# ASIF Newsletter: March 2026

## Message from the President

Dear friends,

On 19 February, we welcomed four new members to ASIF. Representatives from ACAPER in Argentina, INAPE in Brazil, Gigtarfelag Islands Iceland and The Rheumatology Initiative (tRi), Ghana presented to ASIF Trustees who voted to accept all four organisations. We will feature each group in the next newsletter, but in the meantime, I'd like to warmly welcome them to the ASIF family.

World AS Day is fast approaching. Focusing on axSpA being so much more than just backpain, we will raise awareness of this multifaceted condition and the way it can impact every area of life. Find out more about the campaign below.

In October, we will bring ASIF members together at our Council Meeting in Athens. Built around a theme of 'Collaboration', the programme promises to be inspiring and educational, and we hope it will lead to many more collaborations between members and other stakeholders. Find out how to register below. I look forward to seeing you there!

In our interconnected world, news of conflict and crisis—whether in Iran or other regions—reaches us instantly and constantly. For those living with axSpA, this continuous stream of distressing information can be more than just emotionally draining; it can have a direct impact on our physical health. Read more about managing 'news overwhelm' and stress below.

Best wishes,

*Zhivko Yankov*
*Chair of ASIF*

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# ASIF's Programmes

### LAMAS Report to Launch at PANLAR

The Latin American Map of Axial Spondyloarthritis (LAMAS) will be launched at the 2026 PANLAR Congress (27-30 April) in Panama. LAMAS uses the regional analysis of data from the International Map of Axial Spondyloarthritis (IMAS). The report has been developed with rheumatology and patient expertise from Argentina, Brazil, Colombia and Mexico; it represents one of the most comprehensive examinations of the lived experience of axSpA, and its economic cost, in Latin America.

IMAS gathered the experiences of 5,557 people in 27 countries across five continents and offers an unparalleled global picture of axSpA. Through LAMAS, ASIF brings this global effort into sharp regional focus—providing robust, evidence-driven insight into the burden of axSpA specifically within Latin American countries.

**Understanding axSpA in Latin America**
LAMAS shines a light on the long-overlooked realities of living with axSpA, not only the physical burden, but the emotional, social and economic consequences that are too often misunderstood or dismissed. This report lays the foundation forchange in axSpA care across the region.

**Accessing the Report**
The LAMAS report will be available in English, Latin American Spanish, and Brazilian Portuguese, ensuring accessibility across the region. It will be shared for the first time at PANLAR and published on the ASIF website in April.

**Meet the ASIF Team at PANLAR**
ASIF's Jo Davies and Jo Lowe will attend PANLAR alongside Marco Garrido-Cumbrera, Chief Investigator of LAMAS from the University of Seville, Spain, and Julieth Buitrago, ASIF Trustee and representative of the Fundación de Espondilitis Anquilosante en Colombia.

They look forward to connecting with our Latin American members, colleagues from ASOPAN (Pan American League of Associations for Rheumatology), and many others. If you are attending the congress, please let us know and please also visit the ASIF booth.

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## IMAP: Building the Next Phase Together

Over the past few months, we have been laying the foundations for what will become ASIF's most ambitious and biggest programme to date, designed to deepen global understanding of both axial spondyloarthritis (axSpA) and psoriatic arthritis (PsA).

Since we first introduced IMAP (International Map of Axial Spondyloarthritis and Psoriatic Arthritis) in the last newsletter, ASIF has been working intensively with academics, clinicians, and patients to shape the framework and priorities of the study. A key milestone is the establishment of the IMAP Steering Committee, a diverse group that will guide the development of the project. This committee brings together expert clinicians, academics and—most importantly—people living with axSpA and PsA.

The Steering Committee will support questionnaire development, advise on country and regional engagement, oversee recruitment strategies, and ensure that the lived experience of people with axSpA and PsA remains at the heart of every decision.

IMAP will build on the success of IMAS, using feedback from our members about what matters most: understanding delays to diagnosis, access to care, quality of life, comorbidities, difficult-to-manage disease, and the economic, psychological impact of living with these conditions, and integrating PsA for the first time.

