



## Arthritis Talks: Managing Flares

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September 29, 2021

# Presenters



**Dr. Siân Bevan**

Chief Science Officer

Arthritis Society

***(Moderator)***



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# Webinar tips

- ▼ Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- ▼ Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- ▼ If you have further issues, email [arthritistalks@arthritis.ca](mailto:arthritistalks@arthritis.ca)

The screenshot shows the Arthritis Society webinar interface. At the top center is the Arthritis Society logo. Below it are two large buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Setting' button with an upward arrow. At the bottom right is a red 'Leave' button. A callout box at the top right points to a red icon in the Q&A window, with the text 'Click on the red icon to exit out of the Q&A or Chat'. A callout box at the bottom left points to the 'Audio Setting' button, with the text 'Click here to access your audio settings'. A callout box at the bottom right points to the 'Chat' button, with the text 'Click here to chat or to submit a question'. The Q&A window is open, showing a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

# Overview

[1]

**Inflammatory vs. Degenerative Arthritis**



[2]

**What are flares?**



[3]

**Managing Flares**



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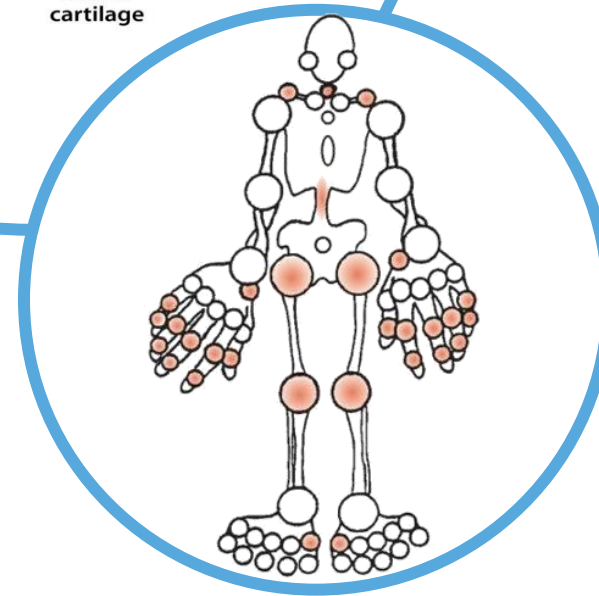
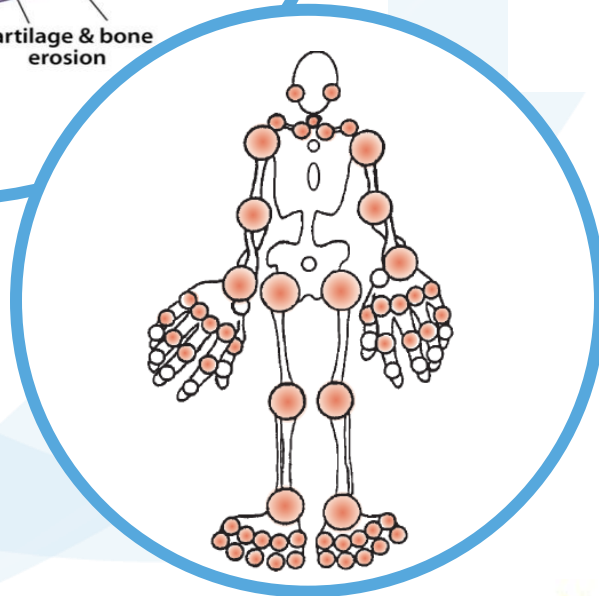
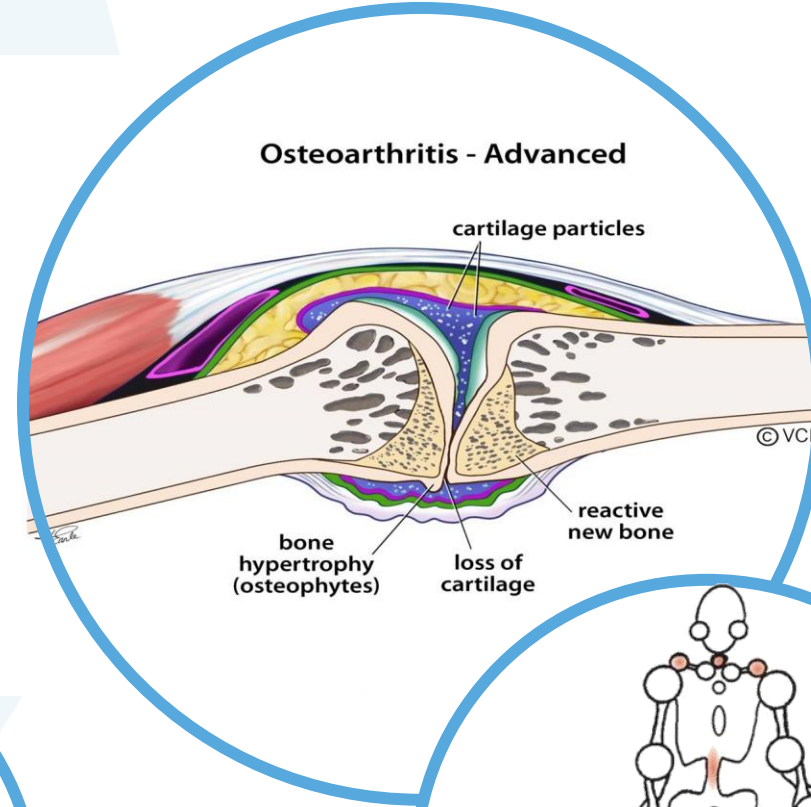
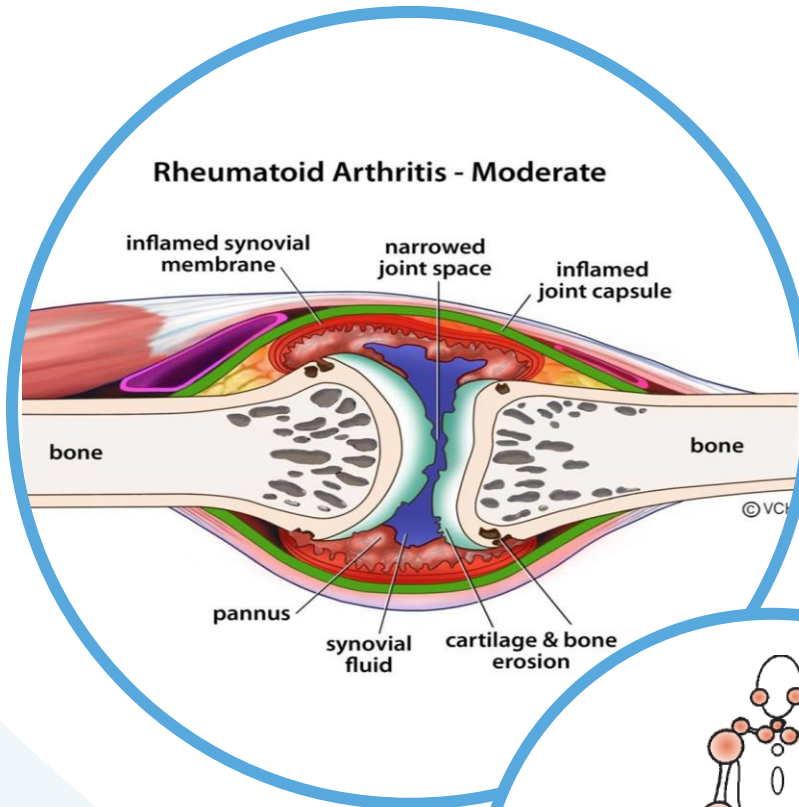


