

43RD ANNUAL PRESIDENT'S REPORT

Dr Jack Edelman, MBBS FRACP
President, Arthritis and Osteoporosis WA

Arthritis covers a wide range of conditions from rare to common, often resulting in long term disability and reduced quality of life. In Australia, arthritis and other musculoskeletal conditions affect more than 6.1 million people and can affect all stages of life.

Arthritis and other musculoskeletal conditions are Australia's fourth most expensive group of diseases, according to the recent ABS report (Aug 2014). Spending on these diseases totalled \$5,690 million, accounting for 9% of total health-care spending:

- Osteoarthritis accounted for 29%
- Back problems cost 21%
- Rheumatoid arthritis 6%
- Osteoporosis 5%

More than half of spending on arthritis and other musculoskeletal conditions was on hospital admissions, followed by 30% on out-of-hospital medical expenses and 16% on prescription pharmaceuticals.

Overall spending on these conditions also varied by age,

and was highest for people in the 65–84 age groups and for females. Arthritis and other musculoskeletal conditions are more prevalent in women (31.6%, 3.6 million) than men (22.2%, 2.5 million).

By 2032, it is projected that the number of cases of arthritis and other musculoskeletal conditions will increase by 43% to 8.7 million (a rise of 2.6 million), affecting 30.2% of the population.

While prevalence rates are higher in older Australians, more than half of those with musculoskeletal conditions (58.4%) are currently between the ages of 25 and 64 years - the prime working age population.

The consequent economic costs and burden of disease show the necessity of Arthritis and Osteoporosis WA (AOWA) continuing the provision of services to this large consumer group - especially as we are the only Non-Government Organisation in Western Australia that is solely dedicated to working in the health area of bone and joint disease.

In late 2014, AOWA embarked on a review of its Strategic/ Operating Plan to ensure that we continue to remain the peak organisation providing services to those with Arthritis and Osteoporosis.

Arthritis and Osteoporosis WA provides a range of services from preventive health care to rural clinics disease specific self-management programs and health professional and public education, specialist exercises classes, health promotion information and support services.

This organisation is dedicated to the support of new research into possible cures and better treatments for musculoskeletal diseases and we were the major force behind efforts to establish the Professorial Position.

I am pleased to report that in 2014, a substantial surplus has allowed us to continue to build the Research Corpus, which will generate income to fund the Professor of Rheumatology and Musculoskeletal Medicine at the School of Medicine at the University of WA.

We are pleased to announce the inaugural appointment of Winthrop Professor Johannes Nossent (Hans), who commenced his position in mid-2014. Hans was educated in the Netherlands and has worked in various parts around the world, including the Dutch Caribbean and Norway. Prior to taking up his current role Hans was the Staff Rheumatologist at the Royal Darwin Hospital.

Whilst there, he set up a dedicated connective tissue disease clinic and started Telehealth Clinics for remote patients with rheumatic disease. He has co-authored over 120 scientific, peer review papers and has contributed to several Rheumatology text books.

I would also like to welcome former Foreign Affairs Minister Mr Stephen Smith as the new Vice Patron of the Foundation. We are extremely pleased to have him as part of our team as we strive to assist those with bone and joint disease

Arthritis & Osteoporosis WA has been committed to providing best practice rheumatology clinic services to the regional areas since 1974. With the support from the Dept. of Health WA, in 2014, over 100 day clinics at 14 locations across the state from Kununurra to Esperance were held with over 2,000 patients attending.

Each clinic reports on the throughput, demography of patients, and their clinical conditions. It is imperative that the regional health services also provide support for these clinics to be successful.

Other services provided with the support of the Dept. of Health WA include disease specific self-management courses in:

- Rheumatoid Arthritis;
- Osteoarthritis of the Knee;
- Ankylosing Spondylitis; and
- Osteoporosis Exercise and self-management program.
- These programs focus on education, goal setting, and decision making, thus helping the individual take responsibility for their own health. In total, 259 self-management and exercise programs were conducted throughout the year.