Thank you to our members who have already indicated their readiness to be involved in IMAP. Your early support has been invaluable, and this project will be stronger because of your commitment.

As we move into the next phase of development, we invite all ASIF members who wish to contribute to IMAP to get in touch - your involvement will make a real difference both on a global and a local stage. IMAP will begin in Europe, and we look forward to connecting with all our European members over the coming months

If you would like to be part of IMAP, please contact Jo Lowe at jo.lowe@asif.info.

## World AS Day 2026

### World AS Day 2026: "Not Only Back Pain"

World AS Day 2026 is fast approaching, and this year's campaign theme, **Not Only Back Pain**, shines a powerful light on the fact that axSpA is far more complex than most people realise.

While persistent back pain is often the most visible symptom, millions of people also live with a range of related conditions such as psoriasis, uveitis, inflammatory bowel disease (IBD), fatigue, anxiety and depression.

ASIF is calling on our members, partners, industry collaborators and the entire global axSpA community to come together, share their voices, and help raise awareness of the full realities of this misunderstood disease.

### Campaign Launch Webinars – Thank You for Joining Us

Thank you to everyone who attended the World AS Day 2026 campaign launch webinars in February. It was heartening to see so many familiar faces and to meet new friends dedicated to improving the lives of people with axSpA.

If you were unable to attend live—or if you'd like to share the discussion with colleagues or volunteers—the full recording is now available:
👉 **Watch the webinar**
https://www.youtube.com/watch?v=zqfP0TYysm8

### Campaign Assets and Tools – Ready for You to Use (https://asif.info/worldasday/)

The **World AS Day webpage** is live, featuring the full suite of campaign messages and resources. All assets have been created in editable formats, allowing you to translate, localise and tailor them for your audience.
You will find:

- Social media visuals
- A ready to use social media schedule with template post content
- Email and website banners

- Logos
- A guide to sharing your story
- A guide to using AI to boost your campaign

These materials make participation easy for organisations of all sizes—from small volunteer-led groups to large national associations. We encourage you to explore the toolkit and begin planning your World AS Day activities today.

### Videos & Translations

During the webinar, we unveiled the first video in a brand-new series created for this year's campaign. More videos will be released soon, and we are delighted to see early interest in translations. The videos have been created to be used around the world. Please contact us to request translations (subtitles), to assist you in using the videos with your local community.

### Share Your Events

We want to highlight the incredible work taking place across the globe. On the World AS Day webpage, you will find a simple form you can use to tell us about your events.
Whether you're organising a seminar, a community walk, a support group meeting, or an information day, we can publicise it and showcase the collective strength of the worldwide axSpA community.

### Reflecting Lived Reality

The Not Only Back Pain theme was developed to help the world understand the full burden of axSpA. Too often, people living with the condition encounter scepticism or dismissal because others assume their symptoms are limited to ordinary back discomfort.

But as our community knows, axSpA can influence every aspect of life. Many people live with:

- **Psoriasis**, causing painful or distressing skin changes
- **Uveitis**, which leads to eye pain and even vision loss
- **IBD**, such as Crohn's disease or ulcerative colitis
- **Fatigue**, which can be as disabling as physical pain
- **Anxiety and depression**, often linked to the challenges of living with a chronic disease

This year's campaign provides a shared global platform to help the public, friends, employers, policymakers and healthcare providers understand that axSpA is so much more than just back pain.

### We're Here to Support You

If you have questions or would like help planning your participation, contact Jo de Bry.

### Together, We Can Change Perceptions of axSpA

Thank you for being part of World AS Day 2026 and for helping to elevate the voices of people living with axSpA everywhere. Let's make this the most powerful World AS Day yet!

### Contact

Please contact Jo de Bry about anything World AS Day related - jo.debry@asif.info

## ASIF Council Meeting

### Registration Now Open!

Registration is open for the ASIF Council Meeting, which will take place in Athens, Greece, from 7–10 October 2026. This flagship event is one of the most important gatherings in our global calendar, bringing together representatives from ASIF member organisations across the world to network, learn, and strengthen our collective impact.

