

Mindfulness-Based

Issue 2, 2014

Stress Reduction, How It Helps

By Lindsay Bridges, MD

Charlotte Center
for Mindfulness



Living with arthritis means to live with some degree of chronic pain, and anyone who has experienced this knows how chronic pain can erode a sense of quality of life; and when severe, can become remarkably disruptive. Medical treatments help in managing and minimizing the pain of arthritis, but inevitably there is a level of pain, sometimes mild, sometimes severe, that remains. Learning to live with this becomes the art of learning to live well- especially with chronic pain. Right here is where a practice of mindfulness-based stress reduction (MBSR) can open new possibilities for experiencing ease, well being, and joy right in the midst of working with the deepest challenges of life.

Mindfulness is learning to open to this moment now, just as it is, with a sense of clarity and kindness that can lead to skillful choices for working with whatever is here. Studies have shown that learning a mindfulness approach to living with arthritis can reduce the stress and fatigue associated with arthritic conditions. Researcher Dr. Alex Zautra says of volunteer participants in a study involving rheumatoid arthritis and mindfulness, “their zest for life was much greater, and they had more ability to put illness in its place and move forward. They stopped spending all their energy fighting the sensation of [rheumatoid arthritis pain].” Through these gains, mindfulness can often also reduce pain levels themselves.

These kinds of benefits come from learning what at first may feel counter-intuitive—ie. learning to turn skillfully towards our discomfort instead of away. Jon Kabat-Zinn, PhD was one of the first to use mindfulness in working with pain conditions and the first to research its effects. As he says, there is now “convincing evidence from pain studies that the greater the intensity of stressing situations the more awareness strategies [such as mindfulness] are beneficial; and the less distraction strategies are effective in bringing relief. *“Tuning in trumps tuning out.”*

He points out how world class endurance athletes know this intimately well and are able to perform at such a high level—despite the pain—partly because of their ability to monitor their body’s sensory experience moment by moment and make appropriate

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LIVE UNITED



United Way
of Central Carolinas

Did you know?

Arthritis Services
can provide your group
with an
Arthritis Awareness
Program
or
Osteoporosis
Screening

Call 704/331-4878

Arthritis Outreach

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Linda Stewart
Editor

Please call 704/331-4878
or email
help@arthritisservices.org
for more information.

adjustments as needed or possible. Kabat-Zinn notes how “clinical evidence shows that the same is true for medical patients with chronic pain conditions.”

The basics of a mindfulness practice are fairly simple. Yet, learning to integrate mindfulness in our lives in a meaningful way takes **time** and **practice**. Jon Kabat-Zinn started the UMass Medical Center, Mindfulness-Based Stress Reduction (MBSR) program in 1979, and since then thousands of people around the world have now participated in this 8 week program that teaches mindfulness at a level that real changes begin to unfold in participants lives. Fortunately there are growing opportunities, such as MBSR, available for learning these kinds of practices that allow us to find ways to live well even in face of the challenges and difficulties that arise at some point or another for all of us in this life.

For more info, see:

<http://time.com/1556/the-mindful-revolution/>

How Meditation Can Reshape Our Brains: Sara Lazar at TEDxCambridge 2011 <http://www.youtube.com/watch?v=m8rRzTtP7Tc>

http://www.lifescript.com/health/centers/rheumatoid_arthritis/articles/ease_rheumatoid_arthritis_pain_with_mindfulness.aspx

For MBSR in Charlotte, see: www.ccmindful.org

Charlotte Center for Mindfulness
225 Livingston Dr.
Charlotte, NC 28211



“Tuning in trumps tuning out.”



Medical Yoga-What's that all about?



By Lynne Ray, PT
Professional Yoga Therapy
Approach

Having a diagnosis of chronic illness, such as arthritis, may limit a person's ability to participate in traditional forms of exercise. With the growing availability of alternative forms of exercise, there are many options such as yoga, tai chi, and qi gong, which are all safe alternatives to traditional exercise.

Yoga is a set of practices and theories with origins in ancient India. Yoga literally means "to unite" or "to yoke." Yoga focuses not only physical poses called "asanas," but on uniting the mind, body and spirit. Yoga fosters a better connection between individuals and their surroundings. This increased awareness then lends individuals to realize true happiness, freedom and enlightenment. Yoga also has several secondary goals, such

as improving physical health and enhancing mental well-being and emotional balance. The physical practice of yoga is called Hatha Yoga. Hatha Yoga focuses on flexibility, postural alignment, strength and balance.

Yoga really does work to improve physical arthritis symptoms like pain and stiffness, as well as psychological issues like stress and anxiety. Numerous scientific studies have been published on yoga in major medical journals. These studies have shown that yoga is a safe and effective way to increase physical activity and also has numerous psychological benefits due to its meditative quality. Numerous research studies have demonstrated that Yoga can increase muscle strength, improve flexibility, enhance respiratory endurance and promote balance.

