what we feel when we hear the story of another who has been down our same path.

Brought to you by Arthritis Australia and the Australian Rheumatology Association, *Women's Insights into Rheumatoid Arthritis* captures those shared experiences through:

- 12 inspiring Australian women with RA
- 12 female Federal MPs — including Prime Minister Julia Gillard and Deputy Leader of the Opposition Julia Bishop
- and 12 powerful stories that will bring a sense of inspiration, empowerment and comfort to your patients living with RA.

Contact Arthritis Australia for your FREE copy of the *Women's Insights into Rheumatoid Arthritis* book. Multiple copies available on request and subject to availability.

Email: info@arthritisaustralia.com.au

Website: www.arthritisaustralia.com.au

Abbott has supported the *Women's Insights into Rheumatoid Arthritis* project with an unrestricted grant to Arthritis Australia.

 **Abbott**
A Promise for Life