Q

## What is arthritis? How do osteoarthritis and inflammatory arthritis differ?



# Inflammatory vs. Degenerative Arthritis



Q

## What are flares and what contributes to them?





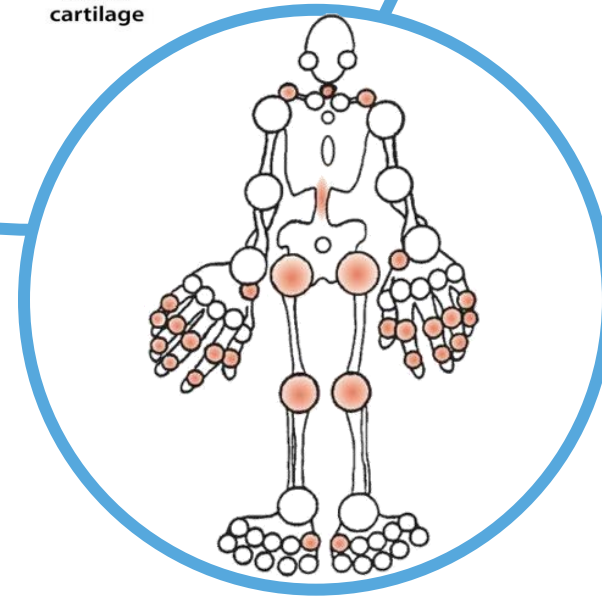
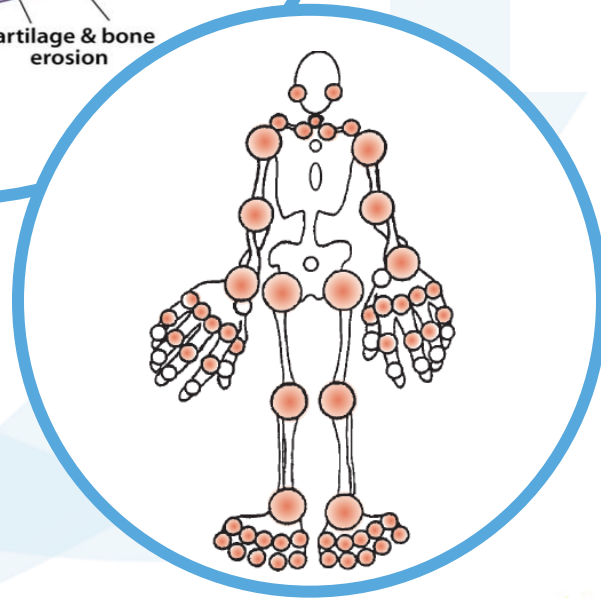
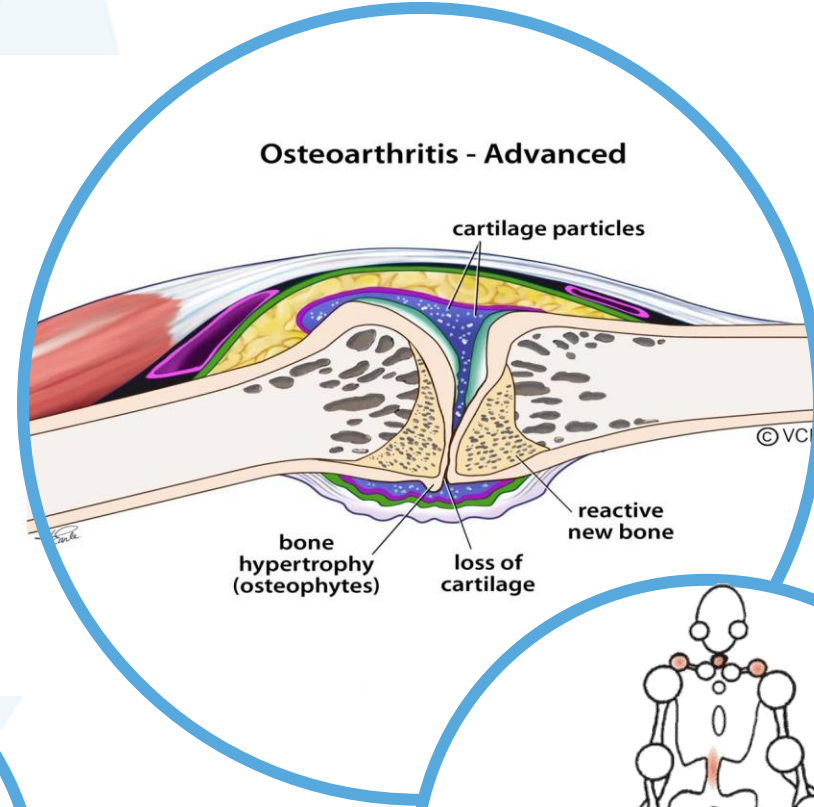
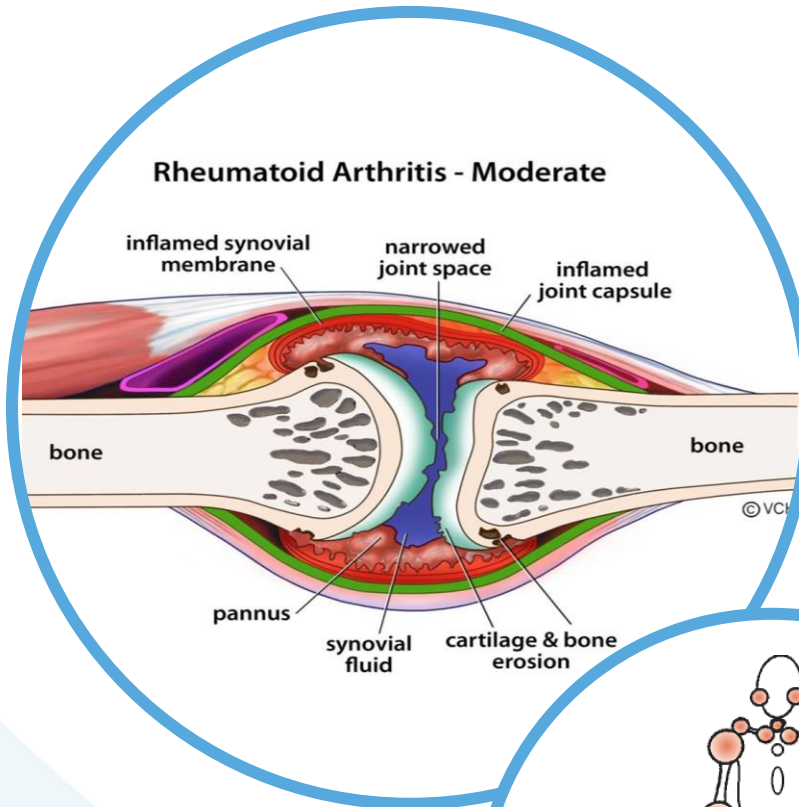


