



RHEUMATOID ARTHRITIS | PSORIATIC ARTHRITIS | ANKYLOSING SPONDYLITIS | REACTIVE ARTHRITIS | GOUT

# INFLAMMATORY ARTHRITIS RESOURCE GUIDE

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# INFLAMMATORY ARTHRITIS RESOURCE GUIDE

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Inflammatory arthritis refers to a range of medical conditions including rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and gout. What do these conditions have in common? Inflammation in the joints that may also be seen in other parts of the body such as the skin, lungs, or heart are a feature in all of these conditions.

Coping with any type of inflammatory arthritis can be challenging. That is why it is important to learn as much as possible about your medical condition. With knowledge, you will have the tools you need to partner with your healthcare team. Together you will be able to decide on treatment options and the best way to manage your illness.

\*We hope you will find the resources in this guide to be helpful. They are provided by the Hospital for Special Surgery's Department of Social Work Programs for informational purposes only and are not intended to be a complete list.

\* These resources are not meant as endorsements or recommendations by HSS or its faculty. For specific guidance, seek the advice of your personal medical care provider.



# RHEUMATOID ARTHRITIS

## Hospital for Special Surgery

[hss.edu](http://hss.edu)  
212.606.1000

## Inflammatory Arthritis Center

[hss.edu/IAC](http://hss.edu/IAC)

The Inflammatory Arthritis Center provides patient clinical care, education and support to people with rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout, among other conditions.

### SUPPORT

#### Support Groups Rheumatoid Arthritis Support and Education Programs

[hss.edu/RAprograms](http://hss.edu/RAprograms)

Hospital for Special Surgery offers two free monthly support and education programs for people with RA. Each ongoing group is co-facilitated by a clinical social worker and experienced rheumatology nurse. Lectures by experts in RA treatment and management are followed by a discussion and peer support group.

#### Living with Rheumatoid Arthritis: Lecture, Lunch and Conversation

[hss.edu/RAGroup](http://hss.edu/RAGroup)

For people with moderate to severe RA and their family members and friends.



Contact: Adena Batterman, MSW, LCSW, Senior Manager, Inflammatory Arthritis Patient Support and Education Programs  
212.774.2539  
[battermana@hss.edu](mailto:battermana@hss.edu)

#### The Early RA Support and Education Program

[hss.edu/EarlyRA](http://hss.edu/EarlyRA)

For people recently diagnosed with RA and their family members and friends.

Contact: Joan Westreich, LCSW-R, Social Work Coordinator, Early Arthritis Initiative  
212.774.7378  
[westreichj@hss.edu](mailto:westreichj@hss.edu)

### EDUCATION

#### Support Program Summaries

[hss.edu/SupportSummaries](http://hss.edu/SupportSummaries)

Selected lectures delivered at the Early RA and Living with Rheumatoid Arthritis groups are archived online. Topics include: *Fatigue and Inflammatory Arthritis*, *Understanding Rheumatoid Arthritis Lab Tests and Results* and *Learning to Manage Your Stress*.

#### Lectures and Symposia

[hss.edu/PublicEd](http://hss.edu/PublicEd)

The HSS Education Institute offers lectures, symposia and wellness classes for people with RA and other illnesses.



### **Information on Conditions and Treatment: RA**

[hss.edu/RA](https://hss.edu/RA)

Detailed information on RA: overview, diagnosis, treatment, wellness, research, HSS clinical trials and other information.

### **Blog**

#### **The Playbook: Strategies to Keep You in the Game of Life**

[hss.edu/RAplaybook](https://hss.edu/RAplaybook)

HSS clinicians, including rheumatologists, social workers and physical therapists, contribute articles on topics related to RA management and diagnosis. Ask the Expert features a member of the healthcare team who is an expert on RA and other inflammatory conditions who answers questions submitted by patients.

### **Webinars**

[hss.edu/webinars](https://hss.edu/webinars)

Free on-demand webinars on RA and other forms of inflammatory arthritis, featuring HSS rheumatologists, social workers, physical therapists, among others.

A recent program was the free community symposium: *Essentials in Managing rheumatoid arthritis (RA): Fatigue, Nutrition, Joint Protection and Treatments.*

### **Arthritis Foundation, (National)**

[arthritis.org](https://arthritis.org)  
404.872.7100

The Arthritis Foundation, a national advocacy and

educational organization, provides information and resources for people with RA, among other forms of arthritis. Individuals may also access services and resources through local Arthritis Foundation offices.

### **Arthritis Foundation, (New York)**

[arthritis.org/new-york](https://arthritis.org/new-york)  
917.765.2861

Among the RA-specific, free educational material available are: brochures, DVDs and newsletters; webinars; an online support and discussion community; resource locator; and an app to track daily activities and symptoms. Some resources are available in Spanish.

