

DAD HAS ANKYLOSING SPONDYLITIS

Two short graphic stories to explain spondyloarthritis to children



Dad has spondyloarthritis
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A Message from the Canadian Spondylitis Association

The Canadian Spondylitis Association (CSA) is a national non-profit organization run by patients living with Spondyloarthritis which include:

- Ankylosing Spondylitis
- Psoriatic Arthritis
- Undifferentiated Spondyloarthritis
- Enteropathic Arthritis
- Reactive Arthritis
- Juvenile Onset Arthritis

The mission of the CSA is to create awareness of Spondyloarthritis in order to ease the path to diagnosis. Our vision is to be the primary resource for people diagnosed and living with Spondyloarthritis in Canada. We achieve this through awareness, research, support and advocacy across Canada.

I am the President of the CSA and I live with both Ankylosing Spondylitis and Psoriatic Arthritis. Like many of you I have had my fair share of challenges over the years. When I became a father I realized how difficult it was to explain my illness to my daughter. Trying to explain my condition, symptoms and therefore my daily limitations to a 6 year old seemed impossible. I found this book to be very helpful for me and my daughter. She started pointing to the pictures of the swollen joints and understood clearly why Daddy couldn't do everything other Dads were able to do. We sit together quite often to read this book and she even shows her friends.

For those of you living with Spondyloarthritis I hope that you find this book of value and encourage you to join the Canadian Spondylitis Association (www.spondylitis.ca) for continued support and education.

Gerald & Tessa Major

CAT TO THE RESCUE!



YOU KNOW WHY,
IT'S MY
ANKYLOSING
SPONDYLITIS...

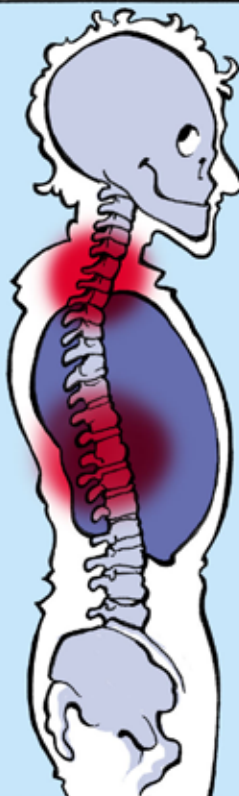


ANKYLOSING
SPONDYLITIS MAINLY
CAUSES THE JOINTS TO
BECOME INFLAMED*.

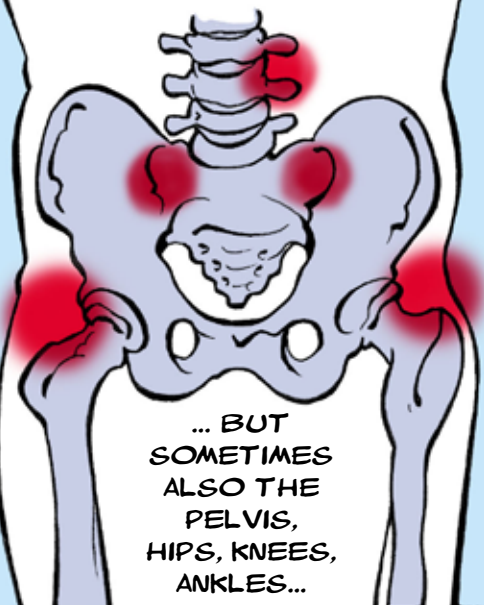
THE JOINTS ARE THE
JUNCTIONS BETWEEN
THE BONES (IN THIS CASE
THE VERTEBRAE). THEY
SWELL AND BECOME
PAINFUL.

*

INFLAMMATION IS THE
BODY'S RESPONSE TO
AN INJURY OR BURN.
IT'S PAINFUL, WARM,
RED AND SWOLLEN.



THE DISEASE ATTACKS
THE SPINE, WHICH IS THE
SERIES OF SMALL BONES
THAT RUN DOWN
THE BACK...