We encourage all member organisations to secure their place by completing the registration form: https://forms.office.com/e/vqv25YfJzP

**Collaboration is the theme of this year's Council Meeting.** It is more than just a conference - it is a celebration of our shared mission and is a unique opportunity to learn from one another. The 2026 programme promises to deliver:

- **Inspiring Sessions -** Leading figures from the global axSpA community will share the latest scientific insights and innovations in patient care.
- **Interactive Workshops -** Delegates will participate in a practical, hands-on session exploring how we can use AI to do more better!
- **Opportunities to Share Ideas -** The Meeting creates space for members to discuss challenges, exchange best practices, exhibit their own projects, and explore collaborative opportunities.
- **Strengthening our Global Network -** Networking is at the heart of the Council Meeting. Whether you represent a long-established organisation or a newly formed group, this is an invaluable opportunity to build relationships with friends and peers from around the world.

**Registration, Costs and Travel Support**
There is a registration fee for the event; however, ASIF subsidises the Council Meeting to keep costs as low as possible for our members. Delegates will need to fund their travel,.

These meetings are a celebration of our incredible community, and your presence makes them meaningful. We hope you will join us.

If you have any questions or need additional information, please contact Jo Davies (jo.davies@asif.info).

## Clinical Spotlight

### Difficult-to-Manage Axial Spondyloarthritis

*Written by: Professor Antoni Chan, Consultant Rheumatologist and Physician, Royal Berkshire Hospital and University of Reading, UK*

AxSpA affects the spine and pelvis, causing chronic pain, stiffness, fatigue and reduced quality of life. Many people respond well to modern treatments, such as biologics and targeted therapies. However, a substantial group continue to struggle despite trying several treatments. These patients are often described as having difficult-to-manage disease but until recently, there was no agreed way to define who this actually includes.

In 2025, the Assessment of SpondyloArthritis International Society (ASAS), working with clinicians and patient representatives, published a new international definition of difficult-to-manage (D2M) axSpA[1]. The aim was to create a shared definition so that patients, clinicians, researchers and advocacy groups can better identify unmet needs and improve care.

**What does difficult-to-manage mean in practice?**
According to the ASAS definition, three things must all be present:

**1. Treatments have been tried but haven't worked well enough.**
The person has received recommended treatments and has usually tried at least two advanced therapies with different mechanisms (unless these are not suitable or not tolerated).

**2. The disease or its impact is still not well controlled.**
This could mean ongoing inflammation on blood tests or MRI, high disease activity

scores, rapid damage seen on scans, or persistent symptoms that seriously affect daily life such as pain, fatigue, poor sleep or reduced function.

**3. The situation feels problematic to the patient and clinician.**
This is crucial. Even if test results look acceptable, the patient's experience matters. If symptoms remain disruptive or distressing, this is recognised together with the clinician.

Within this group, a smaller subset is described as **treatment-refractory axSpA**. These are people who still have clear inflammation and high disease activity despite multiple appropriate treatments, after excluding other explanations such as incorrect diagnosis, poor medication tolerance or non-inflammatory pain.

**Why is this important for people living with axSpA?**
A clear definition helps ensure that people who are struggling are recognised earlier and not dismissed as simply hard to treat. It encourages a more holistic review: checking diagnosis, treatment adherence, imaging, pain mechanisms, mental health, fatigue, work impact and co-existing conditions. It also supports referrals to multidisciplinary care for example physiotherapy, pain services, psychology and occupational therapy rather than relying only on switching medications.

**Why is this relevant for ASIF?**
For ASIF and its member organisations, this definition strengthens advocacy and education for four reasons:
1. It provides a shared definition to explain complex patient experiences to clinicians, policymakers and funders.
2. It is an evidence-based justification for better access to specialist care, multidisciplinary services and new therapies.
3. It is a framework for research and registries to understand how many people live with D2M axSpA and what helps them most.
4. It empowers patients, helping them articulate why their disease remains challenging even after multiple treatments.

The definition also reinforces that difficult-to-manage axSpA is not a personal failure. It reflects the complexity of the disease and the need for personalised, compassionate and coordinated care. By using this framework, ASIF and our members can continue to champion better recognition, support and outcomes for people whose axSpA remains difficult to control.

