

annual report 2006 – 2007





## Vision

To bring quality of life to all people with arthritis and eliminate their suffering.

## Mission

To provide dignity, support and education for Australians suffering from arthritis and their carers.

To radically restrict the rate of growth of arthritis in Australia.

To be a leader in funding and advocating world class research.

Arthritis Australia to be identified as the only independent, arthritis focused and patient driven national body.

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# Highlights

## Surprising Adventures with Arthritis

The annual dinner was held at the Taronga Centre, Sydney on March 28. The theme – *Surprising Adventures with Arthritis* – was chosen to highlight that arthritis doesn't prevent those living with the condition from having great experiences and adventures. Keynote speaker, Prof John Edmonds, emphasised the importance of all stakeholders working together to decrease the burden of arthritis as well as raise funds for research into musculoskeletal conditions. Thanks to sponsors and guests the evening was a fundraising success.

## Australian Rheumatology Association (ARA) Conference

Arthritis Australia's President and CEO, as well as a number of Affiliate CEOs and health educators, took part in the 48th Annual Scientific Meeting of the ARA. Topics included updates on systemic lupus erythematosus (SLE), new therapies in rheumatoid arthritis, and obesity and osteoarthritis. The ARA also celebrated its 50th anniversary at this year's conference and awarded ARA Distinguished Service Medals to Professor Peter Brooks and Dr Julien de Jager. Each makes an outstanding professional and personal contribution to rheumatology, including voluntary membership of Arthritis Australia's Scientific Advisory Committee.

## Arthritis: you might be surprised!

The theme of the 2007 awareness campaign was *Arthritis: you might be surprised!* The misconceptions that arthritis is an inevitable part of ageing and that very little can be done to manage and treat it effectively were challenged. New television and radio community service announcements were launched and people were encouraged to contact Arthritis Australia for further information. In comparison to 2006, the campaign achieved increases in calls to the Arthritis Telephone Information Service and visits to the website.

## Research

In the 2007 calendar year Arthritis Australia allocated more than \$600,000 to musculoskeletal research, including support for the Florance and Cope Chair of Rheumatology at the University of Sydney. This funding round saw the introduction of larger project grants for established researchers, while preference was given to new researchers for the smaller grants-in-aid.

## WPS Bathurst Motor Festival

Arthritis Australia was the official charity of the 2007 WPS Bathurst Motor Festival held at the spiritual home of Australian motorsport, Mount Panorama (Bathurst, NSW). Hosted during the Easter long weekend, the festival enabled Arthritis Australia to reach a wider audience during Arthritis Awareness Week.

## Golf days

For the second year running, Genworth Financial made Arthritis Australia the beneficiary of its corporate charity golf days. Competitions were held in Brisbane, Melbourne and Sydney, increasing arthritis awareness, as well as raising funds, within the banking/finance sector.

## Joint Replacement Seminars

Sponsored by Argo Patient Education / Stryker South Pacific, seminars about the latest medical and surgical options for the treatment of arthritis were held in every state/territory. Pilots for regional and multicultural seminars were funded, too.

## Governor-General's Reception

To say thank you to Arthritis Australia corporate and individual supporters a reception was hosted by Their Excellencies, the Governor-General and Mrs Jeffery at Admiralty House in November. Special acknowledgment was given to Ita Buttrose, AO OBE; Dr Ray (dec'd) and Pam Robinson; and past and present Florance and Cope Chairs of Rheumatology, Prof Peter Brooks and Prof Philip Sambrook, for their commitment and contribution to improving the lives of Australians with arthritis.

## Adam Gilchrist Challenge

The Adam Gilchrist Challenge, a simulated online share trading game, is poised to become one of Arthritis Australia's major annual, fundraising events. In 2006 the inaugural game raised almost \$45,000 for arthritis research, including the Adam Gilchrist/Arthritis and Inflammation Research Centre Grant. Results of the second year will be confirmed November 2007.

## Funding

The Australian Government's Better Arthritis and Osteoporosis Care program allocated further funding to Arthritis Australia for a range of awareness and juvenile arthritis (JA) projects. Initiatives include a national set of arthritis information sheets; custom-designed awareness programs for Greek and Chinese communities; an education program for increasing community information sessions; programs targeted to rural/remote communities; increased places for interstate and rural/remote children at JA camps; and a support program for adolescents/young adults living with arthritis.

## Kilimanjaro – Ascent for Arthritis

A group of 20 people climbed Mt Kilimanjaro in July to raise money for research into ankylosing spondylitis (AS). Led by 26 year old Matthew Leibowitz (who has AS), Daniel Been, Peter Collins, Jonathan Shapiro and Jeremy Unger, the climbers – including Matthew's rheumatologist, Dr Jim Bertouch and the Florance and Cope Chair of Rheumatology at the University of Sydney, Professor Philip Sambrook - raised more than \$80,000.

- 1 Arthritis Champion Ben Horgan and Adam Gilchrist
- 2 Dr Julien de Jager and President of the ARA, Associate Professor Lyn March
- 3 Kilimanjaro – Ascent for Arthritis
- 4 Kilimanjaro – Ascent for Arthritis
- 5 Dr Mona Marabani with performers at the 2007 dinner
- 6 Gold dinner sponsors Blackmores with Dagomba
- 7 Chrome at the 2007 dinner
- 8 Brisbane Golf Day
- 9 Governor-General's reception (L-R Prof Philip Sambrook, Ita Buttrose, Dr Mona Marabani, His Excellency Major-General Michael Jeffery, Ainslie Cahill and Pam Robinson)





# Working together

## Joint Action

The national and state offices continue to work together in implementing the Arthritis Australia Joint Action Plan. In December, CEOs, health educators and communications staff from all State/Territory Affiliate offices met to review the Joint Action Plan and to prioritise objectives. In March the CEOs reconvened to begin the development of national fundraising projects.

## Better arthritis care

Funding from the Australian Government has supported a number of projects that are being developed in association with State/Territory Affiliates, consumers and, where appropriate, other interested groups such as the Australian Rheumatology Association, Australian General Practice Network, Australian Physiotherapy Association, Multicultural Health Communications Service, Pharmaceutical Society of Australia, Australian Practice Nurses Association, Royal Australian College of GPs, and community and allied health workers throughout Australia.

## Advancing Community Knowledge and Understanding

This project has the potential to significantly increase availability of quality, evidenced-based information on arthritis, including management, nutrition and physical activity. Coordinated by Arthritis Tasmania, a standalone arthritis module is being developed and piloted for use by volunteer peer educators, with a view to national implementation.

## Juvenile Arthritis and Adolescent/Young Adult Programs

The Affiliates in New South Wales, Victoria and Western Australia have been conducting annual JA camps for some years. Their popularity is spreading to children from rural/remote and interstate areas due to funding support from the Australian Government. As well, this funding is supporting the development of national guidelines for the camps and the

development of an educational workshop program for young people aged 18-25 years who are transitioning into adult health services. The programs are being coordinated by Arthritis WA.