All can be accessed through: [arthritis.org/living-with-arthritis/tools-resources](https://arthritis.org/living-with-arthritis/tools-resources)

### **SUPPORT**

#### **Support Groups:**

[arthritis.org/living-with-arthritis/tools-resources](https://arthritis.org/living-with-arthritis/tools-resources)

Through the Arthritis Support Networks, information is provided about peer-led local support groups for people with RA and other illnesses.

#### **Online Support and Discussion Community**

[inspire.com/groups/arthritis-foundation](https://inspire.com/groups/arthritis-foundation)

RA Connect brings together a virtual community for discussions on living with RA, resources and advocacy opportunities.

## EDUCATION

### Webinars

[arthritis.org/new-york/local-resources/elearning-series.php](http://arthritis.org/new-york/local-resources/elearning-series.php)

Free, one-hour webinars led by healthcare professionals on topics such as *Navigating RA for the Newly Diagnosed* and *Living Better with Rheumatoid Arthritis*.

### Publications

#### Arthritis Today Magazine

[arthritis.org/arthritis-today-magazine](http://arthritis.org/arthritis-today-magazine)

Print and digital editions of Arthritis Today provide information on fitness, nutrition and daily living tips.

#### RA & You Magazine

[arthritis.org/about-arthritis/types/rheumatoid-arthritis/ra-and-you-sign-up.php](http://arthritis.org/about-arthritis/types/rheumatoid-arthritis/ra-and-you-sign-up.php)

RA-specific information about symptoms, treatments and medications, provided by medical professionals and people living with RA.

## Arthritis Foundation Helpline

844-571-HELP (4357)

One-on-one support is provided through a toll-free Helpline.



## Creaky Joints

[creakyjoints.org](http://creakyjoints.org)

845.348.0400

Creaky Joints focuses on education, research, patient support and advocacy. It provides a range of patient-generated content such as blogs on living with RA, as well as articles written by Creaky Joints staff on various forms of arthritis, treatment, medications and navigating insurance coverage.

## SUPPORT

### Online Support and Discussion Community

#### Message Boards

[creakyjoints.org](http://creakyjoints.org)

#### Facebook page

[Facebook.com/CreakyJoints](https://www.facebook.com/CreakyJoints)

#### Monthly Twitter Chat

#CreakyChats

@CreakyJoints

Described by Creaky Joints as a “peer-to-peer educational forum across the autoimmune arthritis space.” Topics include *Touchdown With CreakyJoints: Sports, Movement and Activity with a Chronic Disease*.

## EDUCATION

### Publications

#### Raising the Voice of Patients: A Patient’s Guide to Treatment and Managing Rheumatoid Arthritis

[creakyjoints.org/education/rheumatoid-arthritis-patient-guidelines](http://creakyjoints.org/education/rheumatoid-arthritis-patient-guidelines)

Developed by patients and reviewed by rheumatologists, this comprehensive guide to rheumatoid arthritis offers information about treatments, diets, patient-provider communication and other topics.

#### Common RA Myths

[creakyjoints.org/living-with-arthritis/rheumatoid-arthritis-myths](http://creakyjoints.org/living-with-arthritis/rheumatoid-arthritis-myths)

A list of common RA myths, including: “You can’t be sick if you



don't look sick." Contributed by members of the Creaky Joints community.

### **Research Arthritis Power**

[arthritispower.org](http://arthritispower.org)

A patient-inspired research initiative, people can use the Arthritis Power app to track and view their symptoms over time and to share information with their doctors. Patient data is used in research studies.

### **American College of Rheumatology (ACR)**

[rheumatology.org](http://rheumatology.org)

404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and scientists who work with patients with rheumatic illness. The organization's members are also involved in research and advocacy efforts, as well as patient and professional education.

### **SUPPORT**

#### **For Patients & Caregivers**

[rheumatology.org](http://rheumatology.org)

A Patient Resources quick link on the American College of Rheumatology's homepage provides access to the resources section for patients and caregivers. It also provides information about medication assistance programs for rheumatology patients.



### **EDUCATION**

#### **Publications**

[rheumatology.org](http://rheumatology.org)

#### **Patient/Caregiver**

On the American College of Rheumatology's homepage, the Patient & Caregivers tab provides access to a range of RA-related information in English and Spanish.

#### **Videos**

The American College of Rheumatology has a library of videos that cover information about RA, as well as patients' personal stories about the impact of living with RA.