**Reference**
1. Poddubnyy D, Navarro-Compán V, Torgutalp M et al. The Assessment of SpondyloArthritis International Society (ASAS) Consensus-Based Expert Definition of Difficult-to-Manage, including Treatment-Refractory, Axial Spondyloarthritis. Ann Rheum Dis. 2025 Apr;84(4):538-546. doi: 10.1016/j.ard.2025.01.035. Epub 2025 Feb 14. PMID: 39955166.

## Member Spotlight

### Austrian Ankylosing Spondylitis Association Österreichische Vereinigung Morbus Bechterew (ÖVMB)

*Written by Martina Neubauer, Vice President ÖVMB*

The Austrian Ankylosing Spondylitis Association (ÖVMB) has stood for information, exchange, and support for people living with axSpA, for four decades. In 2024, its 40th anniversary year, the organisation deliberately expanded its role beyond that of a traditional self-help platform and positioned itself as an active innovation partner in the healthcare sector. This strategic development is exemplified by the research project AXIA, which was launched in cooperation with Applimeda GmbH. The aim of this four-year collaboration is to scientifically accompany, further develop, and make digital physiotherapy easily accessible to people affected in Austria.

The ÖVMB provides not only organisational and financial support but also actively involves its members as users and contributors of feedback. Since March 2024, more than 600 installations of the Axia app have been recorded among ÖVMB members, highlighting the strong demand for structured digital exercise programs. This innovative commitment has also received professional recognition: in 2025, the ÖVMB was awarded the Patient Prize of the Austrian Society for Rheumatology & Rehabilitation, endowed with €1,000, for the AXIA research project—an award underscoring the relevance of patient-centred, digitally supported care models in rheumatology.

The medical relevance of this approach is clear. Regular exercise is considered one of the key non-pharmacological treatment pillars in axSpA. It plays a crucial role in counteracting progressive stiffness, reducing pain, and maintaining functional independence. At the same time, real-world care shows that not all patients have access to specialised physiotherapy groups or are able to integrate exercises sustainably into their daily routines. This is precisely where AXIA comes in. The Axia app for axSpA is a CE-certified medical device that combines evidence-based exercise therapy with elements of disease management, relaxation techniques, and structured knowledge transfer. In doing so, it represents a digital counterpart to multimodal therapeutic concepts and supports the long-term integration of health-promoting routines into everyday life.

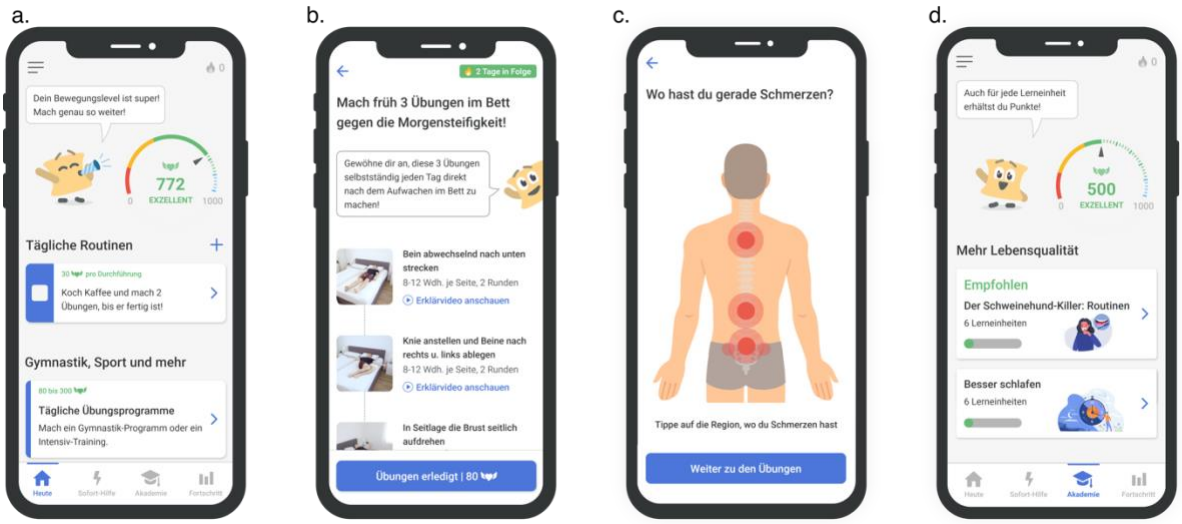



Image 1: Features of the Axia App: a. home screen and navigation, b. exercises with video instructions, c. immediate relief for back pain, d. knowledge library