## National Arthritis Awareness Project

This consumer awareness-raising campaign involved the creation, production and distribution of television and radio community service announcements (CSAs) and posters, as well as paid advertising in regional Queensland, Tasmania and Western Australia. Launched in Arthritis Awareness Week (April 2007) the campaign resulted in a 35% increase in calls to the Arthritis Telephone Information Line and a 40% increase in website visits, as compared to 2006.

## National Arthritis Multicultural Initiative

The purpose of this project is to develop and implement culturally appropriate arthritis awareness programs for Chinese and Greek communities. Based in the St George area of Sydney, the initiative is being coordinated by Arthritis New South Wales.

## National Set of Arthritis Information Sheets

Access to quality health information is crucial in enabling people to make informed decisions about health care and to take an active role in self-management. To support these objectives Arthritis Australia is developing a national set of information sheets - in partnership with the Australian Rheumatology Association, the Royal Australian College of General Practitioners and the Division of General Practice - and implementing a strategy for increased distribution. The project is being coordinated by Arthritis Victoria.

## Osteoarthritis of the Knee and Rheumatoid Factor Programs

Funding enabled the design and development of principle trainers' manuals and toolkits for the Osteoarthritis of the Knee (OAK) and Rheumatoid Factor programs. The manuals are being used to

train multi-disciplinary health professionals to deliver these evidence-based programs. The project is being coordinated by Arthritis Western Australia with the aim of national implementation.

## ARA information sheets

The Australian Rheumatology Association - in consultation with Arthritis Australia and Communicating for Health Victoria - has developed a series of information sheets that give consumers a better understanding of the benefits, side effects and risks associated with specific medications. Consumers are often confused and uncertain about medicines for arthritis and these materials will help them make informed choices, as well as use medicines appropriately.

## MBF

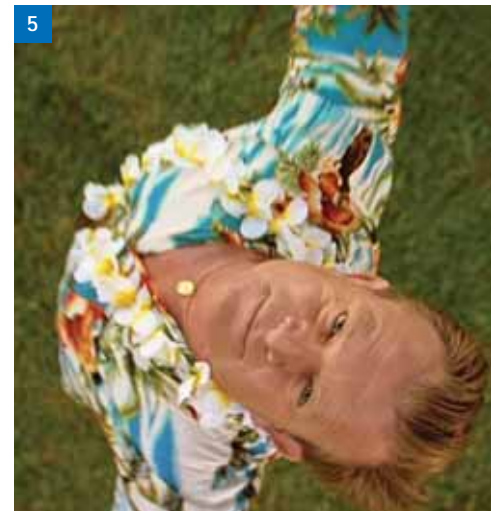
A new partnership agreement was entered into involving the promotion of Arthritis Australia membership and support services to MBF members. The MBF Arthritis Management Program funds 12 months' membership, enabling ready access to more information and support services.

## Medicines Australia Community Chest

The Medicines Australia Community Chest provided an unrestricted grant that supported an Access Economics' review of the prevalence and economic impact of arthritis in Australia. The findings are assisting Arthritis Australia in evaluating current programs as well as designing new projects to cover gaps in delivery. It will also help Arthritis Australia in negotiating future funding.

- 1 JIA Camp - WA
- 2 Joint Action Plan
- 3 You might be surprised poster
- 4 ARA information sheet
- 5 You might be surprised TV commercial





# President's report

It has been a year of growth for Arthritis Australia and one that puts us in good shape for the future.

By increasing and expanding income streams, operations were extended and the national profile heightened. In addition, the appointment of ABN AMRO Morgans as investment adviser saw the implementation of a revised investment strategy. Although, as a consequence, a restructure of the portfolio resulted in short term gains, this strategy is focused on improving investment portfolio returns and long-term growth.

Arthritis Australia is continuing to work with State and Territory Affiliates in delivering our Joint Action Plan. In December 2006, Arthritis Australia's CEO, Ainslie Cahill, conducted a planning workshop with State/Territory Affiliate CEOs, senior health educators and communications personnel to review the national strategy and prioritise future activities. This collaborative approach is proving to be productive and positive outcomes are being achieved.

Further funding was received from the Australian Government's Better Arthritis and Osteoporosis Care program in support of priority areas such as the development of rural/regional, multicultural, adolescent/young adult and general awareness programs. Some of these projects have been subcontracted to an Affiliate to pilot, with eventual national implementation as the objective.

Arthritis Australia has also achieved positive results from a range of fundraising initiatives. The inaugural Adam Gilchrist Trading Challenge raised almost \$45,000 for research and we have great expectations that it will continue to grow each year. Despite a busy round of national and international commitments, Adam Gilchrist continued to be generous with his support – for which we are extremely grateful.

In June a group of 20 people climbed Mt Kilimanjaro, the highest free standing mountain in the world, and raised more than \$80,000 for a new Arthritis Australia research grant. Led by 26 year old Matthew Leibowitz, who has Ankylosing Spondylitis, the climbers included Matthew's personal rheumatologist, Dr Jim Bertouch, as well as the Florance and Cope Chair of Rheumatology at the University of Sydney and Arthritis Australia Scientific Advisory Committee member, Prof Philip Sambrook. This inspirational climb proved that many of life's obstacles, arthritis included, can be overcome with careful planning, determination and teamwork. All of us at Arthritis Australia congratulate the team on their successful adventure.

Other new grants include the Ray and Pam Robinson Award for Rheumatology Research (\$40,000) and the Helen Moran Memorial Grant (\$50,000) from the ARA Research Trust. These grants will serve as a fitting reminder of two wonderful clinicians in the field of arthritis.

Expanding our understanding of the processes that drive arthritis and other musculoskeletal diseases enables new therapies to be derived. Recent developments in the treatment of rheumatoid arthritis and other inflammatory joint diseases now allow rheumatologists to imagine remission as a real possibility when a 20% improvement rate was the goal 10 years ago. Arthritis Australia is proud to be providing around \$600,000 per annum to support Australian researchers.

Economic research and the launch of an ongoing advocacy campaign have also helped Arthritis Australia in extending its reach. At the beginning of 2007 Access Economics undertook a study of the economic impact of arthritis in Australia. Released in August, *Painful Realities*, highlights the increasing prevalence of arthritis, the associated and rising costs - mostly borne by the person living with arthritis, and noted that investment in prevention and treatment is highly cost effective.

Arthritis Australia Board Member and Consumer Representative, Judith Nguyen, joined Ainslie Cahill and me in launching the report in Canberra, after which we met with a range of politicians, advisers and departmental officials. We will be continuing representations after the Federal election.

