



ARAD NEWSLETTER

Australian Rheumatology Association Database

January 2008

The ARAD project team greatly appreciates your contribution to this important health registry. The continued support from individuals with arthritis (rheumatoid arthritis, ankylosing spondylitis, juvenile arthritis and psoriatic arthritis) by completing questionnaires is essential in being able to determine the long term benefits and safety of new biologic drugs for Australian patients. Ultimately, Australian data will be compared to data from other nations to evaluate these drugs on an international level.

If you no longer complete questionnaires for ARAD, we thank you for your participation so far. Should you wish to recommence, please contact your state coordinator (details overleaf) so we can send you another questionnaire and update your details.

Recent developments in ARAD

ARAD is growing

ARAD continues to steadily grow. Currently there are over 2,100 people participating in ARAD, under the care of 152 rheumatologists across Australia. In addition to those taking biological drugs therapy, ARAD is now inviting individuals with inflammatory arthritis, who are not receiving biologic therapy ('Control' patients), to join the register. Control patients may be taking conventional medications for arthritis. 'Controls' are very important to the study, as we can compare their health to that of patients on biologic drugs.



Distribution of ARAD participants in Australia

We have also recently expanded our recruitment process to allow patients to enrol directly into ARAD. Further information about this is available on the ARAD page of the Australian Rheumatology Association website.

www.rheumatology.org.au/rheumatologists/aradatabase.asp

Anyone with arthritis, who is interested in participating and has been diagnosed by a rheumatologist, can download a 'Participant: Expression of Interest' from there.

We are unique

ARAD is unique for a number of reasons:

1. There is no other health registry in Australia which collects information on the biological drugs including Enbrel, Humira, Remicade, Kineret, MabThera and Orencia
2. ARAD relies on data from patients, not rheumatologists
3. ARAD collects information from children with juvenile arthritis who take biologic drugs

...so please keep up the great effort in completing questionnaires and remember it is still essential that you provide an answer to **every** question using a blue or black biro - that is, every question should have a response except questions 14 and 15. If you are uncertain how to answer a question, please contact your State Co-ordinator for assistance.

Online access to questionnaires and a big help to the environment

Preparation is now under way to enable completion of the questionnaire online (i.e. via the internet). This will allow us to offer participants the option of completing their questionnaires on-line if they prefer this to receiving a paper copy in the mail. We will let you know as soon as this is up and running.

Funding and resources

The ability to expand ARAD has been helped by funding from the Australian Government National Health and Medical Research Council (NHMRC), Monash University, Cabrini Health and educational grants from Abbott, Amgen, Wyeth and Roche pharmaceutical companies. Educational grants have previously been provided by Aventis and Schering Plough.

We would also like to sincerely thank the Frampton family for their generous donation in memory of Mr William Frampton, an ARAD participant.

Kids spot

So far there are 94 kids in ARAD! You are all very special! Here is a spot just for you!

Quirky facts

Did you know that:

Melbourne is 16664 km from New York? Penguins in Antarctica can swim up to 50 km per hr? There are more people in China than there are grains of sand in the Sahara?

Send in your **Quirky Fact** to: ARAD, C/o Cabrini Institute, Cabrini Hospital, 183 Wattletree Rd, Malvern, 3144

Don't forget

Eating a well balanced diet is important for good general health, which in turn will help your body to cope with the extra stress of arthritis. A diet high in fibre, fresh and unprocessed foods and with lots of variety is a good start. Keeping your weight within the normal range for your height and age will prevent extra strain on your joints.

Our Staff

Please contact us through your relevant State Co-ordinator if you have any questions:



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