

## CAN YOU HELP?

If you have inflammatory arthritis you may be eligible to participate in ARAD.

You can ask your rheumatologist to fill out a 'Permission to Contact' form.

Alternatively, if you would like to register your interest directly, a 'Participant Expression of Interest' form can be downloaded from the ARAD website:  
<http://www.rheumatology.org.au/rheumatologists/ara/database.asp>

Your ARAD state co-ordinator will then:

1. Send you an ARAD pack which contains a patient information and consent form, questionnaire, and a reply paid envelope.
2. Contact you to explain the project and what your involvement would be.

We encourage you to discuss your participation with your Rheumatologist.

For more information please contact your State Co-ordinator:

### **State Co-ordinators:**

#### **QLD, WA, TAS, & NT**

Lyndall Henderson  
(02) 9926 8579  
[lyndallh@med.usyd.edu.au](mailto:lyndallh@med.usyd.edu.au)

#### **NSW & ACT**

Margaret Karr  
(02) 9113 2982  
[margaret.karr@sesiahs.health.nsw.gov.au](mailto:margaret.karr@sesiahs.health.nsw.gov.au)

#### **VIC & SA**

Joan McPhee  
(03) 9508 1137  
[Joan.McPhee@med.monash.edu.au](mailto:Joan.McPhee@med.monash.edu.au)

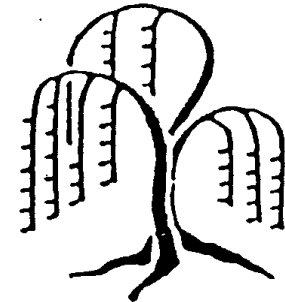
### **Project Team:**

Professor Rachelle Buchbinder  
Associate Professor Lyn March  
Professor Marissa Lassere  
Associate Professor Christopher Reid

### **ARAD Data Centre:**

Molly Bond, Nino Hay, Vibhasha Chand

**ARAD:**  
Collecting long term health  
information to provide better care  
for people with arthritis



**A R A D**

**Australian  
Rheumatology  
Association  
Database**

Do you have:

- Rheumatoid arthritis,
- Ankylosing spondylitis,
- Psoriatic arthritis,
- Juvenile arthritis?

If so, you may be eligible to participate in the Australian Rheumatology Association Database, a national registry established to collect health information from all Australian patients with these types of arthritis.

## WHAT IS ARAD?

ARAD was established in 2002 as a national registry for people with inflammatory arthritis conditions.

ARAD aims to enhance the care of people with arthritis by studying the long-term outcomes of the condition, including responses to new medications.

## WHO CAN PARTICIPATE?

ARAD aims to include all Australians with inflammatory arthritis conditions including:

- rheumatoid arthritis
- ankylosing spondylitis
- psoriatic arthritis
- juvenile arthritis
- 

All information provided to us will be confidential. It is protected by a unique project number in the registry and is accessible only by ARAD staff.

ARAD is funded by:  
NHMRC Enabling Grant  
Monash University  
Cabrini Health

Educational Grants from:  
Abbott Australasia Pty Ltd  
Wyeth Australia Pty Ltd  
Roche Products Pty Ltd

Previous Sponsors  
Amgen Australia Pty Ltd, Aventis, Schering Plough

## WHAT IS SPECIAL ABOUT ARAD?

ARAD is unique because:

- There is no other health registry in Australia which collects comprehensive information on biological drugs as well as conventional treatments.
- It relies on information from patients, not rheumatologists.

## WHAT IS INVOLVED?

Participation involves completing a written postal questionnaire survey every 6 months. Each questionnaire should take about 30 minutes to complete.

ARAD collects information about your arthritis and health, the medications you take, your quality of life, and information from state and federal health registries.

There are NO blood or other physical tests in ARAD.

Participation is completely voluntary, however the longer you are able to contribute to the database, the more valuable ARAD will become.

## WHAT PARTICIPANTS HAVE SAID

*Thank you for your ongoing diligence  
in monitoring our health.  
Hope it is all correct this time!  
Christmas greetings & all the  
best for 2009.*

*MY GENERAL HEALTH & THINGS I CAN NOW DO HAVE  
CHANGED SO MUCH FOR THE BETTER SINCE STARTING  
MY REMICADE TREATMENT. I CAN NOW KNIT AGAIN  
AND AM ABLE TO DO LIGHT GARDENING. I DON'T  
HAVE TO RELY ON MY DAUGHTER'S HELP AS I  
DON'T HAVE THE FLARE UPS, THAT I USED TO.  
THANK YOU ALL SO MUCH FOR THIS WONDERFUL  
OPPORTUNITY TO BE LUCKY ENOUGH TO BE  
INCLUDED IN YOUR ARAD STUDY.*

*Thank you for this research. is good  
work u do here guys.*