Paramount to our campaign is the assertion that an investment in prevention and management will avoid ongoing and costly health services. We are asking that urgent attention be given to reducing the physical, emotional, work-related and economic impacts of arthritis and, in particular, Arthritis Australia will continue to advocate for:

- Resources and education programs for GPs and other health professionals to be increased so they have the knowledge to diagnose and refer early. As well, more programs in rural/remote Australia to equip health professionals and patients in understanding and managing arthritis.
- Medicare rebates for chronic disease management to be increased – i.e. criteria to allow for more than five allied health service visits (e.g. physiotherapists, occupational therapists, podiatrists, dietitians).
- Review of the Pharmaceutical Benefit Scheme for certain medications so that some special-needs arthritis sufferers have the opportunity to benefit at a time when treatment is most critical.

Arthritis is the major cause of disability and pain in Australia and compared to other National Health Priorities is the most prevalent. Working as a consultant rheumatologist for more than 17 years I see the profound effect arthritis has on people's lives. It is frustrating that a group of diseases which cause so much misery could be thought of as trivial.

Projections show that on current trends the number of people with arthritis will increase by a staggering 83% by 2050.



This will have major social and economic consequences if nothing is done to prevent it. In my role as President of Arthritis Australia I will continue to lead the campaign for increased investment in this growing health problem.

It seems logical to invest now so that people's lives can be transformed and the impact of arthritis on those individuals and the nation be minimised. Unfortunately, convincing governments, business and the community will not happen overnight and, therefore, will remain a priority for Arthritis Australia until such achievements are made.

Finally I would like to thank those people and organisations who have assisted Arthritis Australia so ably over the past year. Each and every one of you is important to us but I would especially like to acknowledge Arthritis Australia's patron, His Excellency Major-General Michael Jeffery, AC, CVO, MC Governor-General of the Commonwealth of Australia and Mrs Jeffery; voluntary Board, Scientific Advisory Committee and Grants Review Committee Members and with special mention of Treasurer, Bruce Wallis; Medical Director, Prof Graeme Jones and Consumer Representative, Judith Nguyen. And we are grateful to the Australian Rheumatology Association for their outstanding support and encouragement.

My heartfelt thanks also to the Arthritis Team in the Sydney office – Ainslie Cahill, Jen Lowe and Ron Richardson who cheerfully and professionally provide an excellent service despite our limited resources.

*Mona Marabani*

Mona Marabani MBBS (Hons) FRACP  
President



## Painful Realities (Access Economics study 2007)

At the beginning of 2007 Access Economics was commissioned to review the economic costs of arthritis in Australia. The findings of *Painful Realities: The economic impact of arthritis in Australia in 2007* will enable Arthritis Australia to review its current programs, look for gaps where people with the disease are missing out, and to design new programs for the future.

Key findings of the report are:

- Nearly 1 in 5 Australians (3.85 million people) has arthritis
- 62% are of working age
- 1.62 million have osteoarthritis (OA) and 0.51 million have rheumatoid arthritis
- Obesity is an important risk factor for osteoarthritis – obese people are 2.4 times as likely to have OA as people of normal weight, while overweight people are 35% more likely to have OA
- In 2007, the total cost of arthritis is estimated to be \$23.9 billion (an increase of more than \$4 billion on the cost calculated by Access Economics in 2004)
- Access Economics estimates that in 2007 the allocated health system expenditure associated with arthritis is \$4.2 billion - \$1,100 per person with arthritis
- Between 2007 and 2050 the number of people in Australia with arthritis is projected to increase by 83%

# Reports

## Medical Director

Internationally, in 2006, there were a number of exciting advances in arthritis research, particularly in relation to the treatment of rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis with these treatments now being approved and subsidised by the Australian Government for their use in these conditions. There is still a need for fine tuning of the criteria so that all patients with severe disease can access these new treatments. For example, patients with severe early onset rheumatoid arthritis, those with severe psoriatic arthritis involving a few joints, and those with severe ankylosing spondylitis without X-ray changes. We will continue to lobby for these changes.

Nationally, there was good news for rheumatology research in Australia with the formation of two new committees of the National Health and Medical Research

Council specifically for arthritis and musculoskeletal conditions. This should double the funding in our area compared to previous years, which is only fitting given our National Health Priority status.

The Grants Review Committee met in October to determine recipients of Arthritis Australia's 2007 funding round from the 55 applications. Recommendations such as giving preference to new researchers and offering a small number of larger project grants to more established investigators were implemented. Special thanks to Patrick McNeil, Marlene Fransen, Michelle Leech, Maureen Rischmueller, Rachelle Buchbinder, Catherine Hill and Peter Youssef for their voluntary assistance.

Locally, Arthritis Australia funded a range of projects including six grants to new investigators and a number of larger

grants. These were in diverse areas including osteoarthritis, rheumatoid arthritis, vitamin D and the immune system and physiotherapy.

It is good to see the continuing improvements in the outlook for people with arthritis.



Graeme Jones MBBS (Hons) FRACP  
MMedSc MD FAFPHM



## Consumer Representative

In 2006-07 I was pleased to represent Arthritis Australia and consumers on a number of projects and committees established to improve health care services, quality of life and self-management for people with, or at risk of, arthritis and musculoskeletal conditions.

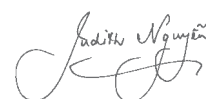
These included the *Musculoskeletal Guidelines Project*, administered by the Royal Australian College of General Practitioners (RACGP) and funded by the Commonwealth Department of Health and Ageing (DoHA). Clinical practice guidelines, protocols and management materials for General Practitioners were developed on arthritis (rheumatoid arthritis, osteoarthritis and juvenile idiopathic arthritis), osteoporosis and referral for joint replacement, and once approved by the NHMRC will be an invaluable resource for early diagnosis and optimal management of these major arthritis conditions.

The *Arthritis and Musculoskeletal Quality Improvement Program (AMQIP)*, managed by the Royal Australasian

College of Physicians (RACP) and funded by DoHA completed its second phase with many successful projects influencing best practice and education surrounding the treatment of arthritis.

Advisory groups such as the Scientific Advisory Committee for the Australian Rheumatology Association's Database (ARAD); the NSW Arthritis and Musculoskeletal Conditions Clinical Expert Reference Group (CERG) 2006-2009; and the Arthritis and Osteoporosis Awareness and Self-Management Project Advisory Committee also welcomed consumer input to their work plans and implementation of funded initiatives. Consumer input was also sought on projects as diverse as a study of Housing for the Disabled being conducted at the University of New South Wales; the redevelopment of the National Prescribing Service website; and a review by Standards Australia of the standards for child-resistant packages and the adoption of an Australian Standard for reclosable packages, including medicine bottles.