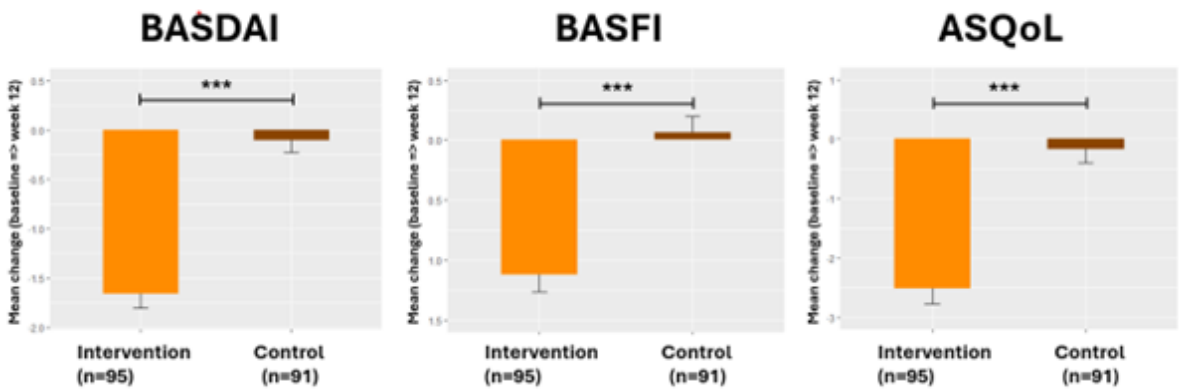
At the core of the app is individually tailored exercise therapy. More than 250 instructional exercise videos, developed in collaboration with medical specialists and physiotherapists specialised in axSpA, provide morning routines to reduce stiffness, mobility exercises integrated into daily life, and structured programs of varying intensity.

The app takes into account personal limitations, current performance levels, and the ability to assume certain starting positions, ensuring safe training even during fluctuating disease activity. This concept is complemented by an immediate relief function for acute spinal pain, where users can indicate the pain location and receive suitable gentle mobilisation exercises. In parallel, relaxation modules such as brief relaxation techniques, autogenic training, progressive muscle relaxation, and guided imagery support psychological stability, which plays a vital role in chronic pain conditions. The integrated disease management tools allow symptom tracking, reminder functions (e.g., for medication intake), and documentation of activities and progress. These data can be exported as reports and support communication with treating physicians. A comprehensive knowledge library further strengthens patients' health literacy by providing medical information, practical everyday guidance, and strategies for coping with disease flares.

Image 2: *Bechto*, the digital companion from Axia

A distinctive feature of the app is the digital companion *Bechto* which promotes long-term adherence through motivating feedback, a point system, and achievable milestones. This positive feedback system aims to establish movement not as an additional burden but as an integrated part of daily life, fostering greater body awareness.

Image 3: The indices for health status (BASDAI, BASFI) and quality of life (ASQoL) showed marked improvement in the Axia group. BASDAI - Bath Ankylosing Spondylitis Disease Activity Index, BASFI = Bath Ankylosing Spondylitis Functional Index, ASQoL = Ankylosing Spondylitis Quality of Life




The effectiveness of this digital therapeutic approach is supported by scientific evidence. As part of the German approval process for digital health applications, a randomized 12-week study with 200 patients with axSpA was conducted. Compared with the control group, the intervention group using Axia showed highly significant and clinically relevant improvements in several key parameters.