Q

**Are flares more common in certain types of arthritis?**



# Inflammatory vs. Degenerative Arthritis



Q

## Can certain foods trigger a flare?

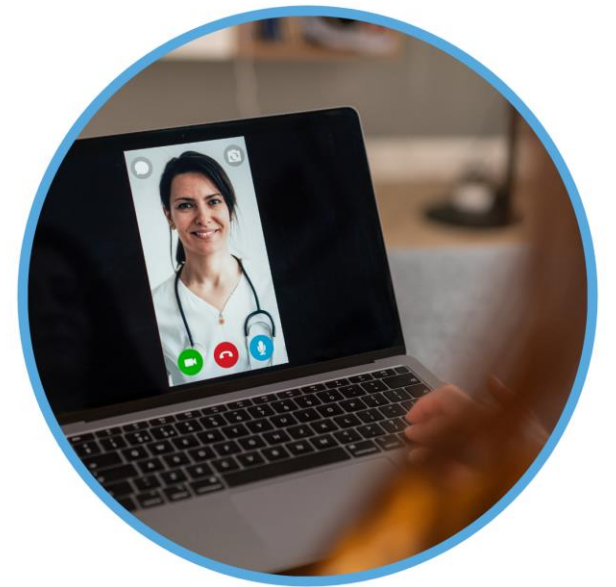




Q

Do you have any tips for managing an arthritis flare?