The role of a consumer representative is to provide a consumer perspective - presenting how consumers may think and feel about certain issues, contributing consumer experiences, acting as a watchdog on issues affecting consumers, and providing information about any relevant issues affecting consumers - and Arthritis Australia is proactive in ensuring the consumer voice is heard in the development of national policy and programs for people with arthritis.



Judith Nguyen, BA DipTchg MPRIA



## Chair, Scientific Advisory Committee

It is my pleasure to report on the activities of the Scientific Advisory Committee (SAC). The past 12 months have been extremely busy and I would like to thank my colleagues who have given their time and support to Arthritis Australia.

The release of the Access Economics Report *Painful Realities* highlighted the increasing burden of arthritis in the community and the increasing physical, social and financial cost of arthritis. It also highlighted the need to deal with modifiable factors such as obesity that increase the risk of osteoarthritis. Members of the SAC fielded numerous media enquiries, helping to raise awareness in the general community about the needs of arthritis sufferers.

As in the past, there were controversies surrounding the use of anti-inflammatory

therapy, culminating in the withdrawal of lumiracoxib (Prexige). Members of the committee were involved in responding to these issues, participating in media interviews and contributing to various arthritis publications. It was pleasing to see the increase in availability of biologics for inflammatory arthritis and the loosening of some of the criteria for availability.

Members of the SAC were also asked to comment on several publications from government and pharmacy groups and are currently reviewing arthritis information sheets which will be of great utility when they are released.

Encouragement of research into rheumatic diseases remains a priority and Arthritis Australia continues to support important research in the area of arthritis.

Particularly pleasing is the continuing support of younger researchers in the field.



Peter Youssef MBBS PhD FRACP



## Florance and Cope Chair of Rheumatology

2007 has been another productive year for the Florance and Cope Chair of Rheumatology. I am pleased to announce my tenure has been renewed by Arthritis Australia and the University of Sydney for a further 10 years.

I continued my work as chief investigator of the FREE study and the Northern Sydney Twins Study. The latter was established in 1996 and has recruited over 1000 twin pairs. This study is using the power of the twin model to examine the association between damage to arteries, bone weakening and body fatness.

Funded by organisations such as the National Health and Medical Research Council, Osteoporosis Australia and Arthritis Australia the FREE – Fracture Risk Epidemiology in the Frail Elderly – Study is studying more than 2000 residents of hostels and nursing homes in Sydney. This study has identified a relationship between vitamin D deficiency and the high incidence of falls and fractures.

Based on this study, we have commenced a new randomised trial - the FREEDOM

study - that will determine the effect of a simple public health strategy in reducing falls and fractures in older people living in residential care. The primary hypothesis of the trial is that increased sunlight exposure will reduce falls, improve vitamin D levels, reduce fractures, improve motor function and improve mood.

In June I joined the highly successful fundraising Kilimanjaro - Ascent for Arthritis team for their climb to the top of Mount Kilimanjaro. The climb was a special experience for each member of the team. It was great to climb with Jim Bertouch as a fellow rheumatologist, Matthew, an arthritis sufferer and the team leader, and all the other members with whom we developed a special bond.

In the 2007 calendar year I was elected President of the Australian and New Zealand Bone and Mineral Society and as a Board Member of the International Bone and Mineral Society for a four year term. I also remain on the boards of Osteoporosis Australia and the

Institute of Bone and Joint Research at the University of Sydney.



Philip Sambrook MBBS MD LLB FRACP





# Research

Arthritis Australia offers year long fellowships, scholarships, project grants and grants-in-aid annually to clinical, scientific and allied health professionals studying at, or employed by, accredited research institutions.

In the 2006 and 2007 calendar years Arthritis Australia contributed over \$700,000 to fund a range of projects that will enable better understanding of the disease as well as more effective treatments.

## 2006 outcomes

**Arthritis Australia and State and Territory Affiliates Grants**  
funded jointly by Arthritis Australia and State and Territory Offices

*Role of macrophage migration inhibitory factor (MIF) in osteoclastogenesis and bone erosion in rheumatoid arthritis*

- Showed that the compound MIF is important for the occurrence of bone damage in rheumatoid arthritis.

Dr Allison Pettit  
Institute of Molecular Bioscience  
University of Queensland

*Host genetics and Kawasaki disease*

- The cause of Kawasaki disease is unknown but genetic factors are likely to be involved. This study has found two specific areas of our genetic blueprint are associated.

Dr David Burgner  
School of Paediatrics and Child Health  
University of Western Australia

*Enhancing the measurement of pain in individuals with hip or knee osteoarthritis*

- Suggested that there are different types of pain which are not being picked up by current questionnaires such as constant dull pain and a more intense pain that comes and goes. These results will be used to design better questionnaires.

Associate Professor Lyn March  
Institute of Bone and Joint Research  
University of Sydney

*Women and arthritis: the burden of suffering for older Australian women*

- Described the burden of arthritis in older Australian women. A total of 64% per cent of the women aged 70+ in this large study reported having arthritis.

Dr Lynne Parkinson  
Centre for Research and Education in Ageing  
University of Newcastle

*Clinical features of individuals with patellofemoral osteoarthritis: a pilot study*

- Described differences between those with arthritis behind the knee cap and those with arthritis within the knee itself.

Dr Kay Crossley  
School of Physiotherapy  
University of Melbourne

*Vitamin D status, knee structural change, fall risk and change in bone density*

- Showed that vitamin D deficiency is common in Tasmania and is associated with cartilage, bone and muscle health in people aged 50+.

Dr Changhai Ding  
Menzies Research Institute  
University of Tasmania

## Philip Benjamin Grant

*Fracture risk epidemiology in the frail elderly: long term follow-up*

- Allowed the development of a check list to help doctors identify who are at highest risk and how to implement preventive strategies. It has also shown that a person's vitamin D level may be associated with risk of dying earlier.

Professor Philip Sambrook  
Institute of Bone and Joint Research  
Royal North Shore Hospital

## Win Dunne Research Grant

funded by Arthritis Tasmania

*Mortality following cardiovascular events in rheumatoid arthritis*

- Examined the association between rheumatoid arthritis and heart attack. It also looked at factors that mediate this association.

Dr Sharon Van Doornum  
Department of Medicine  
University of Melbourne

## Heidenreich Paget's Disease Grant

funded by Arthritis South Australia

*Functional characterisation of a novel SQSTM1/p62 mutant associated with severe Paget's disease of the bone*

- The sequestosome 1 gene is an important cause of Paget's disease. This study examined how this gene led to abnormalities in bone cell function.

Associate Professor Thomas Ratajczak  
Department of Endocrinology & Diabetes  
Sir Charles Gairdner Hospital WA

#### Allan Stephens Grant

##### *Biomechanical testing to detect cartilage breakdown*

- A new machine that measures how elastic cartilage is was developed and tested and could differentiate between normal cartilage and severely damaged cartilage.

