



Arthritis Talks: Arthritis in the Hands and Feet

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Presenters



Dr. Siân Bevan

Chief Science Officer
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(Moderator)



Dr. Heather Baltzer

Hand Surgeon and
Clinical Investigator



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Advanced Practice Physiotherapist

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

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 'Q&A' 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...'.

Click here to chat or to submit a question

Overview

[1]

Self-Management Strategies



[2]

Preventing Pain in the Hands and Feet



[3]

Surgical Options



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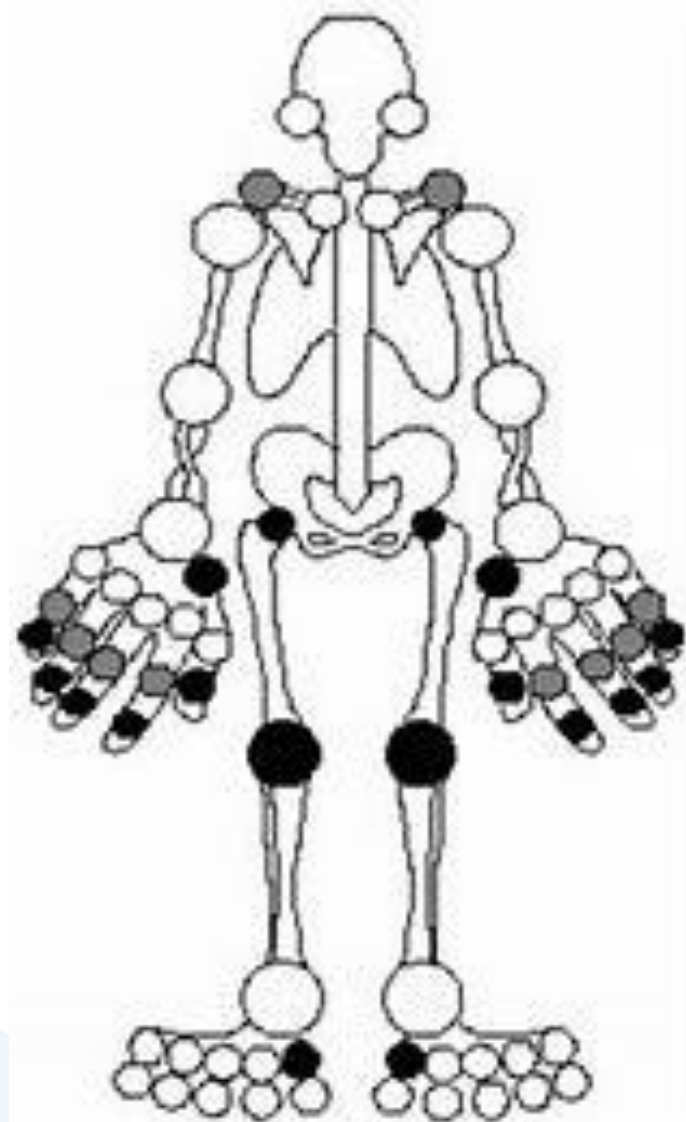


Q

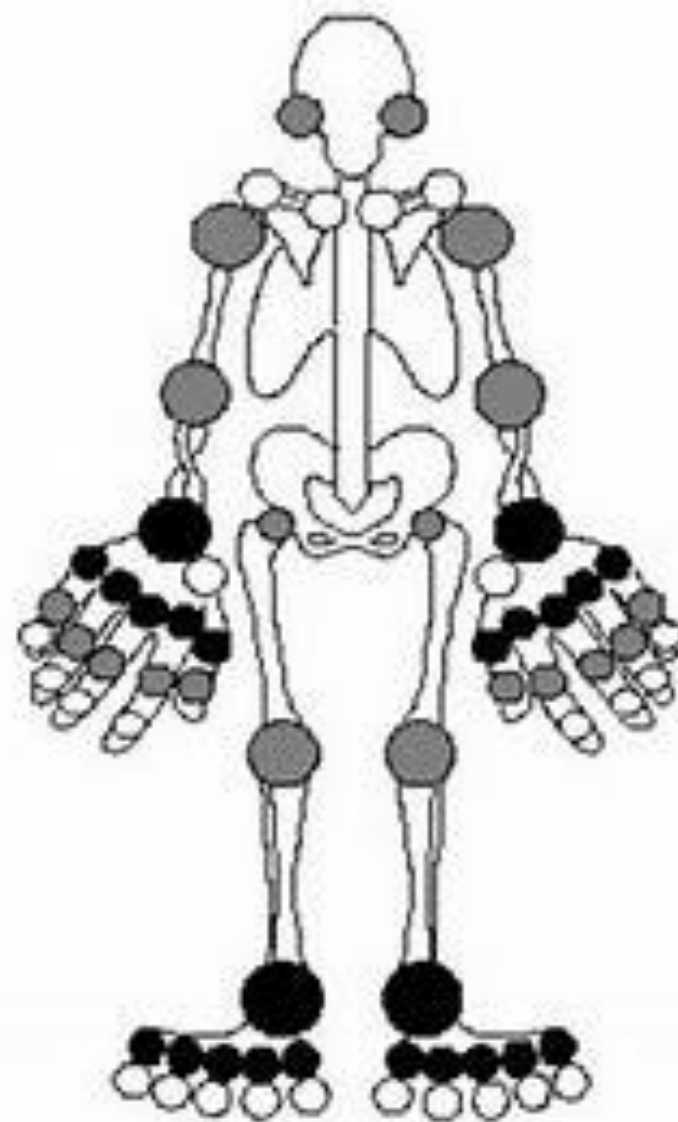
What causes arthritis in the hands and feet?