... BUT
SOMETIMES
ALSO THE
PELVIS,
HIPS, KNEES,
ANKLES...

11/20/2016

THAT'S WHY MY
BACK'S A BIT
STIFF AND
I CAN'T
CATCH YOU.



CONCENTRATE
HARD SO YOU
WON'T BE
AFRAID.



WHAT WOULD
A SUPERHERO DO?



HEY!
HOW DID
THAT CAT
GET THERE?



HE'S GOING
TO SAVE YOU!
FOLLOW HIM!



YAAAAAY,
I DID IT!



MAMMA, MAMMA,
I GOT CAUGHT IN
THE ROPES AT THE
PLAYGROUND AND
A CAT SHOWED US
WHAT TO DO...



JUST LIKE TAI CHI

6:30...

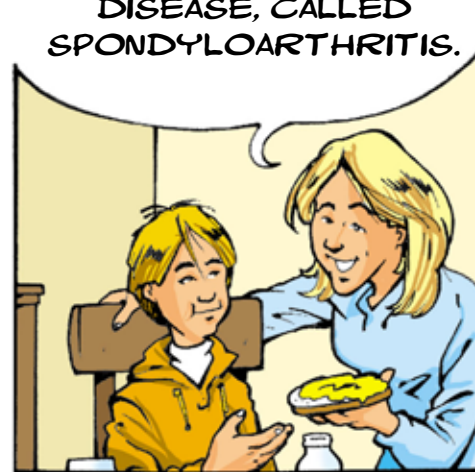
WAKY-WAKY,
SHOWER
TIME!



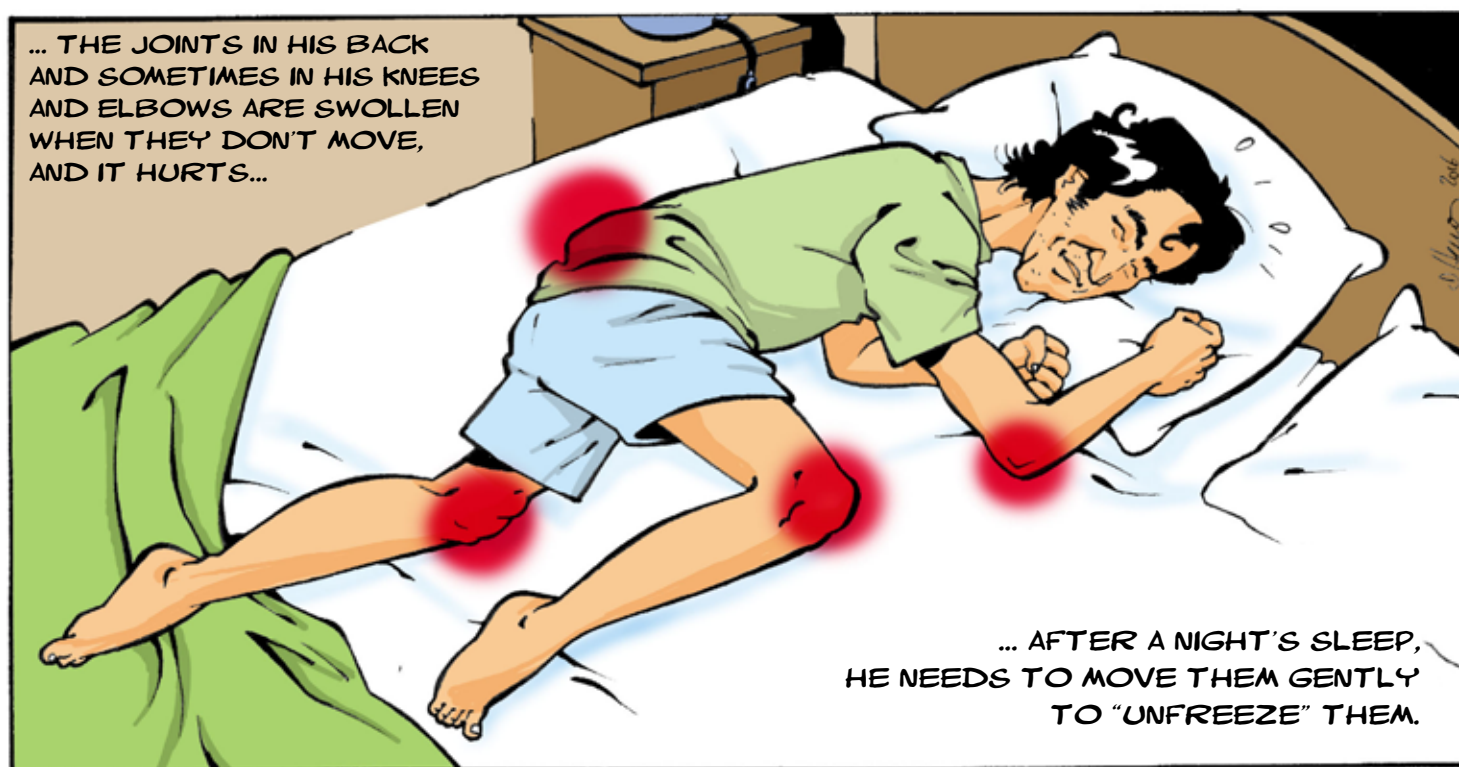
MAM? WHY IS
DAD NOT HAVING
BREAKFAST WITH
US?

