



ARTICLES

NAF NEWSLETTER • ISSUE 2

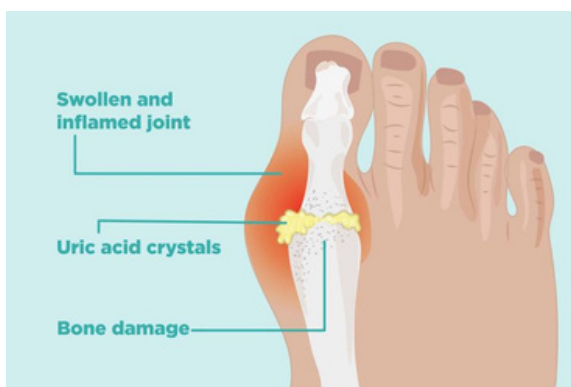
MY GRAZE WITH GOUT

BY MATHIAS KUNG

The cool breeze tickles my skin, as the gentle tune of chirping birds breaks the silence of an otherwise silent afternoon. Sunlight pierces through a thin layer of clouds, like a warm hug rushing into my arms. The day was perfect, yet I am stuck indoors.

I am Mathias, a 19-year-old Year 3 Polytechnic student. I first developed gout when I was 17, through bad consumption habits, and this is my experience with it so far.

It started off as a sudden pain in my right big toe joint, which I dismissed as the result of overexertion. Thinking it would naturally go away, I was shocked when it had worsened the following day. After reading up on the symptoms I had, I visited the doctor, who confirmed that it was indeed Gout.



When a flare-up occurs, I will be unable to walk properly due to the pain that develops. For comparison, it feels as though someone is constantly bashing the joint with a hammer.

It is also difficult to explain the condition to others, since the flare-up is no more than a red glow when seen from the outside; a severe understatement of the internal turmoil. People ultimately boil it down to just 'toe pain', which undermines the true nature of the condition.

Gout is an inflammatory disorder and one of many forms of arthritis. There are also autoimmune arthritic conditions such as Ankylosing Spondylitis (AS) and Rheumatoid Arthritis (RA), which can have debilitating effects on patients. Ultimately, I hope for more light to be shed on these invisible illnesses, so that the public will better understand the struggles we have to endure.

OTHER GREAT READS INSIDE:

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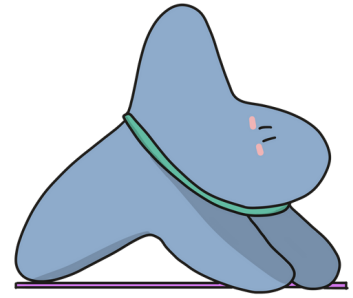
TAI CHI @ EASTPOINT MALL

Slow but Steady

Practicing the serene and graceful strokes of Tai Chi, our NAF members had an enriching evening at Eastpoint Mall, Simei. A 2-hour guided session, many members walked away having learnt new Tai Chi techniques or simply enjoying a refreshing, healthy evening!

It can help by:

- increasing flexibility with active range-of-motion and stretching exercises
- strengthening muscles
- reducing pain and stiffness
- improving body awareness, balance, and coordination
- relieving stress



Tai Chi is a low-impact and gentle exercise that greatly benefits joint health. As such, it is the perfect exercise for arthritis patients.



COFFEE, TEA & US

Share Your Story

One by one, they each spoke. Sharing about themselves; their journey, their triumphs, their struggles.

Different arthritis patients from all walks of life came to share about their story and fight against arthritis.

With each one being completely unique and different from each other, patients listened attentively and learnt from each other's experience.

The next sharing session will be on 2 September 2023. Those interested can sign up [here!](#)





FORT CANNING HISTORICAL WALK

Memory Lane

Led by Hwa Chong Institution's Project Cratos team and supported by NAF, our NAF members went on a walk at Fort Canning on 10 June.

Staying mobile is important for those with arthritis, thankfully so much walking was done! The group visited the Fort Wall, Spice Garden, Jubilee Garden, and even the Heritage Museum.

Walking through Singapore's historical sites made the trip both relaxing and educational! Learning about our past amidst Mother Nature was definitely an interesting experience.



TOTORO COOKIES BAKING SESSION

My Neighbour Totoro

Warm and scrumptious scents wafted around the room as our bakers stood around the ovens, anticipating the sharp 'Ding!' of the oven...

Held by Kenko Academy, our JIA friends and members became bakers during this 2-hour Totoro Almond Cookie baking class.

Listening attentively and applying what they learnt, our little bakers had their cookies ready to be designed.

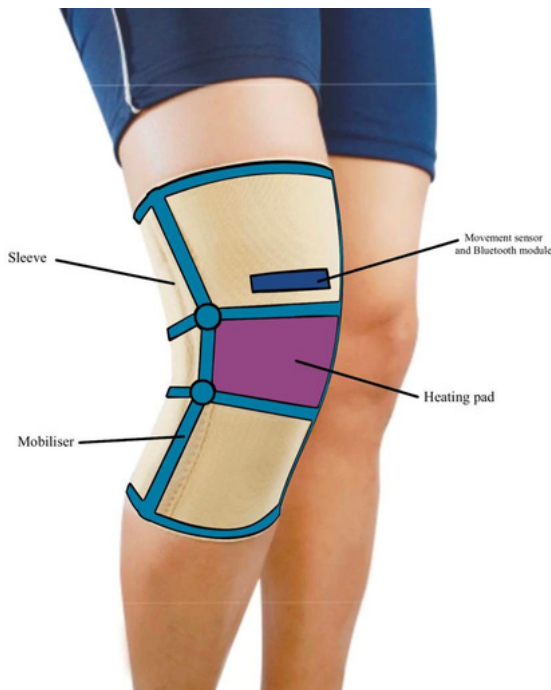
Cookie designs were not just limited to Totoro, as creativity flowed through their hard work!