| Outcome Measure | Intervention Group (Axia) | Control Group | p-value |
|---|---|---|---|
| BASDAI (Disease Activity) | –1.66 (SD 1.41) | –0.11 (SD 1.15) | < 0.001 |
| BASFI (Functional Limitations) | –1.12 (SD 1.40) | 0.06 (SD 1.31) | < 0.001 |
| ASQoL (Quality of Life) | –2.51 (SD 2.55) | –0.16 (SD 2.26) | < 0.001 |
| ASAS20 Response Rate | 51% | 9% | < 0.001 |
| ASAS40 Response Rate | 23% | 3% | < 0.001 |
| Study Duration | 12 weeks (+ follow-up at 26 & 52 weeks) | — | — |

These results demonstrate that digital exercise therapy not only is perceived as beneficial but also achieves measurable clinical effects. Long-term follow-up over 26 and 52 weeks was completed at the end of 2025.

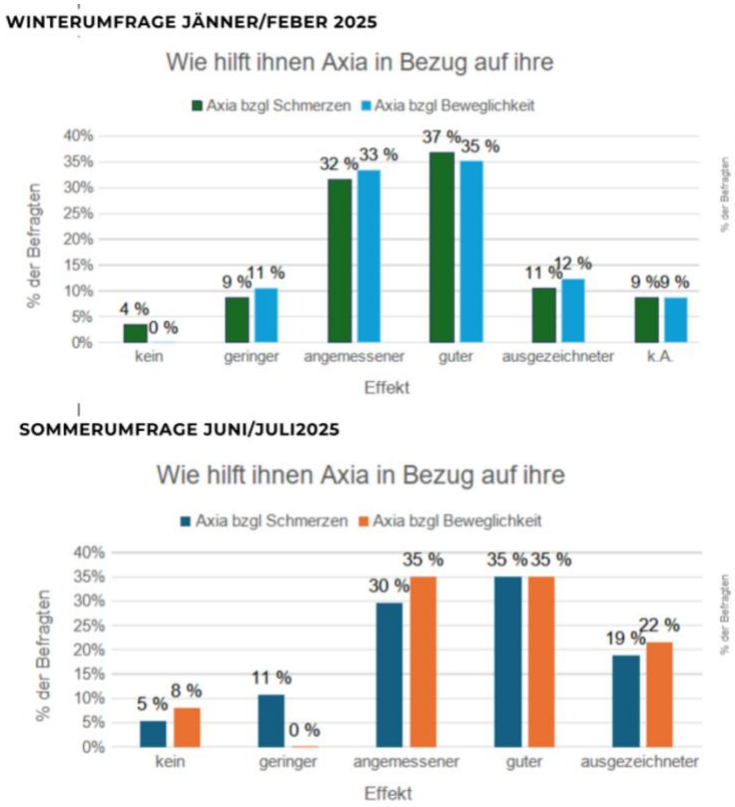



Image 4: Survey results among members of the Austrian Ankylosing Spondylitis Association (ÖVMB) regarding the use of the Axia app.

Experiences in Austria reflect these findings. In an internal ÖVMB survey of 70 members using Axia, winter and summer surveys in 2025 were compared. A notable increase was observed in those reporting an "excellent" effect: for pain reduction, the proportion rose from 11% to 19%, and for mobility from 12% to 22%. These developments are consistent with the clinical study results and illustrate that the positive effects are also evident under real-life conditions.

Through AXIA, the ÖVMB thus combines its traditional role as a self-help organisation with a clear innovation mandate. In addition to around 40 therapy groups with specially trained physiotherapists across Austria, digital physiotherapy provides an additional, location- and time-independent care option. For people who cannot attend group programs due to work commitments, mobility limitations, or regional factors, Axia represents an important complement. The AXIA research project therefore exemplifies modern, patient-centred care, where scientific evidence, digital technologies, and the experience of a strong patient organisation come together to sustainably improve the quality of life of people with axial spondyloarthritis.

# International News

## Strengthening the Patient Voice in Global axSpA Research – ASAS Meeting

The Assessment of SpondyloArthritis International Society (ASAS) Annual Meeting once again brought together the world's leading clinical researchers, committed to advancing the understanding and management of axSpA. ASIF works closely with ASAS on a number of important projects and we were proud to be represented at the meeting by Jo Davies, Jo Lowe, and Andri Phoka, ASIF Trustee.

