KAREN: So Dr. Keysor, welcome! Tell me about this exciting Arthritis Answers Podcast Series.

Julie: Hi Karen. Thanks! I’m really pleased to introduce the launch of the Arthritis Answers Podcast series. The goal of our podcasts is to provide people with arthritis and related rheumatological conditions such as lupus, fibromyalgia, and scleroderma useful information about staying active and doing activities they like or need to do such as working, playing with grandchildren, going to a friend’s house or a restaurant, buying groceries, or even climbing stairs.

KAREN: Interesting. So why is this so important? Why now?

Julie: Great questions Karen. Well, it’s important because arthritis steals movement. Simple tasks such as walking, climbing stairs, and opening a jar can become painful and hard to do. Pain and stiffness of muscles and joints often make people slow down and stop moving, and we know things get worse for our bodies when we stop moving. Did you know that people with arthritis are significantly less active compared to people their same age? And did you know that arthritis and related rheumatological conditions are the leading cause of work disability. Our society has lived with arthritis for years. But there’s lots of good research now that we can really use to improve the lives of people living with arthritis. This Podcast series is one of ENACT’s many efforts to bring evidence-based information to people with arthritis.

Karen: Okay, I’m listening. Tell me more about this Podcast Series.

Julie: Sara Crandall deserves lots of recognition in getting it started…and you, of course, with all your support, enthusiasm and expertise. Sara did an independent study with me while she was at Boston University completing her Doctor of Physical Therapy degree. Sara designed everything! She created the musical introduction, identified topics for our first several podcasts, and even created them! Sara wanted to create something at Boston University that would really be used and would make a difference. I think her podcasts are an important part of ENACT educational outreach initiatives.

Karen: What’s unique about ENACT’s Podcast Series? Why not just go elsewhere for this information?

Julie: Another good question, Karen. I’ve been looking at educational information for people with arthritis and rheumatic conditions. Many of the foundations and community resources have very good information on rheumatic diseases including symptoms, medications and medical care. There really is very little information regarding ways to overcome the barriers to being active and staying involved with the activities people want to do. We are hoping to fill in some of the gaps and give people useful evidence-based information on living actively with arthritis or a related rheumatic condition.

Karen, Okay then. I’m excited to hear the first Podcast! Thank you, Julie for sharing your thoughts on ENACT’s Arthritis Answers Podcast Series.