Associate Professor Christopher Little  
Raymond Purves Bone and Joint Research Laboratories  
University of Sydney

#### Victorian Ladies' Bowls Association Grant

funded by Arthritis Victoria

##### *Does bone metabolism affect knee cartilage in healthy women?*

- Looked at the role of metabolic changes in bone and cartilage loss in the knee. The seed funding for this study has been used to leverage much more substantial funding from NHMRC.

Dr Anita Wluka  
Department of Epidemiology and Preventative Medicine  
Monash University

#### Phyllis MacDonnell Grant

funded by Arthritis New South Wales

##### *Regulation and function of activating/inhibitory leukocyte immunoglobulin-like receptors (LIRs) in rheumatoid arthritis*

- Showed that the compound LIR7 may be important in the development of rheumatoid arthritis.

Owen Huynh  
Inflammatory Diseases Research Unit  
University of New South Wales

##### *Role of AIF1 in rheumatoid arthritis*

- Reported that a novel gene AIF1 seems to be important in the development of rheumatoid arthritis.

Professor Matthew Brown  
Centre for Immunology and Cancer Research  
University of Queensland

##### *The effect of IL-15 on global gene expression in mast cells – implications for rheumatoid arthritis pathogenesis*

- Suggested that blocking the effect of a chemical IL-15 on immune cells called mast cells, but not other cell types, could prevent disease progression whilst minimising side effects.

Nicole Jackson  
Department of Pathology  
University of New South Wales

#### Wolf Blass Grant

funded by Arthritis South Australia

##### *Sphingosine kinase and vasulogenesis are key factors in the development of arthritis*

- Demonstrated that sphingosine kinase has a role in decreasing the activity of rheumatoid arthritis.

Dr Claudine Bonder  
Vascular Biology Laboratory and Immunology Department  
Institute of Medical and Veterinary Science SA

#### AFA-ARA Heald Fellowship

##### *The role of membrane type matrix metalloproteinase-1 and osteopontin in tendon synovial invasion*

- Rheumatoid arthritis can damage tendons as well as joints. This study showed that the osteopontin gene is important in tendon damage in rheumatoid arthritis.

Dr Nghia Le  
Institute of Bone and Joint Research  
University of Sydney

#### Arthritis NSW Branches Scholarship

##### *MIF & cell cycle in rheumatoid arthritis*

- Showed that the compound MIF may be important in the development of rheumatoid arthritis.

Elliott Taranto  
Department of Medicine  
Monash University

#### Eileen Urquhart Scholarship

funded by Arthritis Victoria

##### *Arthritis studies in collagenase resistant knock-in mice*

- Examined the mechanisms of cartilage breakdown in mice.

Stephanie Gauci  
Murdoch Children's Research Institute  
University of Melbourne

# Research

## 2007

Projects currently being undertaken are:

### Grants-in-Aid

**Arthritis Australia and State and Territory Affiliates Grants**  
funded jointly by Arthritis Australia and State and Territory Offices

*Conservative treatment of hip osteoarthritis: A pilot study*

Dr Sallie Cowan  
School of Physiotherapy  
University of Melbourne

*The effectiveness of pulsed electrical stimulation in the management of osteoarthritis of the knee: a RCT*

Robyn Fary  
School of Physiotherapy  
Curtin University of Technology WA

*Development of a diagnostic screen for osteoarthritis*

Dr Blair Hopwood  
Division of Tissue Pathology  
Institute of Medical and Veterinary Science SA

*Studies on effector and regulatory T cells in experimental polyarthritis*

Michaelia Cockshell  
School of Molecular and Biomedical Science  
University of Adelaide

*Determining the role of SOCS1 in the control of pro-inflammatory cytokine production by human monocytes*

Dr Cecilia Prele  
Division of Molecular Biotechnology  
Telethon Institute for Child Health Research WA

**Win Dunne Research Grant**  
funded by Arthritis Tasmania

*Preclinical studies of vitamin D3 in polyarthritis*

Dr Mahin Moghaddami  
Rheumatology Unit  
Royal Adelaide Hospital

### Project Grants

**Arthritis Australia and State and Territory Affiliates Grant**  
funded jointly by Arthritis Australia and State and Territory Offices

*The relationship between body composition and hip cartilage*

Dr Anita Wluka  
Department of Epidemiology and Preventative Medicine  
Monash University VIC

**Jack Bloomfield Grant**

*Proteomics in osteoarthritis: a new direction for analysis of cartilage degradation and identification of biomarkers*

Professor John Bateman  
Skeletal Biology and Disease  
Murdoch Children's Research Institute VIC

**Ray Hill Grant**

*The role of IL-6 family proteins in the pathogenesis of pulmonary fibrosis in patients with systemic sclerosis*

Associate Professor Steven Mutsaers  
Centre for Asthma, Allergy and Respiratory Research  
University of Western Australia

**Phyllis MacDonnell Grant**  
funded by Arthritis New South Wales

*The role of macrophage migration inhibitory factor in neutrophil function, survival and trafficking in experimental arthritis*

Dr Leilani Santos  
Department of Medicine  
Monash Institute of Medical Research VIC

**Allan Stephens Grant**

*Updated chrysotherapy therapeutic evaluation of some bio-transformation products of the classic anti-arthritis drug Myocrisin*

Dr Christopher Brown  
Faculty of Science  
Griffith University QLD

**Trike Around Australia Grant**  
funded partly by the Department of Health and Ageing

*Improving the quality of written doctor-patient information about drug therapy in rheumatoid arthritis*

Professor Rachelle Buchbinder  
Department of Clinical Epidemiology/Department of Epidemiology and Preventative Medicine  
Cabrini Hospital VIC



## Scholarships

**Arthritis Australia and State and Territory Affiliates Scholarship**  
funded jointly by Arthritis Australia and State and Territory Offices

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*The role of antigen post translational modifications in rheumatoid arthritis*

Kim Lau  
Biochemistry and Molecular Biology  
Bio21 Molecular Science and Biotechnology  
Institute VIC

**Wolf Blass Scholarship**  
funded by Arthritis South Australia

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*MIF polymorphism in SLE patients*

Dr Sally Ayoub  
Centre for Inflammatory  
Diseases/Department of Medicine  
Monash University VIC

**Barbara Cameron Memorial Scholarship**

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*Regulation and function of activating/inhibitory leukocyte immunoglobulin-like receptors (LIRs) in rheumatoid arthritis*

Owen Huynh  
Inflammatory Diseases Research Unit  
University of New South Wales

## Fellowships

**Heald Fellowship**

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*Role of B7 family members in enhanced secondary immune responses*

Kim Good  
Laboratory Medicine  
Yale University USA

# Governance

## Board of Directors

The Board is responsible for overseeing planning, resource use, growth, liaison across the community, and enhancing the image of Arthritis Australia.

