

ASIF'S MISSION

To advocate globally to improve the lives of people affected by axial Spondyloarthritis and related conditions. To grow, strengthen and empower our community, and to raise awareness around the world.

WHO WE ARE

ASIF is an international membership organisation representing more than 50 patient organisations from over 40 countries specialising in the support of patients with axSpA.

ASIF is proud to work on important projects aimed at improving the lives of the global axSpA community. These include the International Map of axSpA (IMAS) and Delay to Diagnosis.

ASIF coordinates World AS Day - an annual day dedicated to people with axSpA. It is celebrated globally on the first Saturday after 1 May.

ASIF cooperates with the Assessment of SpondyloArthritis International Society (ASAS), an international group of experts in the field of spondyloarthritis.



PATIENT ORGANISATIONS

If you know of an association that would like to join ASIF, or if you live in a country that does not have a national association, please contact us.

We encourage the formation and development of disease-specific axSpA societies, separate from general arthritis organisations to better represent, educate and advocate for people living with the condition.

The support of rheumatologists and patients is fundamental to the success of a new organisation. ASIF can support the creation of new associations. For more information on how to set up an axSpA society in your country, contact us.

Our members can be found on our website
www.asif.info

CORPORATE SPONSORS

ASIF is grateful for the support of its industry partners:



**Giving an international voice
to people living with
axial Spondyloarthritis (axSpA)
and related conditions**



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- Spondylitis ankylosans • Spondylarthrite ankylosante
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“You are not alone; there are patient organisations around the world who can support you and who work with ASIF to ensure our voice, as patients, is heard in a global arena.”

– Zhivko Yankov, President of ASIF



WHAT IS AXIAL SPONDYLOARTHRITIS?

Axial Spondyloarthritis (axSpA) is a chronic inflammatory disease that encompasses radiographic (Ankylosing Spondylitis or AS) and non-radiographic (nr-axSpA) forms. It is a rheumatic inflammatory disease primarily affecting the spine and sacroiliac joints. AxSpA can lead to chronic pain, structural damage and disability.

LEADING SYMPTOM: Inflammatory back pain that improves with exercise but not with rest

DISEASE ONSET: Usually before the age of 40, often in the 20s

PREVALENCE: Varies between populations and could be as many as 1 in 150

ASSOCIATED CONDITIONS: Uveitis, psoriasis, enthesitis, colitis and inflammatory bowel disease

GENDER: The number of men and women with axSpA are roughly equal

DIAGNOSING AXSPA

If a patient:

- is under 40 years old and...
- has had persistent back pain for more than three months and...
- has morning back stiffness that eases with movement

investigations into Inflammatory lower back pain should be done.

We recommend patients are referred to the axSpA/AS Society in their country, find details at

www.asif.info

PATIENTS BENEFIT FROM JOINING PATIENT ORGANISATIONS

ASAS recommends patients join their national axSpA/AS patient association, as they:

- help patients feel less isolated
- provide education via newsletters, symposia, websites and social media
- help motivate patients to exercise in group physiotherapy/exercise sessions
- share information about the disease and research taking place
- help patients learn to self-manage and cope with their condition

AxSpA places a huge physical impact and psychological stress on patients which can disrupt every aspect of their life and its quality, including mobility, sleep, work and relationships. It is a poorly understood disease that causes patients to worry for their future.

7+ years on average to be diagnosed and women often wait longer than men

69% of participants struggled to get dressed

74% reported difficulties finding a job due to their condition

50% reported sleep problems

39% reported anxiety

34% reported depression

*data from International Map of axial Spondyloarthritis