# PSORIATIC ARTHRITIS

## Hospital for Special Surgery Inflammatory Arthritis Center

[hss.edu/IAC](https://hss.edu/IAC)

The Inflammatory Arthritis Center provides clinical care, patient education and support to people with rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout, among other conditions.

### EDUCATION

#### Information on Conditions and Treatment: Psoriatic Arthritis

[hss.edu/PsoriaticArthritis](https://hss.edu/PsoriaticArthritis)

Detailed information on psoriatic arthritis: overview, diagnosis, treatment, wellness, research and other information.

#### Blog

##### The Playbook: Strategies to Keep You in the Game of Life

[hss.edu/PAPlaybook](https://hss.edu/PAPlaybook)

*Ask the Expert* features a member of the healthcare team, who is an expert on psoriatic arthritis and other inflammatory conditions, who answers questions submitted by patients.

## National Psoriasis Foundation

[psoriasis.org](https://psoriasis.org)

800.723.9166

The National Psoriasis Foundation provides information



and disease-management services to people with psoriasis and psoriatic arthritis. Its website offers comprehensive information about the disease in English and Spanish.

### SUPPORT

#### Online Support and Discussion Community Psoriasis One to One

[psoriasis.org/newly-diagnosed/one-to-one](https://psoriasis.org/newly-diagnosed/one-to-one)

Connects people newly diagnosed with psoriatic arthritis with a mentor who has experience living with the condition.

#### TalkPsoriasis

[inspire.com/groups/talk-psoriasis](https://inspire.com/groups/talk-psoriasis)

An online community for people with psoriatic arthritis.

#### NPF Blog

[psoriasis.org/blog](https://psoriasis.org/blog)

Posts on living with psoriatic arthritis, treatment, diet, exercise and other topical information.

### EDUCATION

#### Publications

[psoriaisis.org/advance](https://psoriaisis.org/advance)

Psoriasis Advance: Online magazine with information on the latest research, treatments and other topics of interest to patients.

#### Webinars

[psoriasis.org/webcasts](https://psoriasis.org/webcasts)

Free webinars on topics related to psoriatic arthritis diagnosis and management. Ten new webinars per year, with earlier ones archived.

## Arthritis Foundation (National)

[arthritis.org](http://arthritis.org)  
404.872.7100

### EDUCATION

#### Online Resources

[arthritis.org/about-arthritis/types/psoriatic-arthritis](http://arthritis.org/about-arthritis/types/psoriatic-arthritis)

Understanding psoriatic arthritis, its symptoms, causes, diagnosis, treatment and self-care. Also included are articles on the emotional impact of having the disease, psoriatic arthritis myths and other topics.

#### Psoriatic Arthritis Toolkit

[arthritis.org/toolkits/better-living/about/psoriatic-arthritis](http://arthritis.org/toolkits/better-living/about/psoriatic-arthritis)

In depth information about psoriatic arthritis, its causes, symptoms and treatment, as well as what you can do to manage it.

#### PsAToday Newsletter

[arthritis.org/about-arthritis/types/psoriatic-arthritis/psa-today-sign-up.php](http://arthritis.org/about-arthritis/types/psoriatic-arthritis/psa-today-sign-up.php)

Online publication providing information about living with psoriatic arthritis, as well as treatment and strategies for self-care.

#### Psoriatic Arthritis & You Magazine

[arthritis.org/about-arthritis/types/psoriatic-arthritis/psa-and-you-sign-up.php](http://arthritis.org/about-arthritis/types/psoriatic-arthritis/psa-and-you-sign-up.php)

Psoriatic arthritis-specific information about symptoms, treatments and medications provided by medical professionals, as well as tips for coping with PsA from others who are living with the illness.

## Arthritis Foundation (New York)

[arthritis.org/new-york](http://arthritis.org/new-york)  
917.794.2103

### EDUCATION

#### Webinars

##### Psoriatic Arthritis Webinar

**Part 1:** [af.peachnewmedia.com/store/streaming/seminar-launch.php?key=6neRwoeQSmQfX-b32OurQG1ZBGGGWuKuOChDiN-G9Uhgo%3D](http://af.peachnewmedia.com/store/streaming/seminar-launch.php?key=6neRwoeQSmQfX-b32OurQG1ZBGGGWuKuOChDiN-G9Uhgo%3D)

##### Psoriatic Arthritis Webinar

**Part 2:** [af.peachnewmedia.com/store/streaming/seminar-launch.php?key=b3BJSWFtZ1yjoozU-YzWF5lgNYWW299ormpp73x-Eac4%3D](http://af.peachnewmedia.com/store/streaming/seminar-launch.php?key=b3BJSWFtZ1yjoozU-YzWF5lgNYWW299ormpp73x-Eac4%3D)

A webinar focusing on research about psoriatic arthritis. Resources include a PDF handout and MP4 download of the webinar.