BECAUSE HE
NEEDS TIME TO
GET UP. HIS BACK
HURTS A LOT...

... YOU KNOW,
HE'D LOVE TO BE
WITH US, BUT HE
CAN'T, IT'S HIS
DISEASE, CALLED
SPONDYLOARTHRITIS.



... THE JOINTS IN HIS BACK
AND SOMETIMES IN HIS KNEES
AND ELBOWS ARE SWOLLEN
WHEN THEY DON'T MOVE,
AND IT HURTS...



... AFTER A NIGHT'S SLEEP,
HE NEEDS TO MOVE THEM GENTLY
TO "UNFREEZE" THEM.



I'M OK TODAY,
NOT TOO
MUCH PAIN...



... I CAN EVEN
TAKE YOU
TO SCHOOL.



IT IS GOOD FOR ME
TO MOVE, YOU KNOW I
CAN WALK, BUT I DON'T
FIND IT EASY TO RUN!



THAT EVENING...

LOOK AT THEIR
SLOW MOVES.
DO THEY HAVE A SIMILAR
DISEASE AS YOU?



NO, THAT'S TAI CHI,
A MARTIAL ART.
WHAT I HAVE IS
AN-KY-LO-SING
SPON-DY-LI-TIS!



MAM, MAM, I SAW PEOPLE
PRACTICING TAI CHI AND
BECAUSE OF THAT I CAN
REMEMBER THE NAME OF
DAD'S DISEASE: ANKYLOSING
SPONDYLITIS!



Andy is ten years old and his father has ankylosing spondylitis, a painful condition that affects the back. This disease can impact family life, as shown in the two graphic stories in this booklet.



Ankylosing spondylitis, a disease that affects family life

Ankylosing spondylitis mainly affects the joints of the pelvis and back but can also affect the main joints of the limbs (hips, knees, ankles, elbows, wrists) and often the Achilles' tendon.

The main symptoms of the disease are pain, stiffness and fatigue. It develops in flare-ups followed by remissions. In the long term, the inflammation can cause the joints to ossify, causing loss of mobility and disabling spinal deformities. It may be accompanied by inflammation of the eyes, skin and intestines.

The first symptoms most commonly appear between the ages of 20 and 35. Although its intensity and development vary from one patient to the next, its symptoms and the restrictions and limitations it causes do affect family life in most cases.

It is important to tell your family and friends about this disease. The purpose of this booklet is to help explain the disease to children and enable you and them to talk about it.

For further information visit:

www.spondylitis.ca

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