Individuals with arthritis who participate in yoga weekly have a decrease in pain and joint tenderness, range of motion preservation, increase in energy and fewer body aches and pain. Yoga is closely associated with more positive feelings such as alertness and enthusiasm and fewer negative feelings such as reduced anxiety and aggression. (Miller, Hohberg, 1995).

According to the American College of Rheumatology,



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In the case of inclement weather, our programs follow the Charlotte-Mecklenburg school system cancellation policy.

The contents of this publication are for informational purposes only. It is strongly recommended that readers consult with their physician or other health professionals regarding individual needs.

regular physical exercise is an essential part of an effective treatment plan for arthritis (Newsome, 2002). Often people with arthritis are sedentary and have decreased muscle strength, physical energy and endurance. Inactivity can be a downward spiral where pain increases and joint mobility decreases, thus greater inactivity, more pain and more disability. Numerous resources attest to the fact that the benefits of exercise and yoga include stress reduction, fewer depressive symptoms, improved coping/ well-being and improved immune function-all leading to a healthier you.

According to the American Journal of Preventative Medicine, vol. 25, 2003, Yoga has an important positive effect on quality of life. Individuals with arthritis may enjoy yoga and its holistic aspect of mind, body and spirit more than traditional exercises. Authors Ryan et al reiterate that exercise enjoyment is an important predictor of compliance with a regular exercise program.

“In summary, yoga can be a meaningful and enjoyable alternative to traditional forms of exercise such as aerobics or aquatic exercise with important health benefits. Yoga can play an important role in reducing stress and frustration that

results from pain and disability, as well as increasing positive feelings and well-being.”

Sharon Kolasinski, MD, a professor of clinical medicine and a rheumatologist at the University of Pennsylvania in Philadelphia states, *“You need to be taught by an instructor who understands your limitations.”* Postures should be modified to suit your needs and props should be used to help you balance during poses.

Professional Yoga Therapy Approach (PYTA) offers a medical model and a yoga class that looks very different from the current medical model and yoga that is offered in the United States. All PYTA yoga classes are led by Physical Therapists who are driven by compassion and patient-centered care using an integrative, holistic, evidence-based approach to treating patients and instructing clients. We are trained to treat all your medical issues relating to orthopedics, neurophysiology, stress-related chronic disease, stress management, women’s health-prenatal/postpartum, women’s health-oncology, mental health and pain management. Our therapist will offer a hands-on approach. PYTA is student centered; the teaching is designed around the specific challenges and strengths that the client brings



Medical Yoga...

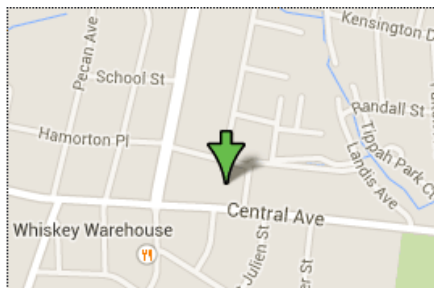
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to the mat. Props, such as blocks, blankets and straps are incorporated and encouraged from the beginning of class, not as an afterthought. For further information please call our office at 980-298-6706 or visit our website www.professionalyogatherapyapproach.com.

References available upon request.



We moved!!



We are now located in the Midwood International and Cultural Center at 1817 Central Avenue Suite 211.

Enter through the double doors to the left of the Light Factory and go up five steps and to your left. Suite 211 is the second door on the left.

Please don't forget about our ongoing "arthritis friendly" fitness site that is not involved with the Senior Citizen's Nutrition Program:

Wilmore Community Center
501 West Blvd.
Charlotte, NC

Tuesdays and Thursdays
9:00 am until 10:00 am

Both days are led by
Suzanne Rosen, LPT

Please contact Arthritis Services at 704/331-4878 with any questions you may have or to register for the classes.

As always, this class is offered free of charge.

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Handy Arthritis Tips

By Jennifer Watson, MPT

Writing can be a therapeutic way to express pain in thoughts, words, or experiences. It can help one better regulate their emotions and break free of endless mental cycling.

Find YOUR place. Writing for yourself and others helps you focus on the good rather than the pain. Just write something for your own purpose or to share.

THERE IS A PLACE

There is a place to rise above
Life's problems and our cares
Where beauty, grace and love
Are waiting there atop the stairs

But how to climb and reach this
goal
The steps so cluttered with
debris
Search the heart and then the
soul
To find the summit and be free

Perhaps it's time to take a stand
Somewhere on the mountain
face
Not really knowing where to
land
Yet rest assured...there is a
place

V. P. Pierannunzi
FM/Chronic Pain
Support group member

For more details about this support group, please see the back page.

Did You Know?

Arthritis Services receives funding from The Older Americans Act (OAA) Title III-D Disease Prevention and Health Promotion Services. This funding is disseminated through the Centralina Area Agency on Aging and allows us to offer these classes.



