



INVITATION TO A PATIENT FORUM IN GATINEAU

SATURDAY, JANUARY 23, 2010

*Don't miss the patient forum organized by The Arthritis Society in your area!
This is the perfect opportunity to discuss your subjects of concern with a rheumatologist.*

- ◆ Free entrance
- ◆ PLACE: Best Western Cartier, 131, Laurier Street, Gatineau, J8X 3W3
- ◆ DATE: January 23, 2010, from 1:30 p.m. to 4:30 p.m.
- ◆ ON THE PROGRAM:

Dr. **Josiane Bourré-Tessier**, rheumatologist, will discuss two types of arthritis: osteoarthritis and rheumatoid arthritis. She will review the main symptoms of these two diseases and talk about treatment options and recent discoveries.

A **second health professional** (physiotherapist, occupational therapist or dietitian) will also be on hand to give practical information about what you can do to minimize the impact of arthritis on your life.

A question period will follow the presentation. Please note that the presentation will be in **French**.

Sign up quickly: places are limited!

To reserve:
1.800.321.1433, ext. 250
www.arthritis.ca/quebec

Please answer this short questionnaire and hand it in to us in at the forum.

*If you are moving, please provide your new address below,
along with the date of the change.*

Date of address change: _____

Address: _____

City: _____ Postal code: _____

Telephone: _____

Email: _____

Please answer the following questions.

Do you have arthritis? _____

If yes, which type? _____

I wish to be kept informed of The Arthritis Society's activities.

I wish to receive The Arthritis Society's newsletter (published twice a year).

This patient forum is made possible by the support of



Arthritis Self-Management Program (ASMP)

The ASMP:

- Provides a deeper understanding of the disease and its treatment;
- Helps patients find ways of coping with chronic pain;
- Invites patients to take a more active part in managing their disease; and
- Helps patients to obtain information and gain new skills, exchange ideas and share their experiences.

The ASMP comprises six weekly 2-hour sessions. The meetings are led by qualified volunteers, many of whom live with arthritis themselves.

The ASMP is not meant to replace direct medical care, but to give you the opportunity to play an active role in the management of your disease.

ARTHRITIS INFORMATION WORKSHOP

THE WORKSHOP:

- Aims to provide people with arthritis and their loved ones with basic information to help them better cope with this disease;
- Can be one to two and a half hours long, as needed.

TOPICS DISCUSSED:

- The different types of arthritis
- Dealing with pain
- Dealing with depression
- Dealing with fatigue
- The importance of physical exercise
- Maintaining a healthy weight
- Health professionals
- Doctor appointments
- Medications

For information or to participate, contact us at:

1 800 321-1433 or www.arthritis.ca/quebec