We have discovered that there is no up-to-date reference book that can be used for the Rheumatoid Arthritis and Self-Management Program. We have therefore decided to develop one. A number of specialists have agreed to write a chapter on various topics and we expect this book to be published by the end of 2015. Our thanks go to Ms Jean McQuade Manager Health Services who has been the leading force in developing these unique programs that assist people to take care of themselves.

Camp Freedom continues to be successful and in 2014 the event was held at Woodpoint Recreation Camp with a record 49 campers. Camp Freedom provides children with Juvenile Arthritis an opportunity to meet others like themselves and participate in activities without the stigma of being different.

The camp also offers friendship, fun and exciting activities, as well as educational workshops and 'tips on how to self-manage'.

Our thanks go to Lotterywest for their support and to Kerry Mace and Debbie Rafferty for organising and overseeing the Camp.

As a result of the success of our camps, the Arthritis Getaway Weekender for young adults (aged between 19 to 35 years) was held for the first time. The objective of the weekender was to provide the opportunity to get-together in a relaxed environment, to share their experiences, to continue their education about living with arthritis, and how to overcome obstacles and build a support network.

Dr John Quintner kindly volunteered his time and, along with his team, has continued to develop pain information initiatives, including:

- Inter-disciplinary Health Professional Workshop;
- Reaching Out to Women in Pain Workshops; and
- Along with a series of Pain seminars for the general public.

We also completed our Pilot Kids Overcoming Pain Education Program funded by Telethon. This is a psycho-educational community based workshop catering for children and adolescents with persistent pain. Manuals were developed for

- Children 8-12
- Adolescents 13-18
- Parents

All parents in the course reported making changes as a result of the program and we achieved an overall satisfaction rating of 4.4 out of 5.

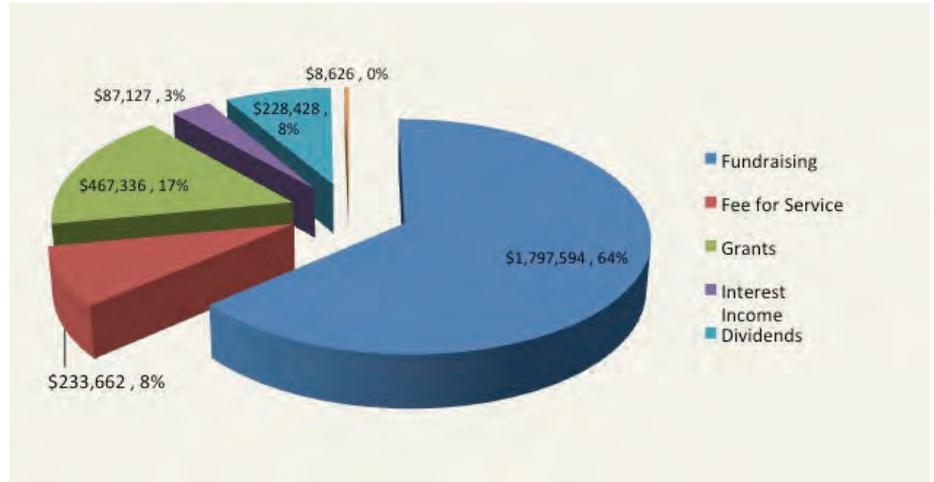
Furthermore we continue to provide a number of high quality programs:

- Arthritis Today Magazine which is distributed three times a year to over 10,000 subscribers throughout the state
- A monthly E-news letter to over 3,500 people
- An increased use of social media with Facebook approaching 5,000 followers and our website having around 12,000 visits monthly
- Information and resource services, including telephone advisory service, plus we have a range of information sheets and booklets available for free
- Seminars, Workshops and Community Talks on various topics
- Support groups, both Metro and Regional
- Health promotion Activities which includes Bones and Joints School on line program
- Disease specific exercise classes, including Tai Chi and Hydrotherapy

The bulk of the income for the foundation is generated through Fundraising.