**Key Scientific Update: Revised ASAS MRI Definitions**
One of the major updates announced at the meeting was the revision of the ASAS-endorsed MRI definitions for sacroiliac joint and spinal involvement in axSpA. These updated definitions reflect the latest evidence and expert consensus on imaging inflammation and structural changes, offering clearer guidance for clinicians evaluating suspected axSpA.

For many patients, MRI plays a critical role in the diagnostic journey—especially for those who do not yet show changes on X-ray. Improved definitions help reduce uncertainty, support earlier and more accurate identification of disease, and ensure consistent interpretation across clinical centres and research studies worldwide.
Read more: https://www.asas-group.org/update-of-the-asas-mri-definitions/

**ASIF's Ongoing Involvement in ASAS Research**
ASAS leads some of the world's most influential research in axSpA, and ASIF continues to provide patient representation on numerous ASAS-led projects. Whilst many of these projects are still in progress and information remains confidential, the meeting included several important endorsements and updates.

- PRAXIS – ASAS endorsed a new minimum set of domains and instruments for the assessment of axSpA in daily practice.
- SPARADISE – Research to identify the most appropriate instrument(s) for assessing peripheral disease activity in axSpA patients in clinical trials.
- D2M – ASAS endorsed new 'Points to Consider' for clinicians in the management of difficult-to-manage or treatment-refractory axSpA.
- MRI Definitions Update – New ASAS-endorsed definitions for MRI involvement of the sacroiliac joints and spine.
- AXIS Project – ASAS endorsed a new consensus definition for axial involvement in psoriatic arthritis (axial PsA).

Read more about these projects: https://www.asas-group.org/research/asas-research-projects/

**ASAS Slide Library Update**
ASAS also announced enhancements to their Slide Library, an important educational tool for clinicians, researchers, and patient advocates. The latest version now includes slides from the IMAS study, helping to bring global patient perspectives to more clinicians.

Visit the Slide Library here: https://www.asas-group.org/education/asas-slide-library/

**Congratulations to Uta Kiltz**
ASIF extends warm congratulations to Uta Kiltz, who has been elected as a member of the ASAS Executive Committee. Her dedication to improving axSpA care has long been recognised across the international community. For many years Uta served as a medical advisor to ASIF and her contribution is greatly valued.

**A Shared Mission: Improving Lives Worldwide**
ASIF's participation in the ASAS Annual Meeting reflects our ongoing commitment to ensuring that patients' realities shape scientific progress. We are proud to represent our members at these meetings and are grateful for the opportunities to contribute to discussions, support key initiatives, and build collaborations that directly benefit people with axSpA around the world.

We thank ASAS for their partnership and look forward to another year of progress, innovation, and stronger patient voices driving meaningful change.

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## New Research Highlights Importance of Patient Perspectives in axSpA Care

A significant new real-world study on axSpA has been published in *Seminars in Arthritis and Rheumatism*, offering valuable insights into how people living with axSpA experience their disease and its treatment. Jo Lowe, ASIF's Project Manager, is part of the international authorship team, ensuring that the patient voice is represented at every stage of this work.

The study gathered data from more than 2,000 patients across five European countries and compared perspectives between people living with axSpA and their rheumatologists. While many patients had received advanced therapies, the findings show that symptoms such as pain, fatigue and stiffness remain common. At diagnosis, 88% of patients were reported to have moderate or severe disease; although this

dropped significantly by the time of the survey, one in four patients still experienced significant symptoms.

A particularly important insight from the study is the difference in priorities between patients and clinicians. Rheumatologists most often targeted low disease activity, whereas patients overwhelmingly identified pain relief as their top treatment goal. Despite this difference, both groups showed moderate agreement on overall disease severity and satisfaction with treatment. However, the study confirms a continued need for more effective communication and shared decision-making.

This is where the patient voice becomes essential. By including patient-reported experiences alongside clinician assessments, the research highlights gaps that may otherwise be missed—such as persistent fatigue and the impact on quality of life. Gathering perspectives of people living with axSpA ensured that the real, lived experiences of patients shape the scientific conversation.

As ASIF continues to push for better understanding and better care for people with axSpA worldwide, research like this underscores why patients must be at the heart of every study.

