

Department
of Rheumatology

Day to Day Living with Arthritis
and Connective Tissues
Diseases

2017 Conference

“Putting the puzzle of arthritis and
Connective tissue diseases
together”

Free

Patient and Public Conference

Wednesday 27th September
2017

Mountbatten Centre- Alexandra Park-
Portsmouth





Putting the puzzle of arthritis and Connective tissue diseases together

09.30	Welcome and overview of 2017- Day to Day Living with Arthritis and Connective Tissue Diseases		
09:45	“Pain be gone”- Arthritis and Connective Tissue Diseases is a leading cause of pain and disability worldwide. This session will give an overview of pain- Acute, Chronic/ Persistent, followed by advice about easing the pain.		
10:30	Keep Moving – which is best being active or exercising- Exercise is important if you have arthritis, as it helps to limit pain and maintain mobility. It also boosts energy, keeps muscles strong to support joints, and can prevent disability		
11:00	Refreshments and Exhibition		
11:30	Diet and Nutrition- Eating a balanced diet and maintaining a healthy weight can have a huge impact on health and wellbeing for people living with arthritis and connective tissue diseases. This session will cover information about healthy eating, weight control and essential vitamins and minerals.		
12:15	Research Update- Highlights Clinical trials are part of clinical observational research and at the heart of all advances in arthritis and connective tissue diseases. Clinical trials look at new ways to prevent, detect, or treat disease. Treatments might be new drugs or new combinations of drugs or new ways to use existing treatments. The goal of clinical trials is to determine if a new test or treatment works and is safe. Clinical trials can also look at other aspects of care, such as improving the quality of life for people with arthritis and connective tissue diseases. During this session we aim to give you some highlights into research hitting the news in the field of Arthritis and Connective Tissue Diseases		
13:00	Lunch and Exhibitions Health Care Professional Hosted table discussions- “drop by, take a seat and eat your lunch whilst talking to one of health care professionals (no need to book)		
13:45	Fatigue and Sleep- Hand and Hand Sleep disorders , such as difficulty falling asleep, problems maintaining sleep, poor sleep efficiency, early awakening, and excessive daytime sleepiness, are prevalent in patients with Arthritis and Connective Tissue Diseases. For people living with these conditions, sleep is potentially affected by a variety of factors, including the biochemical changes associated with the process of the disease, treatments and symptoms that frequently accompany them such as pain, fatigue, and depression. Fatigue is highly prevalent and persistent in patients with Arthritis and Connective Tissue Diseases. Although Arthritis and Connective Tissue Diseases related fatigue and sleep disorders are distinct, a strong interrelationship exists between these symptoms, and a strong possibility exists that they may be reciprocally related.		
14:30	Foot and Ankle Pain The pain and stiffness you feel in your feet and ankles ,if left untreated, this pain can grow worse, eventually becoming so excruciating that you can no longer walk even short distances. Severe arthritis can restrict your mobility and limit your quality of life, but with proper treatment, you can slow the development of arthritis and lead a more productive life.		
15:15	Refreshments		
15:30	Breakout 1	Breakout 2	Breakout 3
	Rheumatoid Arthritis Update	Ankylosing Spondylitis Update	Psoriatic Arthritis Update
	Lecture Theatre	Exhibition Hall Round table	
16:30	Connective Tissue Diseases Update	Osteoporosis Round table (1) discussion group	Osteoporosis Round table (2) discussion group
16:30	Close		



We are delighted to be hosting our 11th Day to Day Living with Arthritis and Connective Tissue Disease conference with a stimulating line up of speakers on Wednesday 27th September 2017

This conference is aimed at individuals (patients) , family, friends and carers who are living with arthritis and connective tissue diseases. It is hoped that the conference will help patients to develop the knowledge and skills to self-manage their disease leading to empowerment and improved quality of life.

Since 2006 over 6500 delegates have benefited from these conferences.

Reasons Why You Should Attend the Day to Day- Living Well With Arthritis/ Connective Tissue Diseases Patient and Public Conference

- * Understand how to cope with the emotional challenges of living with Arthritis and Connective Tissue Diseases
 - * Develop strategies for staying motivated
- * Meet people who want to take charge of their Arthritis/ Connective Tissue Disease as well as their health, and their lives
 - * Build a support network and talk with others who share similar experiences
 - * Learn about current therapies from the rheumatology team
 - * Be empowered to become a more effective partner in your own health care
 - * Discover ways to increase public awareness of the disease

Presentations and Workshops sessions are led by the Rheumatology Team and other local leading medical and healthcare professionals. Whether you are newly diagnosed or have had arthritis/ connective tissue disease for many years, the Day to Day Conference is a great way to learn about the disease and become connected with others that are dealing with Arthritis and Connective Tissue Diseases.



Exhibition Hall open 09:00-15:00

Exhibition stands

During your busy conference schedule, please take time to visit the charity and Health Care Professional Exhibition Fair Hall (lower ground floor) meet with charities and health care professionals that can offer you advice and support. - *"You will always receive a very warm welcome".*

We value the support of each and every organisation that takes part in the exhibition and /or provides sponsorship support for this event. We appreciate the huge amount of time, cost and effort involved. The exhibition is a huge hub of information with something for everyone.

Too Hot/Too Cold- The Mountbatten Centre is a sport center and therefore the room temperature takes some time to change- it may be appropriate for your to wear comfortable warm clothing and to bring a bottle of water.

For your comfort

Sitting and being comfortable throughout the day is extremely important, as it boosts concentration and will reduce pain and discomfort.. Although we do our best- conference seating is not always that comfortable- remember to bring a cushion if needed to aid comfort- remember most conference rooms have sufficient space for you to walk around and stretch if needed.

Change in Programme- Our conference programme is subject to change at any point before or during the conference itself. We are unable to accept responsibility for changes

Refreshments and light snack lunch- will take place within the exhibition area in the main exhibition halls- please note we are unable to cater for specialist diets- you are welcome to bring your own packed lunch.

If there are long queues- then pop back later- don't miss out

Patient and Public Delegate- Registration form

Name _____

Address _____

Postcode _____

Telephone Number _____

Email _____

I will be attending and will be bringing with me _____ Guests

Name _____

Name _____

Signed _____ Date _____

Please send back to Rheumatology Conferences, Department of Rheumatology, Queen Alexandra Hospital , Cosham, PO6 3LY

Email rheumatology.conference@porthosp.nhs.uk