## Spondylitis Association of America™ (SAA)

[spondylitis.org](http://spondylitis.org)  
818.892.1616

The Spondylitis Association of America provides support, educational resources and advocacy for people with psoriatic arthritis and other conditions.

### SUPPORT

#### Support Groups

[spondylitis.org/Support-Groups](http://spondylitis.org/Support-Groups)

The Spondylitis Association of America sponsors approximately 30 support groups throughout the United States. These groups are led by trained peer volunteers who

themselves have psoriatic arthritis or other types of inflammatory arthritis. Group meeting frequency varies from monthly to quarterly.



#### Online Support and Discussion Forums

[forums.spondylitis.org](http://forums.spondylitis.org)

Message boards and forums that provide a space for people with psoriatic arthritis and other types of inflammatory arthritis to share ideas and provide mutual support.

### EDUCATION

#### Overview of Psoriatic Arthritis

[spondylitis.org/psoriatic-arthritis](http://spondylitis.org/psoriatic-arthritis)

Information about symptoms, diagnosis, causes and treatment of psoriatic arthritis.

Access to educational and other resources including publications, seminars and webinars, physician locator and medication assistance programs are available through a single link:

[spondylitis.org/educational-materials-resources](http://spondylitis.org/educational-materials-resources)



## Publications

### Action Plan to Manage Spondylitis

[spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook](https://spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook)

A 20-page brochure with spondylitis information, list of educational seminars, webinars and podcasts. Access to support and information about patient assistance programs.

### Educational Materials for Psoriatic Arthritis and Related Diseases

[spondylitis.org/educational-materials-resources](https://spondylitis.org/educational-materials-resources)

A comprehensive menu of information and resources about psoriatic arthritis and related diseases.

### Spondylitis Plus

[spondylitis.org/spondylitis-plus](https://spondylitis.org/spondylitis-plus)

A quarterly news magazine for SAA members that features information on treatments for psoriatic arthritis and other types of inflammatory arthritis, news about the latest research and personal stories of readers.

### eSun

[spondylitis.org/#esun-signup](https://spondylitis.org/#esun-signup)

A quarterly electronic update newsletter featuring news, research and personal stories.

### Webinars

[spondylitis.org/seminars-and-webinars](https://spondylitis.org/seminars-and-webinars)

Free on-demand webinars featuring medical professionals, including rheumatologists, physical therapists and pain management specialists, as well as people living with psoriatic arthritis and other types of inflammatory arthritis.



## Creaky Joints

[creakyjoints.org](https://creakyjoints.org)

845.348.0400

Creaky Joints is an education, research, patient support and advocacy organization for people with psoriatic arthritis and other types of inflammatory arthritis.

### SUPPORT

#### Online Support and Discussion Community

#### Message Boards

[creakyjoints.org](https://creakyjoints.org)

#### Facebook page

[Facebook.com/CreakyJoints](https://Facebook.com/CreakyJoints)

#### Monthly Twitter Chat

[#CreakyChats](https://twitter.com/CreakyJoints)

[@CreakyJoints](https://twitter.com/CreakyJoints)

Described by Creaky Joints as a “peer-to-peer educational forum across the autoimmune arthritis space.” Topics include *Touchdown With CreakyJoints: Sports, Movement and Activity with a Chronic Disease*.





On the American College of Rheumatology's homepage, A Patient Caregiver tab provides access to a range of psoriatic arthritis-related information in English and Spanish. "Fast Facts" on psoriatic arthritis, including causes and diagnosis, treatments, the broader health impact of PsA and suggestions for managing living with PsA.

### Spanish

[rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/artritis-psoriasica](https://rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/artritis-psoriasica)

Psoriatic Arthritis-related information in Spanish.

### Videos

The American College of Rheumatology has a library of free patient education videos that cover information about psoriatic arthritis, as well as patients' personal stories about the impact of living with PsA.

## EDUCATION

### Raising the Voice of Patients: A Patient's Guide to Living with Psoriatic Arthritis

[creakyjoints.org/education/psoriatic-arthritis-patient-guidelines](https://creakyjoints.org/education/psoriatic-arthritis-patient-guidelines)

Developed by patients and reviewed by rheumatologists, this comprehensive free guide to psoriatic arthritis offers information about treatments, diets, patient-provider communication, advocacy and other topics.

## American College of Rheumatology (ACR)

[rheumatology.org](https://rheumatology.org)

404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and

scientists who work with patients with rheumatic illness. The organization's members are also involved in research and advocacy efforts as well as patient and professional education.