### **Mona Marabani MBBS(Hons) FRACP President**

Dr Marabani, a practising rheumatologist, was appointed President in June 2006 after serving three years as Vice President. She has also chaired the Scientific Advisory Committee.

### **Andrew Walker LLB Vice President**

Mr Walker is a specialist commercial litigator and Managing Partner of Dobson Mitchell & Allport Lawyers in Hobart. He was appointed Vice President in November 2006 and has served as a Director since 2004. He is also President of Arthritis Tasmania.

### **Bruce Wallis BComm FCA FAICD Treasurer**

Appointed to the Board in July 2005 and as Treasurer in June 2006, Mr Wallis is Arthritis Queensland's nominee. A Chartered Accountant, he is currently Chair of Finance and Remuneration with ABN AMRO Morgans Limited.

### **Sharon Freund BSc LLM Secretary**

Ms Freund is a Magistrate of the Local Court of NSW. She was appointed Secretary in November 2003.

### **Graeme Jones MBBS(Hons) FRACP MMedSc MD FAFPHM Medical Director**

Professor Jones was appointed Medical Director in May 2003 and chairs the Grants Review Committee. He is Director of Rheumatology at Royal Hobart Hospital and Head of the Musculoskeletal Unit at the Menzies Research Institute, University of Tasmania.

### **Judith Nguyen BA DipTchg MPRIA Consumer Representative**

Formerly President of Arthritis Tasmania Mrs Nguyen joined Arthritis Australia as a Director and Consumer Representative in May 2003 after a career in corporate communication.

### **Helen Cody**

Mrs Cody has been on Arthritis Australia's Board since October 2001. A retired teacher, she is also on the Board of Arthritis ACT.

### **Barry Dove LLB QC**

His Honour Judge Dove is a county court judge in Victoria. President of Arthritis Victoria since 2003, he was appointed to Arthritis Australia's Board in July 2005.

### **David Motteram**

Mr Motteram is a retired business manager and current President of Arthritis South Australia. He was appointed to the Board of Directors in December 2002.

### **Barry Nunn AO RFD ED (Retd)**

Major General Nunn was appointed in April 2006. His experience is in engineering and senior business management and he is the Vice President of Arthritis Western Australia. He was appointed an Officer of the Order of Australia in 1989 and was awarded a Centenary Medal in 2003.

## Alternate Directors

### **Kathryn Barnsley B.A. Grad Dip (Soc Sci)**

Mrs Barnsley is Arthritis Tasmania's Alternate Director. She is a PhD student at the Menzies Research Institute, University of Tasmania, a tobacco control consultant, and Consumer Representative for the Board of Arthritis Tasmania.

### **Simon Burnet MBBS FRACP**

Dr Burnet is Arthritis South Australia's Alternate Director. An Adelaide based rheumatologist, he is a consultant at the Queen Elizabeth Hospital. He is also Medical Director of Arthritis South Australia.

### **Ian Dover BSc MEng PhD MIMEA FAICD**

Dr Dover is Arthritis Queensland's Alternate Director. A business professional in engineering, information systems and management, he is also the Vice President of Arthritis Queensland.

### **Russell Green BHA (UNSW), ASA, ARMIT, AFCHSE**

Mr Green is Arthritis Victoria's Alternate Director and is a Board Member and Treasurer of Arthritis Victoria.

### **Kristine Riethmiller BA CMC MIMC MAICD**

Ms Riethmiller is Arthritis ACT's Alternate Director. A practising management consultant, she serves on a number of business and community related boards.

## Executive

### **Ainslie Cahill**

Ms Cahill was appointed CEO in December 2005, having served as Marketing and Business Development Manager from August 2003. She has more than 25 years' experience working in a variety of industries including senior management positions in vocational education, marketing & communications, publishing, and film, television & theatre production.

## Scientific Advisory Committee

This committee provides the Arthritis Australia Board with medical expertise.

### **Peter Youssef MBBS(Hons) FRACP PhD Chair**

Associate Professor Youssef is Staff Specialist in Rheumatology at the Royal Prince Alfred Hospital in Sydney and was appointed Chair of the Scientific Advisory Committee in August 2006. He also works in private practice.

**Peter Brooks MD FRACP FRCP Edin  
FAFRM FAFPHM MD Lund (Hons  
Causa)**

Professor Brooks is Executive Dean, Health Sciences at the University of Queensland and a Member of the Council of Queensland Institute of Medical Research and the Mater Medical Research Institute. He is also Co-Chair of the Arthritis and Osteoporosis Expert Advisory Committee and is on the Executive of the International Bone and Joint Decade.

**Simon Burnet MBBS FRACP**

Dr Burnet is an Adelaide based rheumatologist who is a consultant at the Queen Elizabeth Hospital. He is also Medical Director of Arthritis South Australia and an Alternate Director for Arthritis Australia.

**Julien de Jager MB BCh FRACGP  
FRACP**

Dr de Jager is a Queensland-based consultant rheumatologist and a past President of the Australian Rheumatology Association.

**Anna Dorai Raj MRCP (UK) FRACP**

Dr Dorai Raj heads rheumatology at the Canberra Hospital and lectures at the Australian National University.

**John Edmonds MB BS MA FRACP**

Professor Edmonds is a former director of rheumatology at Sydney's St George Hospital and conjoint professor of rheumatology at the University of NSW.

**John Hart MBBS FRACS FAOrthA  
FASMF FACSP**

Associate Professor John Hart is an orthopaedic surgeon based in Melbourne where he is a Clinical Associate Professor of surgery at Monash University at The Alfred Hospital.

**Graeme Jones MBBS(Hons) FRACP  
MMedSc MD FAFPHM**

Professor Jones, Head of the Musculoskeletal Unit at the University of Tasmania and Director of Rheumatology at Royal Hobart Hospital, is Medical Director of Arthritis Australia.

**Mona Marabani MBBS(Hons) FRACP  
Chair**

Dr Marabani, a practising rheumatologist, is President of Arthritis Australia.

**Philip Sambrook MBBS MD LLB FRACP**

Professor Sambrook holds the Arthritis Australia funded Florance and Cope Chair of Rheumatology at the University of Sydney.

**Andrew Taylor MBBS FRACP**

Dr Taylor is a consultant in the Rheumatology Department at Royal Perth Hospital and Director of the Goatcher Clinical Research Unit. He also has a large private practice.

**Grants Review Committee**

This committee assesses all applications for research funding.

**Graeme Jones MBBS(Hons) FRACP  
MMedSc MD FAFPHM Chair**

Professor Jones is Head of the Musculoskeletal Unit at the University of Tasmania and Director of Rheumatology at Royal Hobart Hospital.