Read publication (https://www.sciencedirect.com/science/article/pii/S0049017225002550?via%3Dihub)

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### Do Rheumatologists Know About the ASAS-EULAR Recommendations?

ASAS-EULAR want to know what rheumatologists know about the ASAS-EULAR recommendations for management of axSpA? How important and to what extent are the recommendations implemented in your clinical practice? Help us to find out what these recommendations mean to them. Please share this 5-10 minute survey with your local rheumatologists:
https://www.surveymonkey.com/r/QSWZM6G

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### Staying Mentally Healthy in an Uncertain World

In our interconnected world, news of conflict and crisis—whether in Iran or other regions—reaches us instantly and constantly. For those living with axSpA, this continuous stream of distressing information can be more than just emotionally draining; it can have a direct impact on our physical health. It is times like these, that the work our members do to

support their community is so vital. If your organisation offers support, consider reaching out to your community to remind them of the resources they can access.

Research, including ASIF's IMAS, shows that approximately 6 out of 10 people living with axSpA experience mental distress. We also know that psychological stress can trigger the body's inflammatory response, potentially leading to increased pain and disease activity.

Prioritising mental well-being is not just about feeling better—it is an essential part of managing axSpA.

**Managing "News Overwhelm" and Stress**

The World Health Organization (WHO) and mental health experts recommend several strategies to protect your peace of mind during global crises:

- **Set Boundaries with the News:** Constant "doomscrolling" keeps the body in a state of high alert. Limit news consumption to specific times (e.g., 15 minutes in the afternoon) and avoid checking headlines right before bed.
- **Focus on What You Can Control:** When global events feel overwhelming, grounding yourself in your immediate environment can help. Stick to your daily routine, including scheduled meals and your axSpA exercise regimen.
- **Practice "Look, Listen, Link":** This WHO principle for Psychological First Aid applies to us all. **Look** for changes in your own stress levels, **Listen** to your needs without judgment, and **Link** with your community or healthcare provider for support.
- **Acknowledge the Body-Mind Connection:** Stress causes muscle tension and releases chemicals that fuel inflammation. Simple deep-breathing exercises or gentle stretching can signal to your nervous system that it is safe to relax.

**Resources**

- There are many resources freely available to help manage stress. Many of ASIF's members have information and stress management strategies available on their website. (asif.info/asif-members) Other organisations offer free materials, including WHO's **"Doing What Matters in Times of Stress":** An illustrated guide with practical techniques to manage high-stress periods. (https://www.who.int/publications/i/item/9789240003927)

**A Note of Solidarity**

Whether you are directly affected by current conflicts or feeling the "trauma" of the news, your feelings are valid. By taking care of your mind, you are taking care of your spine and your future.

Stay connected, stay active, and be kind to yourself.

## New Email Addresses

The ASIF team have migrated to new email addresses. Please use the following to contact us in future:

Jo Davies: Jo.Davies@asif.info
Jo Lowe: Jo.Lowe@asif.info
Jo de Bry: jo.debry@asif.info

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## What's New with You?

Are you working on a new campaign? Have you had success with a new initiative? Is there some interesting research happening in your country? What would you like to read about in this newsletter?

If there is something that you think others around the world would be interested in hearing, let us know! Send an email to Jo de Bry at CommunicationsManager@asif.info.

### Dates for your Diary 2026

**April 2026**
27-30 PANLAR, Panama

**May 2026**
2 World AS Day
1-2 SAA's 8th Global Spondyloarthritis Summit (virtual)
14-16 SPARTAN (Spondyloarthritis Research and Treatment Network) Annual Meeting, Canada
14-17 CORA (Controversies in Rheumatology & Autoimmunity)

**June 2026**
3-6 EULAR, UK

**September 2026**
3-5 15th International Congress on Spondyloarthritides, Belgium

**October 2026**
7-10 ASIF Council Meeting, Greece
12 World Arthritis Day
28-1 November APLAR, South Korea

**November 2026**
6-11 ACR Convergence, USA

For more dates, visit our events page (https://asif.info/events)

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*AI was used in the preparation of this newsletter.*