## SUPPORT

[rheumatology.org](https://rheumatology.org)

A Patient Caregiver Resources quick link on the American College of Rheumatology's homepage provides access to the Resources section for patients and caregivers. It also provides information about medication assistance programs for rheumatology patients.

## EDUCATION

### Publications

[rheumatology.org](https://rheumatology.org)

### Patient/Caregiver

[rheumatology.org](https://rheumatology.org)

# ANKYLOSING SPONDYLITIS

## Hospital for Special Surgery

[hss.edu](https://www.hss.edu)  
212.606.1000

## Inflammatory Arthritis Center

[hss.edu/IAC](https://www.hss.edu/IAC)

The Inflammatory Arthritis Center provides patient medical education and support to people with rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout, among other conditions.

### EDUCATION

#### Information on Conditions and Treatment:

##### Ankylosing Spondylitis

[hss.edu/AS](https://www.hss.edu/AS)

Detailed information on ankylosing spondylitis, including an overview, and information on diagnosis and treatment.

#### Blog

##### The Playbook: Strategies to Keep You in the Game of Life

[hss.edu/ASplaybook](https://www.hss.edu/ASplaybook)

HSS rheumatologists who specialize in treating ankylosing spondylitis and other inflammatory conditions answer patients' questions about living with ankylosing spondylitis.



## Spondylitis Association of America™ (SAA)

[spondylitis.org](https://www.spondylitis.org)  
818.892.1616

The Spondylitis Association of America provides support, educational resources and advocacy for people with spondylitis.

### SUPPORT

#### Support Groups

[spondylitis.org/groups](https://www.spondylitis.org/groups)

The Spondylitis Association of America sponsors approximately 30 support groups throughout the United States. These groups are led by trained peer volunteers who themselves have a form

of spondylitis. Group meeting frequency varies from monthly to quarterly.

#### Online Support and Discussion Community Forums

[forums.spondylitis.org](https://forums.spondylitis.org)

Message boards that provide a space for people with ankylosing spondylitis to share ideas and offer mutual support.

### EDUCATION

#### Educational Materials for Ankylosing Spondylitis and Related Diseases

[spondylitis.org/educational-materials-resources](https://www.spondylitis.org/educational-materials-resources)

A comprehensive menu of information and resources about ankylosing spondylitis and related diseases.

## Publications Action Plan to Manage Spondylitis

[spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook](https://spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook)

A free 20-page brochure with information about spondylitis, including a list of educational seminars, webinars and podcasts. Access to support and information about patient assistance programs.



## Spondylitis Plus

[spondylitis.org/spondylitis-plus](https://spondylitis.org/spondylitis-plus)

A free quarterly news magazine for SAA members that features information on treatments for ankylosing spondylitis and other types of inflammatory arthritis, news about the latest research and personal stories of readers.

## eSun

[spondylitis.org/#esun-signup](https://spondylitis.org/#esun-signup)

A quarterly electronic update newsletter featuring news, research and personal stories.

## Webinars

[spondylitis.org/seminars-and-webinars](https://spondylitis.org/seminars-and-webinars)

Free on-demand webinars featuring medical professionals, including rheumatologists,

physical therapists and pain management specialists, as well as people living with ankylosing spondylitis and other types of inflammatory arthritis.

## Creaky Joints

[creakyjoints.org](https://creakyjoints.org)

845.348.0400

Creaky Joints focuses on education, research, patient support and advocacy to individuals with ankylosing spondylitis and other types of inflammatory arthritis.

## EDUCATION

### Publications

**Raising the Voice of Patients:  
A Patient's Guide to Treatment  
and Managing Ankylosing  
Spondylitis**

[creakyjoints.org/education/ankylosing-spondylitis-patient-guidelines/](https://creakyjoints.org/education/ankylosing-spondylitis-patient-guidelines/)

Developed by patients and reviewed by rheumatologists, this free comprehensive guide to ankylosing spondylitis offers information about treatments, diets, patient-provider communication, advocacy and other topics.

## American College of Rheumatology (ACR)

[rheumatology.org](https://rheumatology.org)

404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and scientists who work with patients

with rheumatic illnesses. The organization's members are also involved in research and advocacy efforts, as well as patient and professional education.

## SUPPORT

### For Patients & Caregivers

[rheumatology.org](https://rheumatology.org)

A Patient Resources quick link on the American College of Rheumatology's homepage provides access to the Resources section for patients and caregivers. It also provides information about medication assistance programs for rheumatology patients.

## EDUCATION

### Publications

[rheumatology.org](https://rheumatology.org)

### Patient/Caregiver

[rheumatology.org](https://rheumatology.org)

On the American College of Rheumatology's homepage, the Patients & Caregivers tab provides access to a range of ankylosing spondylitis-related information in English and Spanish.