Living Healthy:
Stanford University
Chronic Disease
Self-Management
Program (CDSMP)



Living Healthy with
Diabetes: Stanford
University Diabetes
Self-Management
Program (DSMP)



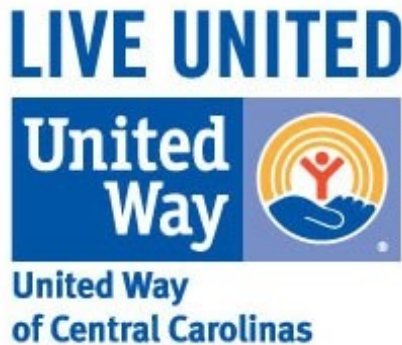
Matter of Balance
Falls: Managing
Concerns About
Falls (MOB)



Fit and Strong



If you would like to participate in any of these classes, please contact Arthritis Services at 704-331-4878 or email jennifer@arthritisservices.org



CAP
Community
Arthritis
Project



Research Opportunities For:

(Listed in alphabetical order by site.)

Arthritis & Osteoporosis Consultants of the Carolinas

Allyson Eakin, 704-342-0252 ext.225

Call for information on clinical research trials for **Rheumatoid Arthritis** and/or **Osteoporosis** with **Cardiovascular Risk Factors, OSKIRA2** for **RA** patients who have taken DMARDs for at least 6 months and **stopped a biologic drug** due to lack of insurance or financial means to pay for biologic treatment, and **RA** patients on a stable dose of DMARDs for 8 weeks but **NO previous biologics**.

Box Arthritis & Rheumatology of the Carolinas

Jennifer Ponder or Laura Crawford, 704-541-9092 ext. 211

Call for information on clinical research trials for **Rheumatoid Arthritis, Gout, Lupus, Psoriatic Arthritis** and **Fibromyalgia**.

Carolina Bone & Joint

Call 704-541-3055 ext.127 for Pineville office and ext.326 for Monroe office. Call for information on research opportunities for **Rheumatoid Arthritis, Osteoarthritis, Lupus, Gout, Anemia, Fibromyalgia, Psoriatic Arthritis, Osteoporosis** and **pain management**.

Carolina Center for Rheumatology & Arthritis Care

Call 704-366-3001 for clinical research studies for **Fibromyalgia, Lupus, Gout, Gout with Cardiovascular Disease** and **Rheumatoid Arthritis**. Study sites convenient to Charlotte and up-state South Carolina.

Joint & Muscle Medical Care Clinic

Vanica Pharoah, 704-248-8577

Call for research opportunities for **Rheumatoid Arthritis**.

PMG Research of Charlotte

Call 704-527-6672 for research opportunities for **Osteoarthritis** and/or **Rheumatoid Arthritis** with **Cardiovascular Risk Factors**. Visit their website for a listing of all current studies:
www.pmg-research.com/metrolina

Thurston Arthritis Research Center, University of North Carolina

Diane Bresch, 919-966-0545 or Brenda Meier, RN at 919-843-6619

Call for research opportunities for **Rheumatoid Arthritis, Osteoarthritis** and **Lupus**.

Arthritis Services
1817 Central Avenue, Suite 211
Charlotte, NC 28205

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Local Opportunities

1817 Central Avenue, Suite 211
Charlotte NC 28205
704/331-4878 Phone, 704/358-8562 Fax
email: help@arthritisservices.org
www.arthritisservices.org



Support Opportunities

Fibromyalgia / Chronic Pain Support Group
Offers support/education for people with FM. Meets the third Wednesday of the month at 1:00 pm at Arthritis Services office. Pre-registration required - **call 704/331-4878**.

Support Group - Spill Your Beans
A support group for young women with disabilities ages 16 and up. Meetings are held at McAlister's Deli on Park Rd. For more information, contact: Ariel Kliem, Therapeutic Recreation Specialist, at 704/432-4327 or email Ariel.Kliem@MecklenburgCountyNC.gov

Individual Counseling
Call 704/331-4878 for more information or an appointment.

Arthritis Nurse Consultation

Health professionals available to meet with you individually or upon request to speak for community groups about arthritis, fibromyalgia and osteoporosis.

Osteoporosis Screening & Education
Available by appointment. Also provided to community groups upon request.

Community Arthritis Project (CAP)
Comprehensive Arthritis Management /Exercise Program offered at Mecklenburg County Senior Nutrition sites. Call to see if the CAP is coming to your area.

Community Chronic Disease Self-Management Project (CCDSP)
Self-management evidenced-based programs available: diabetes, chronic disease, Tai Chi, Fit & Strong and Matter of Balance.

Exercise Opportunities - Functional Fitness Classes
Taught by a physical therapist for those 55 and older, all fitness levels welcome.
WEST - Wilmore Community Center, 501 West Blvd., Tuesdays and Thursdays, 9:00 'til 10:00am
Charlotte Mecklenburg Senior Centers offer arthritis exercise classes. Please call them at 704/522-6222 for more information.