TJC OSTEOARTHRITIS RESEARCH PROJECT

From top left to bottom right, Sheng Yang, Charlene, Sallonie, Chloe and Jovonne, of TJ70 are working on a modular brace for OA patients.



Hearing the Unheard

As we may know, arthritis is a condition less understood by the public.

However, Group TJ70 from Temasek Junior College (TJC) has stepped up to take on an osteoarthritis (OA) project for their Project Work module!

The group interviewed two NAF members, who are also OA patients: Sally and Lily, to better understand their perspectives and seek opinions on their prototype brace.

The modular knee brace will be designed to be lightweight and comfortable, while also having the ability to take away exertion on the knee joints.

The interview allowed the students to grasp a fuller picture of an OA patient's needs, while also allowing said patients to voice out their thoughts on what resources they need.

"I had a good session with the TJC students. The ideas for their project were very impressive," said Lily, who was grateful for the students' efforts.

"That which does not kill us makes us stronger."

-Friedrich Nietzsche





FUNDRAISERS

Esther's Story

Amongst the JIA club is a Primary 5 student by the name of Esther. She is a JIA patient who suffered from joint pains from as early as Primary 2. Seemingly mundane tasks such as walking to school proved to be difficult as she struggled to cope with the pain.

Her story serves as a reminder that arthritis can affect people at any age, and that things are far from easy for them.

With permission from her parents, NAF has captured Esther's story onto a donation appeal mailer. You may have seen this special mailer included with your Singapore Power bills that were mailed to your homes.

Treatments for arthritis can be expensive, so we hope that the impact Esther's story creates can help encourage the public to contribute to our cause through a donation.

Together, we can help soothe the pain!



Gala Dinner 2023

It has been almost four years since our last NAF Charity Gala Dinner back in 2019.

We hope to raise \$500,000 at this year's event to continue our mission, which among other areas, include providing financial assistance to underprivileged patients, educating the public on coping with arthritis and our planned provision of community services to help those afflicted by the disease.

Through NAF's assistance programmes, our beneficiaries have reported a marked improvement in their physical and mental wellbeing. It is only with the generosity of donors that NAF has been able to make an impact in the lives of those we have assisted.

You may support our Charity Gala Dinner by purchasing a table or with an outright donation. Contact us for more information.

National Arthritis Foundation

2023 CHARITY GALA DINNER

25 August 2023, 7pm | Lounge Suit
InterContinental Singapore Ballroom, Level 2

Sponsorships

- Platinum - \$15,000 / table
- Gold - \$10,000 / table
- Silver - \$6,000 / table

Seats are available at \$650 per person

To reserve a table or for more information, please contact us at:
 ✉ info@naf.org.sg
 ☎ 6227 9726



UPCOMING EVENTS



NAF Patient Sharing Session

*"Be empowered
to tell your story."*

2 September 2023 | Saturday 10.30am

NAF Office @ 420 North Bridge Road
#03-38 North Bridge Centre

A small sign-up fee of \$5 will be collected for non-members.
Limited to the first 15 slots

Email us at info@naf.org.sg or call 6227 9726 to indicate your interest

Patient Sharing Session

NAF Office @ 420 North Bridge Road
#03-38 North Bridge Centre
2 September 2023 | Saturday 10.30am

Here comes another patient sharing session! All arthritis patients are invited to share their experience and insight about their journey with the condition. Be it to share or to learn, join us for this casual bonding session!

For those interested, please sign up [here](#).



Rheumatoid Arthritis Awareness Week

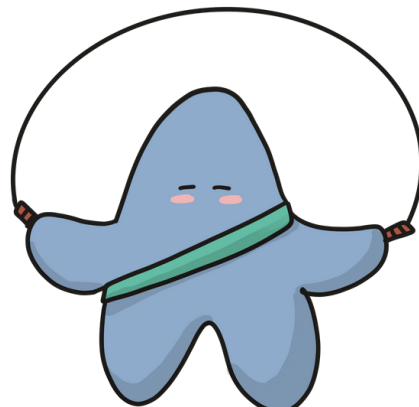
7-13 September

Rheumatoid Arthritis Webinar

Online, login link sent upon registration
2 September 2023 | Saturday 2pm

In commemoration of Rheumatoid Arthritis Awareness Week, Dr. Law Weng Giap from the Elim Rheumatic Centre will be giving an educational talk on Rheumatoid Arthritis for all to learn about! Dr Law graduated from the University of Sydney in 1995 with M.B.B.S (Honours) and obtained his postgraduate qualification MRCP (UK) in 2000.

For those interested, please sign up [here](#).



The National Arthritis Foundation (NAF) is the main public organisation in Singapore devoted to helping Arthritis sufferers, educating patients and the public on Arthritis, and supporting Arthritis research.

It was set up in 1984 as a charitable body and conferred the status of an Institute of Public Character (IPC) in 1985.



NAF is a proud recipient of the Charity Transparency Awards 2022, presented to charities that have adopted good transparency and governance standards.

NAF is a charitable organisation that relies on the support of generous donors to promote our cause. You can help too by signing up as a member of NAF or sending through a donation. Your support is deeply appreciated!



Scan the QR Code with your banking app to drop us a donation!

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