### Spanish

[rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/espondiloartritis](https://rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/espondiloartritis)

Ankylosing spondylitis-related information in Spanish.

### Videos

[rheumatology.org/I-Am-A/Patient-Caregiver/Patient-Education-Videos](https://rheumatology.org/I-Am-A/Patient-Caregiver/Patient-Education-Videos)

A library of videos with information about ankylosing spondylitis, as well as patients' personal stories about the impact of living with AS.



# REACTIVE ARTHRITIS

## Hospital for Special Surgery

## Inflammatory Arthritis Center

[hss.edu/IAC](https://hss.edu/IAC)

The Inflammatory Arthritis Center provides clinical care, patient education and support to people with reactive arthritis, rheumatoid arthritis, ankylosing spondylitis and gout, among other conditions.

### EDUCATION

#### Information on Conditions and Treatment: Reactive Arthritis

[hss.edu/reactivearthritis](https://hss.edu/reactivearthritis)

Detailed information on reactive arthritis: overview, diagnosis and treatment, wellness, research, HSS clinical trials and other information.

## National Organization for Rare Disorders (NORD)

[rarediseases.org/rare-diseases/reactive-arthritis](https://rarediseases.org/rare-diseases/reactive-arthritis)

National Organization for Rare Disorders (NORD) is a clearinghouse for illness-related information about a variety of rare diseases, including reactive arthritis.



## Arthritis Foundation (National)

[arthritis.org](https://arthritis.org)  
404.872.7100

## Arthritis Foundation, (New York)

[arthritis.org/new-york](https://arthritis.org/new-york)  
917.765.2861

### EDUCATION

The Arthritis Foundation provides information about all types of arthritis, including reactive arthritis symptoms, treatment and self care.

[arthritis.org/about-arthritis/types/reactive-arthritis](https://arthritis.org/about-arthritis/types/reactive-arthritis)

### Publications

#### Arthritis Today

[arthritis.org/about-arthritis/types/reactive-arthritis/treatment.php](https://arthritis.org/about-arthritis/types/reactive-arthritis/treatment.php)

Print and digital editions with information on treatment, pain management, fatigue, exercise and stress reduction.

## Spondylitis Association of America™

[spondylitis.org](https://spondylitis.org)  
818.892.1616

The Spondylitis Association of America provides support, educational resources and advocacy for people with reactive arthritis and other types of inflammatory arthritis.

## EDUCATION

[spondylitis.org/reactive-arthritis](https://spondylitis.org/reactive-arthritis)

An overview of reactive arthritis, including symptoms, diagnosis and treatment.

## SUPPORT

### Support Groups

[spondylitis.org/groups](https://spondylitis.org/groups)

The Spondylitis Association of America sponsors approximately 30 support groups throughout the United States. These groups are led by trained peer volunteers who themselves have reactive arthritis or other types of inflammatory arthritis. Group meeting frequency varies from monthly to quarterly.

### Online Support and Discussion Forums

[forums.spondylitis.org](https://forums.spondylitis.org)

Message boards and forums that provide a space for people with reactive arthritis and other types of inflammatory arthritis to share ideas and offer mutual support.

## EDUCATION

### Publications

[spondylitis.org/educational-materials-resources](https://spondylitis.org/educational-materials-resources)

A comprehensive menu of information and resources about reactive arthritis and related diseases.

### Action Plan to Manage Spondylitis

[spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook](https://spondylitis.org/shop/product/action-plan-to-manage-spondylitis-ebook)

A free 20-page brochure with spondylitis information, list of educational seminars, webinars and podcasts. Access to support



and information about patient assistance programs.

### Spondylitis Plus

[spondylitis.org/spondylitis-plus](https://spondylitis.org/spondylitis-plus)

A quarterly news magazine for SAA members that features information on treatments for reactive arthritis and other types of inflammatory arthritis, news about the latest research and personal stories of readers.

### eSun

[spondylitis.org/#esun-signup](https://spondylitis.org/#esun-signup)

A quarterly electronic update newsletter featuring news, research and personal stories.

### Webinars

[spondylitis.org/seminars-and-webinars](https://spondylitis.org/seminars-and-webinars)

Free on-demand webinars featuring medical professionals, including rheumatologists,

physical therapists and pain management specialists, as well as people living with reactive arthritis and other types of inflammatory arthritis.

## Creaky Joints

[creakyjoints.org](https://creakyjoints.org)

845.348.0400

Creaky Joints is an education, research, patient support and advocacy organization that provides information about reactive arthritis and other types of inflammatory arthritis.





