



Newsletter - Spring 2018



World AS Day is here - 5th May 2018

To mark World AS Day, for the whole month of May We are promoting Walk Your AS Off and the Selfie Challenge 2018

Have you registered your team?

If not you can do so [here](#)

We want as as many teams in as many countries as possible to take part. More information and translated flyers can be found under 'projects' on the [ASIF website](#)

There are already teams in Columbia, Spain, UK, USA, Canada, Taiwan, Australia, South Africa and many more being set up

For awareness, for our health,
for the future!

walkyourASoff.com & walkASone.org

walk your AS off in 2018!

Registration Opens April 7th!

#WalkYourASoff2018
#ASwalkSelfie

JOIN SHARE WALK TRACK RECORD Celebrate

Walk AS One would like to invite all ASIF members to join the 7th annual awareness and advocacy campaign, Walk Your A.S. Off, for the month of May, 2018, and to participate in the Instagram selfie challenge we successfully launched together last year for World Ankylosing Spondylitis Day.

Many ASIF members know about the awareness and health campaign started by a handful of Ankylosing Spondylitis (AS) patients in 2011 in the United States, called "Walk Your A.S. Off". The goal is to get people with any form of spondylitis to raise awareness of the disease while working to move their bodies and be more active, which is one of the best things patients can do to help manage their disease.

ASIF officially endorsed Walk Your AS Off in 2013 and members have since participated with teams in numerous countries: Australia, Britain, Canada, Ireland and the U.S.A. This year we would like to get all ASIF member countries and organizations involved!

Participation is simple! Let us know (email: office@asif.info) that you will be participating and we will work with you and Walk AS One to get your team page set up and ready for team member registration. Individual walkers can be registered through the team page and can enter their steps each week through the website.

1. Join - Register your team at www.walkyourASoff.com
2. Share the link to the team page with your members for individual walker registration and login.
3. Walk - outside, inside, around town, and on your favorite path.
4. Track - Use a fitness tracker or app to track your daily steps. Every step counts!
5. Record your weekly steps via the individual page given at registration.
6. Celebrate your success!

To participate in the Selfie Challenge simply follow '@walkasoneworldwide' on INSTAGRAM, post a new selfie photo on Instagram and include the hashtag #ASwalkSelfie and the tag @walkasoneworldwide. Your photos will then be followed and shared by Walk AS One during the Walk Your AS Off 2018 campaign this May.

Last year we had numerous countries participate and close to 1000 selfies shared. Our goal this year is 10,000 selfies! We need each ASIF member to pledge at least 250 photos to get us to our goal.

You can download flyers and information from the ASIF website www.asif.info on the 'projects' page.

Get ready For the May 2018

Walk Your A.S. Off Selfie Challenge

START

brought to you by

walk AS one and ASIF

walk AS one.org PO. Box 431 Gray, ME 04039 1-855-WALK-AS-1

May 1st - May 31st, 2018

How to Participate

1. Follow @walkasoneworldwide on Instagram
2. Post a new selfie photo of you or your friends and family participating in Walk Your AS Off to Instagram. **Be creative and share your AS life and challenges.**
3. Include the hashtag #ASwalkSelfie and tag @walkASoneworldwide in the caption!
4. You may also include ONE of the following country and organization hashtags #ASwalkSelfieUSA #ASwalkSelfieUK #ASwalkSelfieASIF #ASwalkSelfie(your country)
5. Photos must be tagged on Instagram to be included in the challenge.





New ASIF Website

ASIF is very excited to be launching a new website this week. It will showcase our projects and your work. The URL will be the same www.asif.info

We are also planning to create a private members area where you will be able to talk directly to each other. To share information and develop collaborations.

News from ASIF members

If you are planning any events for World AS Day on 5 May 2018, do remember to send us a report and photographs so that we can share them with all our members and on our new website.

EULAR 2018

The ASIF Executive will be at EULAR in Amsterdam 13-16 June. ASIF have a booth in the EULAR Village. We will present the work of our members on a screen at our stand. If you have not already done so, please send Jo a couple of slides showcasing your work.

If you are attending EULAR, we look forward to seeing you there.

ASIF 13th General Council Meeting Guangzhou, China 10-13 October 2018

The ASIF Council meeting will take place in China this year, kindly hosted by Dr Gu and the Association of Chinese AS Patients and Medical Advisory Board of Chinese Health Promotion Foundation.

The meeting is from 10-13 October. The programme can be downloaded [here](#).

Speakers will include:

Jennifer Visscher from Walk AS One, a very successful online campaigner
Souzi Makri, Honorary Chair AGORA, who will talk about personalised treatment and shared decision-making

Dr Tuncay Duruöz who will talk about the new criteria for axial and peripheral spondyloarthritis.

We really want to hear from our members at this meeting so there will be plenty of opportunity for you to take part in workshops and we will invite each country attending to give a short presentation about something of note - a recent success story or triumph - or even something that did not go so well. So that we can all learn from each other. We hope to have presentations from many new member countries.

There will be a welcome dinner on Wednesday 10 October, Thursday, Friday and Saturday morning will be talks and workshops. On Saturday afternoon our hosts are planning an excellent trip out for us to see some points of interest.

We will be staying at the Guangzhou Southern Congress 1 Station Hotel. The invitation has been sent out to members with a registration form. Please contact [Jo](#) if you have not received it.

For those who want to get ahead booking their flights, the nearest airport is Guangzhou Baiyun International Airport. You can also take a high speed train from Hong Kong which takes around 2 hours.

Most of you will also require visas which you will have to arrange locally and in most countries cannot be arranged more than 3 months in advance of travel. However as soon as you have booked your travel and registered, Jo will organise a letter of invitation from our hosts in China that you can use to get your Visa.

If you intend to approach funders to assist with travel costs to get to the meeting in China, we will be happy to provide you with a letter of support from ASIF.

We really hope that as many of you will come to the meeting in China as possible. It promises to be an excellent meeting.

Please contact Jo on office@asif.info if you have any questions.



EFCCA

European Federation of Crohn's &
Ulcerative Colitis Associations

Mapping of Innovative Medicines

EFCCA has undertaken an exhaustive mapping of all innovative medicines and devices in 31 countries (involving 32 EFCCA patient associations). The results show existing health inequalities between member countries and regions on issues such as healthcare systems, reimbursement policies and access to treatment. EFCCA and its members will work on these results to prepare for advocacy and awareness raising actions vis-à-vis the European institutions as well as on the national and regional level.

You can download the full report [here](#).