

The Latest from Arthritis Society Canada: New Gout Hub and Early Diagnosis Campaign

By Trish Barbato, President and CEO, Arthritis Society Canada

Arthritis Society Canada is constantly updating resources with the latest evidence, and reaching out to educate the public about Canada's most common chronic disease.

Please check out and share our newest resource — a new hub all about the symptoms, causes and treatment of gout at www.arthritis.ca/gout. Here we explain that gout is the most common form of inflammatory arthritis, affecting as many as 1 million Canadians, and help people manage it with up-to-date info on risk factors for gout, tips for self-management of gout and online learning guides on everything from staying active to eating well.

Also new on the market is our campaign designed to help people with common joint symptoms ask themselves, could it be arthritis? With digital ads across Canada this spring, we are encouraging people to check their symptoms online to learn more.

Our message to those at risk is that it's better to know because early diagnosis and treatment of arthritis are critical to minimizing the impact of joint damage and disability.

If people have joint pain, they shouldn't ignore it. Millions live with arthritis, and there are millions more who have this disease but don't know it yet. Understanding their symptoms is the first step to finding relief.

An advertisement for Arthritis Society Canada's "Better To Know" campaign. It features a photograph of a woman in a blue polka-dot shirt holding her neck in pain. To the right of the photo, the text reads: "Your aching joints are telling you something. Is it arthritis? It's better to know." Below this text is a blue checkmark icon inside a white square. At the bottom of the ad, the Arthritis Society Canada logo is on the left, and the text "Check your symptoms at arthritis.ca/BetterToKnow" is on the right.

Your aching joints are telling you something.

Is it arthritis?

It's better to know.

Arthritis SOCIETY CANADA

Check your symptoms at arthritis.ca/BetterToKnow

Anyone in Canada can take the Arthritis Symptom Checker at www.arthritis.ca/BetterToKnow.

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back was positive, although most participants requested in-person teaching, especially for clinical skills. Thus, in 2023, to supplement the virtual teaching, Drs. Hitchon, Scuccimarri, Colmegna, and Meltzer have planned an in-person visit to provide clinical skills teaching and tutorials for both internal medicine and pediatric resident trainees.

The combined approach of supporting funding for fellowship training and providing rheumatology educational programs to medical and pediatric residents in under-resourced regions aims to develop sustainable rheumatology capacity for clinical care and education, and thereby improve outcomes for individuals with rheumatic diseases in these regions. This work could not be possible without the generous support of our donors, the

project-specific funding from organizations such as the RCPSC, and the commitment of our volunteers, all of which are important to help achieve the mission of RFA.

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