## SUPPORT

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**Online Support and Discussion Community**

**Message Boards**  
[creakyjoints.org](http://creakyjoints.org)

**Facebook page**  
[Facebook.com/CreakyJoints](https://www.facebook.com/CreakyJoints)

**Monthly Twitter Chat**  
[#CreakyChats](https://twitter.com/CreakyJoints)  
[@CreakyJoints](https://twitter.com/CreakyJoints)

Described by Creaky Joints as a “peer-to-peer educational forum across the autoimmune arthritis space.” Topics include *Touchdown With CreakyJoints: Sports, Movement and Activity with a Chronic Disease*.

## American College of Rheumatology

[rheumatology.org](http://rheumatology.org)  
404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and scientists who work with patients with rheumatic illness. The organization’s members are also involved in research and advocacy efforts.

## SUPPORT

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**For Patients & Caregivers**  
[rheumatology.org](http://rheumatology.org)

A Patient Resources quick link on the American College of Rheumatology’s homepage, provides access to the Resources section for patients and

caregivers, and also provides information about medication assistance programs for rheumatology patients.

## EDUCATION

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**Publications**  
[rheumatology.org](http://rheumatology.org)

### Patient/Caregiver

On the American College of Rheumatology’s homepage, the Patient/Caregiver tab provides access to a range of reactive arthritis-related information in English and Spanish.

### Spanish

[rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/artritis-reactiva](http://rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/artritis-reactiva)



# GOUT

## Hospital for Special Surgery

[hss.edu](http://hss.edu)  
212.606.1000

## Inflammatory Arthritis Center

[hss.edu/IAC](http://hss.edu/IAC)

The Inflammatory Arthritis Center at Hospital for Special Surgery provides care to people with gout, rheumatoid arthritis, ankylosing spondylitis, psoriatic arthritis and reactive arthritis, among other rheumatic conditions.

### EDUCATION

#### Information on Conditions and Treatment: Gout

[hss.edu/gout](http://hss.edu/gout)

Detailed information on gout: overview, diagnosis, risk factors, treatment and wellness.

#### Publications

##### Gout: Risk Factors, Diagnosis and Treatment

[hss.edu/goutoverview](http://hss.edu/goutoverview)

This article presents an overview of gout, including symptoms, diagnosis, initial treatment and long-term management issues for patients with gout.

#### Blog

##### The Playbook: Strategies to Keep You in the Game of Life

[hss.edu/goutplaybook](http://hss.edu/goutplaybook)

Blog posts on gout awareness nutrition and other topics. In the

Ask the Expert feature, an HSS rheumatologist, podiatrist, and dietitian, experts on gout and other inflammatory conditions, answer patients' questions.

## Gout & Uric Acid Education Society

[gouteducation.org](http://gouteducation.org)

The Gout & Uric Acid Education Society is an organization of healthcare professionals raising awareness about gout, the most common inflammatory disease. It offers a range of free resources to patients and professionals.

### EDUCATION

[gouteducation.org/patient/education](http://gouteducation.org/patient/education)

Free material can be downloaded and printed. Copies of many of the publications are also available in Spanish. These include a patient education kit with information on managing gout, brochures on the link between gout and other health issues, gout fact sheets and monthly newsletters.

#### Videos

[gouteducation.org/patient/education/video-library](http://gouteducation.org/patient/education/video-library)

A video library with offerings on lifestyle and diet, communicating with your doctor and tips for managing gout.

## Creaky Joints

[creakyjoints.org](http://creakyjoints.org)  
845.348.0400

Creaky Joints is a patient education and advocacy organization that focuses on education, research, patient support and advocacy.

### SUPPORT

#### Online Support and Discussion Community

#### Message Boards

[creakyjoints.org](http://creakyjoints.org)

#### Facebook page

[Facebook.com/CreakyJoints](https://Facebook.com/CreakyJoints)

#### Monthly Twitter Chat

#CreakyChats

@CreakyJoints

Creaky Joints' message boards provide opportunities for people with gout to support one another. Staff-written articles offer information about gout and other rheumatic diseases.

### EDUCATION

#### Raising the Voice of Patients: A Patient's Guide to Treating and Managing Gout

[creakyjoints.org/education/gout-patient-guidelines](http://creakyjoints.org/education/gout-patient-guidelines)

Developed by patients and reviewed by rheumatologists, this comprehensive guide to gout offers information about treatments, diets, patient-provider communication, advocacy and other topics.



## American College of Rheumatology

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404.633.3777

The American College of Rheumatology (ACR) is a professional membership organization for physicians, other health professionals and scientists who work with patients with rheumatic illness. The organization's members are also involved in research and advocacy efforts.