**Rachelle Buchbinder MBBS(Hons) MSc  
FRACP**

Professor Buchbinder is a rheumatologist and clinical epidemiologist. She is Director of the Department of Clinical Epidemiology at Cabrini Hospital.

**Marlene Fransen PhD MPH  
DipPhysiotherapy**

Dr Fransen is Head of the Musculoskeletal Conditions Research Program at The George Institute, University of Sydney.

**Catherine Hill MBBS MSc FRACP**

Dr Hill is Staff Specialist in the Department of Rheumatology at the Queen Elizabeth Hospital and a senior lecturer at the University of Adelaide.

**Michelle Leech MBBS FRACP PhD**

Associate Professor Leech is a research fellow at Monash University and Director of Clinical Teaching Programs at Monash Southern Clinical School. She is also a consultant rheumatologist at Monash Medical Centre.

**Patrick McNeil MBBS(Hons) PhD  
FRACP GradDipHEd**

Professor McNeil holds the University of New South Wales' Chair of Rheumatology at Liverpool Hospital.

**Maureen Rischmueller MBBS FRACP**

Dr Rischmueller is Director of Rheumatology at the Queen Elizabeth Hospital and a senior lecturer at the University of Adelaide.

**Peter Youssef MBBS(Hons) FRACP PhD**

Associate Professor Youssef is a Staff Specialist in Rheumatology at the Royal Prince Alfred Hospital in Sydney and works in private practice.

**Patron**

His Excellency Major-General Michael Jeffery AC CVO MC Governor-General of the Commonwealth of Australia



# Support

With the assistance of supporters Arthritis Australia has been able to continue raising awareness, delivering education and support services, providing annual research grants and developing advocacy programs.

Many have contributed expertise, time, funding, goods and services. To them a heartfelt thank you on behalf of the nearly 1 in 5 Australians living with arthritis and their friends, families, colleagues and carers.

## **Arthritis Australia Community Chest – Medicines Australia Community Care Program**

Abbott Australasia Pty Ltd  
Boehringer Ingelheim Pty Ltd  
Novartis Pharmaceuticals Australia Pty Ltd  
Pfizer Australia Pty Ltd  
Roche Products Pty Limited  
Schering-Plough Pty Limited  
Wyeth Australia Pty Limited

## **Adam Gilchrist Challenge**

Adam Gilchrist  
Craig Coleman  
Amber Projects  
aronline  
Arthritis and Inflammation Research Centre  
Stephen Atkinson  
IWL  
Lanham Public Relations  
PocketWatch by 3  
Sanford Securities  
Rebecca Wilson

## **Surprising Adventures with Arthritis**

Gold Sponsor  
Blackmores Ltd

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Bronze Sponsors  
Abbott Australasia Pty Ltd  
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Print National

## **Supporters**

Australian Ballet  
Bendigo Bank  
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Coffee School, Glebe  
Cook + Phillip Park  
Darbar, Glebe  
Ian Eden – Top Cat Australia  
Professor John Edmonds  
Ruth Griffiths  
Herbie's Spices, Rozelle  
Gillian Hyde  
Life & Balance, Glebe  
Pamela Lowe  
Mercure Sydney  
Murdoch Books  
Nudie Foods Australia  
Om Thai, Pyrmont  
Orthosports Group  
Liz Rivers  
Mark Sperling  
Taronga Zoo  
Western Plains Zoo  
Westfield Bondi Junction  
WPS Bathurst Motor Festival

## **Arthritis Awareness Week**

aronline  
Australian Radio Network  
Caroline David  
Daz "The Cowboy"  
Marc Furmie  
David Gross  
Barry Hales  
Ben Blick Hodge  
John Kellett  
Tim Maddocks  
Gavin Moroney  
"Pip the Grip"  
Carl Robertson  
WIN Television

## **Awareness and education programs**

Australian Government / Commonwealth  
Department of Health and Ageing  
MBF  
Stryker Australia

## **Golf Days**

Genworth Financial

## **Governor General's Reception**

Major-General Michael Jeffery, AC CVO MC  
Mrs Marlena Jeffery

## **Kilimanjaro – Ascent for Arthritis**

Daniel Been  
Peter Collins  
Matthew Leibowitz  
Jonathan Shapiro  
Jeremy Unger  
Bang  
Joanne Been  
Sara-Lee Been  
James Bertouch  
Edward Bertouch  
Paul Cross  
Ashley Hadassin  
Martin Lazarus  
Anthony Leibowitz  
Louise Leibowitz  
Michael Leibowitz  
Amy Leigh  
Joel Queit  
Dean Rabinowitz  
Tamar Rosenthal  
Philip Sambrook  
XYZ direct

## **WPS Bathurst Motor Festival**

Global Entertainment Team  
Bathurst City Council

#### Donations of \$500+

Corporate Communications & Counsel  
Lorraine Gay  
Heidelberg Graphic Equip  
RP Horn  
Isaacs & Cole  
James N Kirby Foundation  
Dr Steven Lee  
Jean Murray

#### Principle Global Investors

Reynolds & Co  
Sellers Holdings  
Jelena Soskic  
Bruce Wallis  
Christine Woodruff

#### In-kind support

Isaacs & Cole  
Kemp Strang  
Master Builders Association  
pdq design  
Print National

And a very special thank you to all the television and radio stations throughout Australia who donated their airtime to run Arthritis Australia's *Arthritis: you might be surprised!* and the *Adam Gilchrist Challenge* community service announcements.