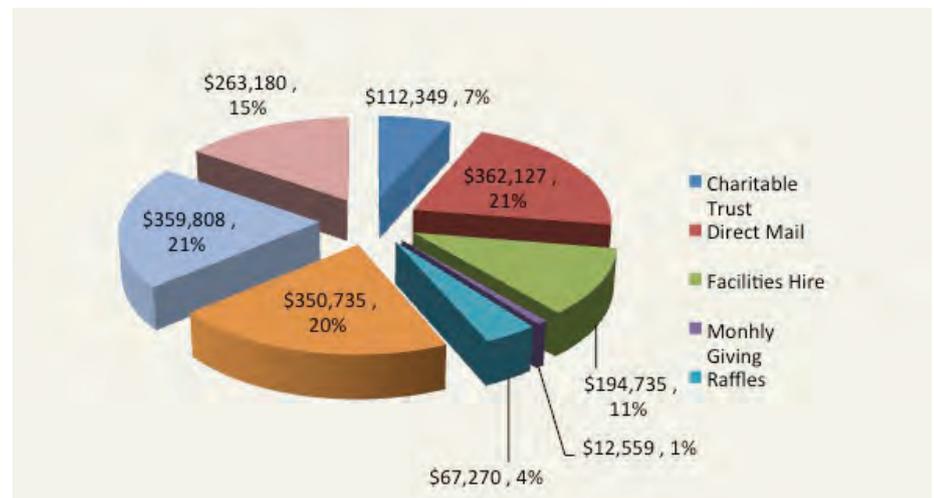
- Our major fundraising initiatives for 2013 included
- Direct Mail
- Raffles
- Bingo, run by the Mal Atwell Leisure Group
- Bequest Income

In conclusion our gratitude to all our volunteers, staff, Board and committee members who have worked very hard to ensure the success of Arthritis and Osteoporosis WA. I would also like to express AOWA's appreciation to our donors who have financially supported this organisation and have contributed to its success.



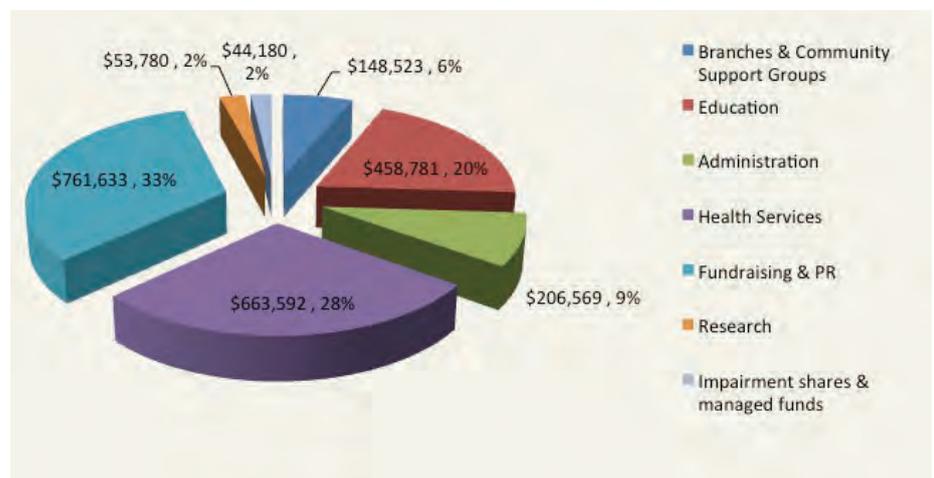
Arthritis & Osteoporosis WA

Revenue 2014 - \$2,822,773



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Charitable Support Revenue (Fundraising) 2014 - \$1,797,594



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Expenditure 2014 - \$2,337,058