### SUPPORT

#### For Patients & Caregivers

[rheumatology.org](http://rheumatology.org)

A Patient Resources quick link on the American College of Rheumatology's homepage

provides access to the resources section for patients and caregivers. It also provides information about medication assistance programs for rheumatology patients.

### EDUCATION

#### Publications

[rheumatology.org](http://rheumatology.org)

#### Spanish

[rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/gota](http://rheumatology.org/i-am-a/patient-caregiver/enfermedades-y-condiciones/gota)

On the American College of Rheumatology's homepage, the Patient/Caregiver tab provides access to a range of gout-related information in English and Spanish.



# ADDITIONAL INFORMATION



A number of U.S. government agencies are good sources of educational material and other resources for rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout.

**National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)**  
[niams.nih.gov](http://niams.nih.gov)

The National Institute of Arthritis and Musculoskeletal and Skin Diseases supports

research and provides information about the causes, treatment, and prevention of arthritis and other musculoskeletal and skin diseases. Many NIAMS publications are available in English, Spanish, Chinese, Korean and Vietnamese.

## RHEUMATOID ARTHRITIS

### EDUCATION

**Publications**  
**Handout on Health: What is rheumatoid arthritis?**  
[niams.nih.gov/health-topics/rheumatoid-arthritis](http://niams.nih.gov/health-topics/rheumatoid-arthritis)

This publication is available in English, Spanish, Chinese, Korean and Vietnamese. It provides information about RA, ranging from how it develops and is diagnosed to treatments, management strategies and information on current research.

**Spanish**  
[niams.nih.gov/es/informacion-de-salud/artritis-reumatoide](http://niams.nih.gov/es/informacion-de-salud/artritis-reumatoide)

**Chinese**  
[niams.nih.gov/zh-hans/health-topics/shenmeshileifeng-shixingguanjieyan](http://niams.nih.gov/zh-hans/health-topics/shenmeshileifeng-shixingguanjieyan)



# ADDITIONAL INFORMATION

## PSORIATIC ARTHRITIS

### Publications

#### Psoriatic Arthritis Overview

[niams.nih.gov/health\\_info/psoriatic\\_arthritis/default.asp](https://niams.nih.gov/health_info/psoriatic_arthritis/default.asp)

Available in English and Spanish. Information about psoriatic arthritis, including who it affects, causes, symptoms, how it is diagnosed and treated, current research and other resources.

## ANKYLOSING SPONDYLITIS

### EDUCATION

### Publications

#### What Is Ankylosing Spondylitis?

#### Fast Facts: An Easy-to-Read Series of Publications for the Public

[niams.nih.gov/health-topics/ankylosing-spondylitis](https://niams.nih.gov/health-topics/ankylosing-spondylitis)

Ankylosing spondylitis diagnosis, symptoms, treatment and self-management strategies.

## REACTIVE ARTHRITIS

### EDUCATION

#### What is Reactive Arthritis? Fast Facts: An Easy-to-Read Series of Publications for the Public

[niams.nih.gov/health-topics/reactive-arthritis](https://niams.nih.gov/health-topics/reactive-arthritis)

Information on reactive arthritis diagnosis, symptoms, treatment, self-management strategies and research. Also available in Spanish.

### Spanish

[niams.nih.gov/es/informacion-de-salud/artritis-reactiva](https://niams.nih.gov/es/informacion-de-salud/artritis-reactiva)

## GOUT

### EDUCATION

### Publications

#### What is Gout?

[niams.nih.gov/health-topics/gout](https://niams.nih.gov/health-topics/gout)

Available in English, Spanish, Chinese, Korean and Vietnamese, “Fast Facts” describes the condition and outlines its causes, diagnosis and self-management. It is also available in an audio version.

### Spanish

[niams.nih.gov/es/informacion-de-salud/gota](https://niams.nih.gov/es/informacion-de-salud/gota)

### Chinese

[niams.nih.gov/zh-hans/health-topics/heweitongfeng](https://niams.nih.gov/zh-hans/health-topics/heweitongfeng)

### Korean

[niams.nih.gov/ko/health-topics/tongpung](https://niams.nih.gov/ko/health-topics/tongpung)

### Vietnamese

[niams.nih.gov/vi/health-topics/benh-gout](https://niams.nih.gov/vi/health-topics/benh-gout)

### CLINICALTRIALS.gov

[clinicaltrials.gov](https://clinicaltrials.gov)

A service of the U.S. National Institutes of Health, ClinicalTrials.gov is a registry and database of clinical studies around the world, including those related to rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis and gout.

For quick access to all the links listed here, find this guide online at [hss.edu/ArthritisResources](https://hss.edu/ArthritisResources).