# Finance

|                                  | 06/07            | 05/06            |   | 06/07            | 05/06            |
|----------------------------------|------------------|------------------|---|------------------|------------------|
|                                  | \$               | \$               |   | \$               | \$               |
| <b>Current Assets</b>            |                  |                  | <b>Income</b>                           |                  |                  |
| Cash Assets                      | 1,594,554        | 403,300          | <b>Donations/fundraising</b>            |                  |                  |
| Receivables                      | 339,259          | 186,841          | General                                 | 962,271          | 346,681          |
| Investments                      | 507,385          | 1,505,830        | Affiliates                              | 286,250          | 235,170          |
| <b>Total Current Assets</b>      | <b>2,441,198</b> | <b>2,095,971</b> | <b>Total</b>                            | <b>1,248,521</b> | <b>581,851</b>   |
| <b>Non-Current Assets</b>        |                  |                  | Sponsorship                             | 217,120          | 287,680          |
| Receivables                      | 46,000           | 50,000           | Membership Fees                         | 1,920            | 1,804            |
| Financial assets                 | 3,523,440        | 3,139,864        | <b>Investments</b>                      |                  |                  |
| Property, Plant & Equipment      | 9,628            | 22,667           | Interest                                | 121,092          | 128,756          |
| <b>Total Non-Current Assets</b>  | <b>3,579,068</b> | <b>3,212,531</b> | Profit on Sale                          | 589,977          | 20,921           |
| <b>Total Assets</b>              | <b>6,020,266</b> | <b>5,308,502</b> | Dividends                               | 152,334          | 140,404          |
| <b>Current Liabilities</b>       |                  |                  | <b>Total</b>                            | <b>863,403</b>   | <b>290,081</b>   |
| Payables                         | 750,841          | 505,236          | Other                                   | 47,981           | 73,597           |
| Provisions                       | 336,687          | 204,785          | <b>Total Income</b>                     | <b>2,378,945</b> | <b>1,235,013</b> |
| <b>Total Current Liabilities</b> | <b>1,087,528</b> | <b>710,021</b>   | <b>Expenses</b>                         |                  |                  |
| <b>Total Liabilities</b>         | <b>1,087,528</b> | <b>710,021</b>   | Research                                | 622,485          | 512,693          |
| <b>Net Assets</b>                | <b>4,932,738</b> | <b>4,598,481</b> | Patient & Community Services            | 79,899           | 88,224           |
| <b>Accumulated Funds</b>         |                  |                  | Education & Awareness                   | 809,000          | 636,853          |
| Contractually restricted funds   | 3,991,885        | 3,632,395        | Administration                          | 257,620          | 216,925          |
| General funds                    | 940,853          | 966,086          | Fundraising                             | 213,452          | 39,177           |
| <b>Total Foundation Funds</b>    | <b>4,932,738</b> | <b>4,598,481</b> | Depreciation                            | 3,074            | 5,817            |
|                                  |                  |                  | <b>Total Expenses</b>                   | <b>1,985,530</b> | <b>1,499,689</b> |
|                                  |                  |                  | <b>Net Surplus/(Deficit)</b>            | <b>393,415</b>   | <b>(264,676)</b> |
|                                  |                  |                  | <b>Asset Revaluation /(Devaluation)</b> | <b>(2,132)</b>   | <b>(3,422)</b>   |
|                                  |                  |                  | <b>Change in Foundation Funds</b>       | <b>391 283</b>   | <b>(268,098)</b> |

Total Foundation Funds at 30 June 2007 include \$ 3,991,885 ( 2006 \$ 3,632,395) of contractually restricted research funds administered by the Foundation.

The above tables showing the Balance Sheet and Income Statement for the year ended 30 June 2007 have been prepared from audited financial statements passed by the Board of Directors, who are responsible for the presentation of the financial statements and the information they contain. The complete financial report of the Foundation and the audit report by Isaacs & Cole is available from Arthritis Australia GPO Box 121 Sydney NSW 2001

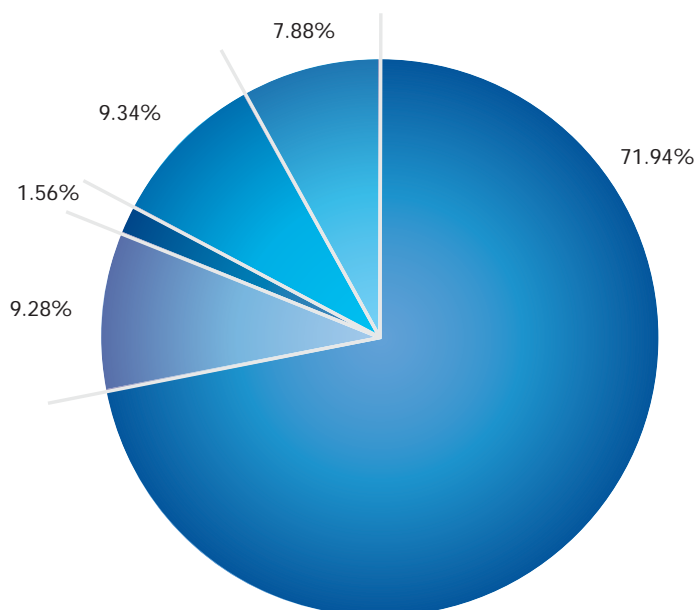


## National Summary

Following is the national summary of revenue and expenditure of the nine Australian arthritis foundations; one in each state and territory plus the national office.

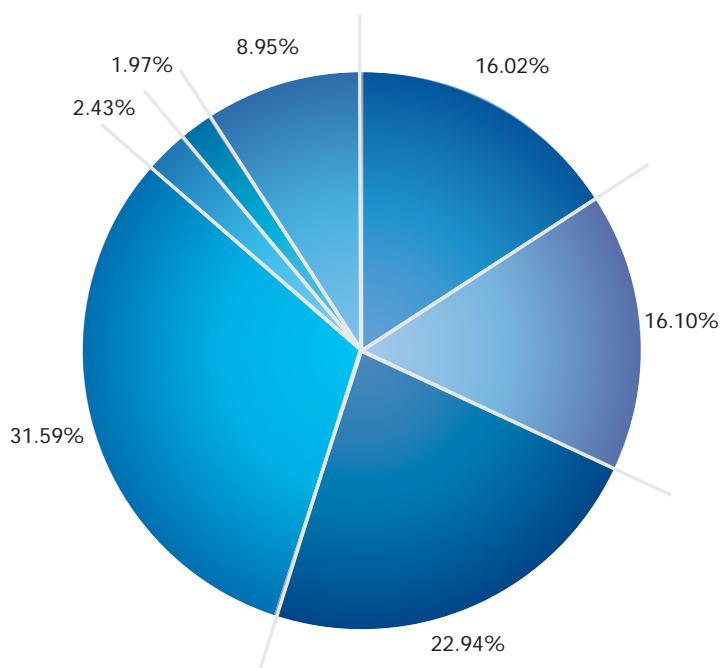
### Revenue

|              |                     |             |
|--------------|---------------------|-------------|
| Fundraising  | \$12,801,941        | 71.94%      |
| Grants       | \$1,650,300         | 9.28%       |
| Membership   | \$276,848           | 1.56%       |
| Investment   | \$1,662,048         | 9.34%       |
| Service      | \$1,401,200         | 7.88%       |
| Other        | -                   | -           |
| <b>TOTAL</b> | <b>\$17,792,337</b> | <b>100%</b> |



### Expenditure

|                         |                     |             |
|-------------------------|---------------------|-------------|
| Patient & Comm Services | \$2,230,335         | 16.02%      |
| Education & Awareness   | \$2,241,507         | 16.10%      |
| Administration          | \$3,194,839         | 22.94%      |
| Fundraising             | \$4,399,340         | 31.59%      |
| Depreciation            | \$338,643           | 2.43%       |
| Other                   | \$274,986           | 1.97%       |
| Research                | \$1,246,550         | 8.95%       |
| <b>TOTAL</b>            | <b>\$13,926,200</b> | <b>100%</b> |



# Contacts

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## For all arthritis information

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[www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

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**w:** [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

Ainslie Cahill Chief Executive Officer

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Ric Forlano Executive Director



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