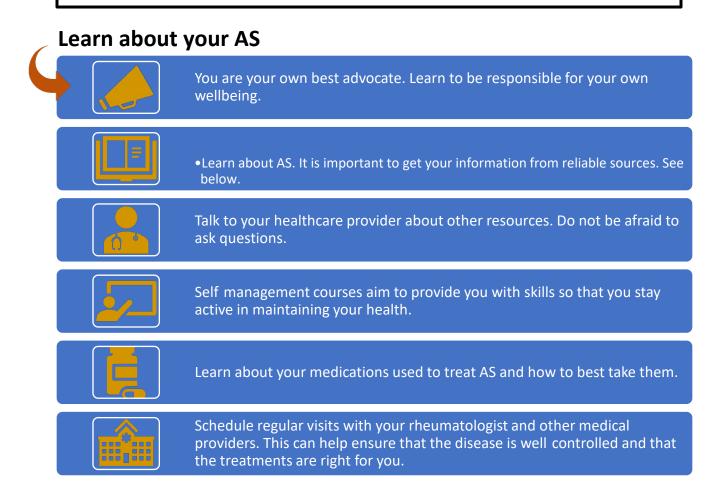
SCHOOL OF MEDICINE & DENTISTRY Allergy, Immunology & Rheumatology



## What are things to do when diagnosed with AS?

Newer medication for Ankylosing spondylitis (AS) can help provide much better control of symptoms and help you keep up with your desired lifestyle. Early diagnosis and early treatment are important in being able to attain good results in the long term.

There is no cure for AS at this time. Adjusting to living with a chronic condition can take some time. The following tips may help you better manage your symptoms.



## **Resources:**

- Contact your rheumatologist's office: 585-486-0901
  - By phone Monday to Friday from 8:00 a.m. to 5:00 p.m., or for urgent calls after regular work hours
  - Use MyChart for non-urgent questions
- The American College of Rheumatology <u>https://www.rheumatology.org/I-Am-A/Patient-</u> <u>Caregiver/Patient-and-Caregiver-Resources</u>
- The Arthritis Foundation <u>www.arthritis.org</u>
- Centers for Disease Control and Prevention (CDC) <u>https://www.cdc.gov/arthritis</u>

SCHOOL OF MEDICINE & DENTISTRY
Allergy, Immunology & Rheumatology



## Make adjustments to your lifestyle

Most people with AS will need to make some adjustments on how to do <u>everyday tasks</u> and also make lifestyle changes to better manage AS.



## **Emotional needs**

•It can be • Being a part • Depression Focus on positives and natural to of a support and anxiety celebrate experience group that are succeses: emotional includes common in • Appreciate and mental other AS. Learn to yourself as a stress when identify persons person facing a with AS can symptoms, chronic •Focus on help such as: illness such as things that provide • Feeling make you AS. emotional tired all feel good •You may feel support and the time Surround scared, better • Reduced yourself with frustrated, knowledge people who appetite sad, or angry, of the support, • Difficulty or may have disease respect, and resentment sleeping process. encourage at various • Seek you times during professional •Learn to your disease. help as soon advocate for as possible. vourself.