Osteoarthritis



Rheumatoid Arthritis



Q

Are there things that people can do to self-manage their arthritis in the hands and feet?



Footwear modification



Activity Modification



Q

Is there anything that can be done to prevent arthritis in the hands and feet? Or the pain that comes with it?



Q

When self-management and medications are no longer working, are there any other interventions?



To fuse or not to fuse?



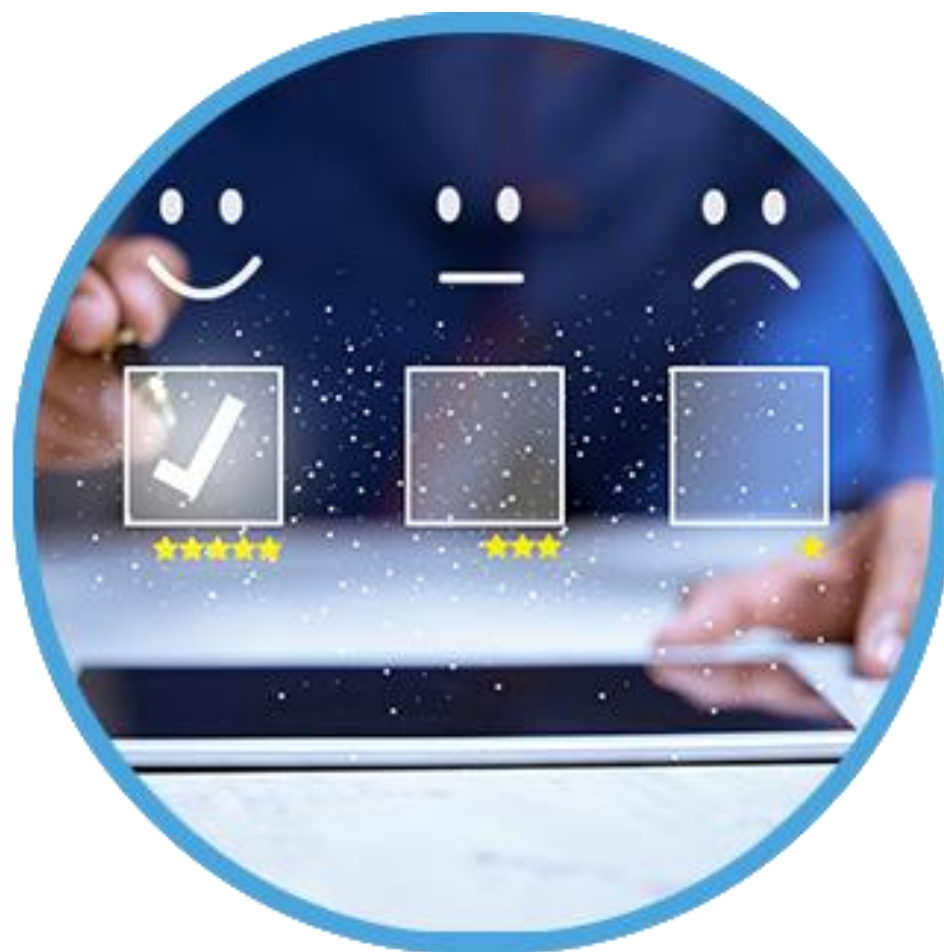
Any final thoughts or recommendations?



Questions



Tell us what you think...

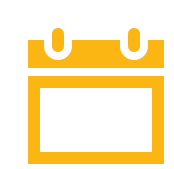


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Feb

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6 p.m. ET

Learn about:

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- Side effects of medical cannabis

Register at:

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