Q

Is there anything that can be done to stop flares from occurring?







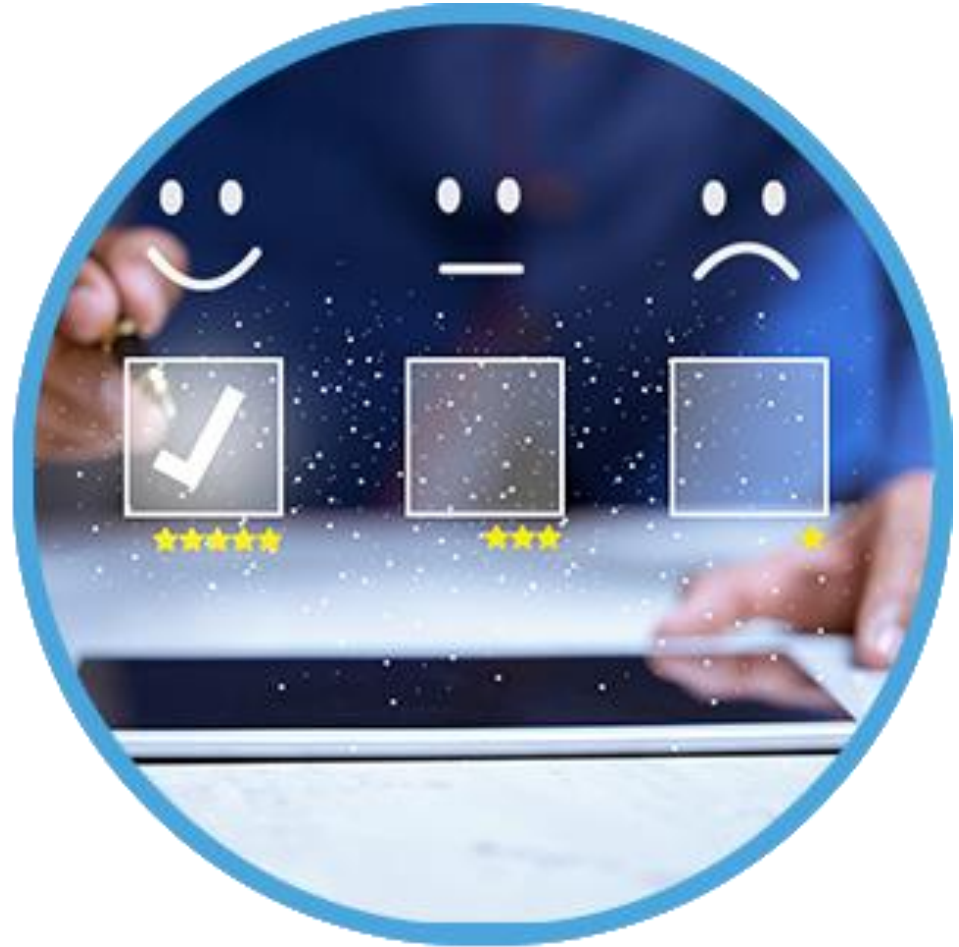
**Any final thoughts or recommendations?**



# Questions



# Tell us what you think...



# Arthritis Awareness Month




**FIND OUT MORE**

[arthritis.ca/fightthefire](https://arthritis.ca/fightthefire)

# Upcoming Events



**Virtual battle of the bands**  
Hosted by Alan Cross  
Oct. 6, 2021 | 7-9pm ET  
Visit [arthritis.ca/rtj](https://arthritis.ca/rtj)



**Arthritis Talks:  
Get Active & Stay Active**  
October 2021

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