



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

# The Empowered Patient:

*Navigating Health Information on the Wild, Wild Web*



A photograph showing a younger woman with a shaved head, wearing a purple long-sleeved top, leaning over and embracing an elderly woman with short grey hair, wearing a pink top. The elderly woman has a distressed expression. The background is a plain wall with a light switch and a power outlet.

The Diagnosis  
That Changed  
Everything

Empowerment is  
best fueled by  
evidence

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CONTEXT IS KEY: SPECIFIC TO  
INFLAMMATORY AND  
DEGENERATIVE ARTHRITIS



WEIGHT OF EVIDENCE: SIZE OF  
STUDY SAMPLE, LENGTH OF STUDY,  
RIGOROUS STUDY DESIGN



CREDIBILITY AND DIVERSITY OF  
INFORMATION SOURCES;  
ABSENCE OF CONFLICTS

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Arthritis Foundation

Patient Family Supporter Health Care Provider Science Community Health & Wellness

## We are Champions of Yes

Arthritis Foundation

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Our Mission

Tools & Resources

### How Gaye Jacques Is Making Arthritis a Priority in the 2020 Election

Advocacy - August 21, 2019 | Arthritis Foundation

UCLA Fellows: Meet Samira Nazzari

Blog Listing

Featured Posts

Arthritis Foundation

## Living Your Yes!

Helping those with arthritis live their best life.

[DONATE NOW](#)

July 11, 2019

### Lose Weight Without Dieting

No matter what type of arthritis you have, maintaining a healthy weight can make a big difference. But sometimes it's tough to get there... or stay there. Take your first step or get back on track with these tips for healthy eating habits.

### Ease Arthritis Symptoms With Guided Imagery

Your mind can be a powerful tool for dealing with the physical and emotional challenges of living with arthritis. Guided imagery is a mind-body technique that can help relieve pain, stress, anxiety and depression. And it really works. Learn about the practice and how to get started.

### Take the Pathway to Yes

Start living your best life when you join the Live Yes! Arthritis Network. From our Online Community at your fingertips, including Q&A with health care experts — to local, in-person Connect Groups — we've got you covered. And it's FREE. There's nothing to lose and everything to gain. Sign up now and Live Yes!

### Your Insights Matter

Join thousands of arthritis patients already making a difference with our new survey program. There's no cost or obligation beyond taking occasional, anonymous surveys at your convenience. Help yourself and the whole arthritis community.

Advertisement

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Arthritis Foundation

Let's get a grip on arthritis.

## HIGHER IN ANTIOXIDANT STRENGTH THAN ANY FRUIT JUICE.

Arthritis Foundation

## KGAT NEWS

The Arthritis Foundation's online resource for 300,000 families living with JA.

May 15, 2019

### Register Your Child for a Life-Changing JA Camp Experience

HELPLINE 844-571-4357

ONE Can Make A Difference

WALK to CLURE

Arthritis Foundation

## RA INSIDER

Beyond the basics of Rheumatoid Arthritis

July 25, 2019

### Try a Soothing Soak for Pain Relief

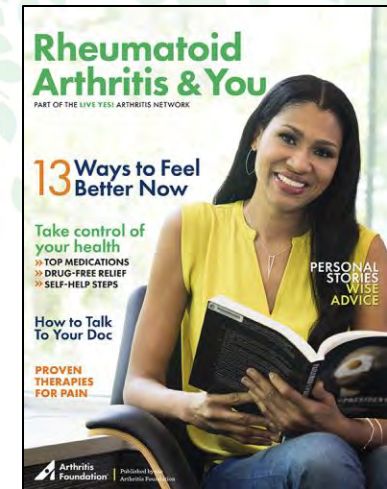
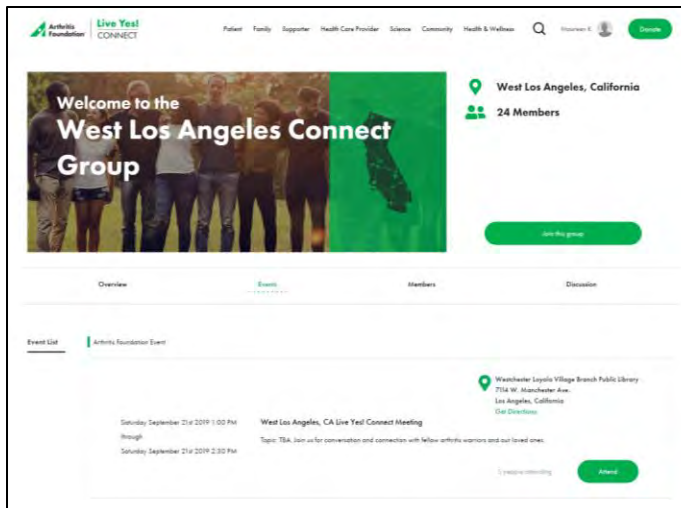
Soaking in warm water is a time-tested complementary therapy for arthritis pain, but do you know how to make the most out of your soak? Read here to discover the benefits of warm water for RA pain and how to have the best bathing experience.

### Understand RA Flares for Better Treatment

Becoming better informed about RA flares can give you the tools to be as positive as possible when one happens. Although symptoms differ among individuals, certain universal truths about flares apply to everyone with RA. Learn what they are to improve treatment when the going gets tough.

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## Medscape

[medscape.com/today](http://medscape.com/today)

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## Medications



[dailymed.nlm.nih.gov/dailymed/](http://dailymed.nlm.nih.gov/dailymed/)

## Emotional Health



[apa.org/index](http://apa.org/index)

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## Nutrition



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



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

## CAM



[nccih.nih.gov/](http://nccih.nih.gov/)

## Joint Protection



# Closing

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# Questions?

