



NHS
Portsmouth Hospitals
University
NHS Trust



12 days of Holiday Season Living well with AS

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1st of All
why think about
Holiday Season in
November?



NOVEMBER 2021

DECEMBER 2021

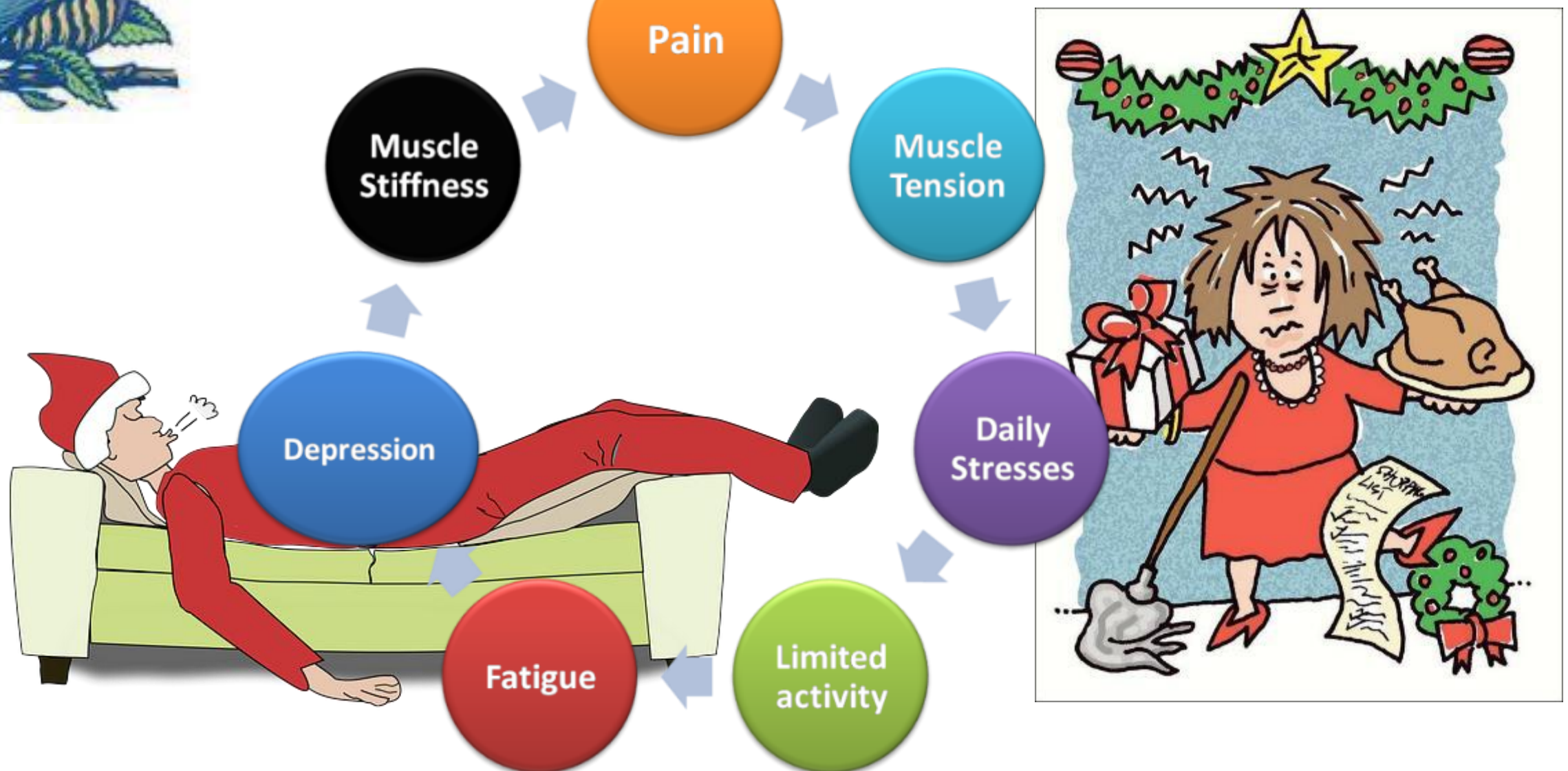
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	
7	8	9	10	11		13
14	15	16	17	18		20
21	22	23	24	25		27
28	29	30				

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2		
5	6		8	9		
12	13	14		16		
	20	21		23	24	
	27	28	29	30		

45 Days to GO



Holiday Season Fatigue







Holiday Season 2 do list

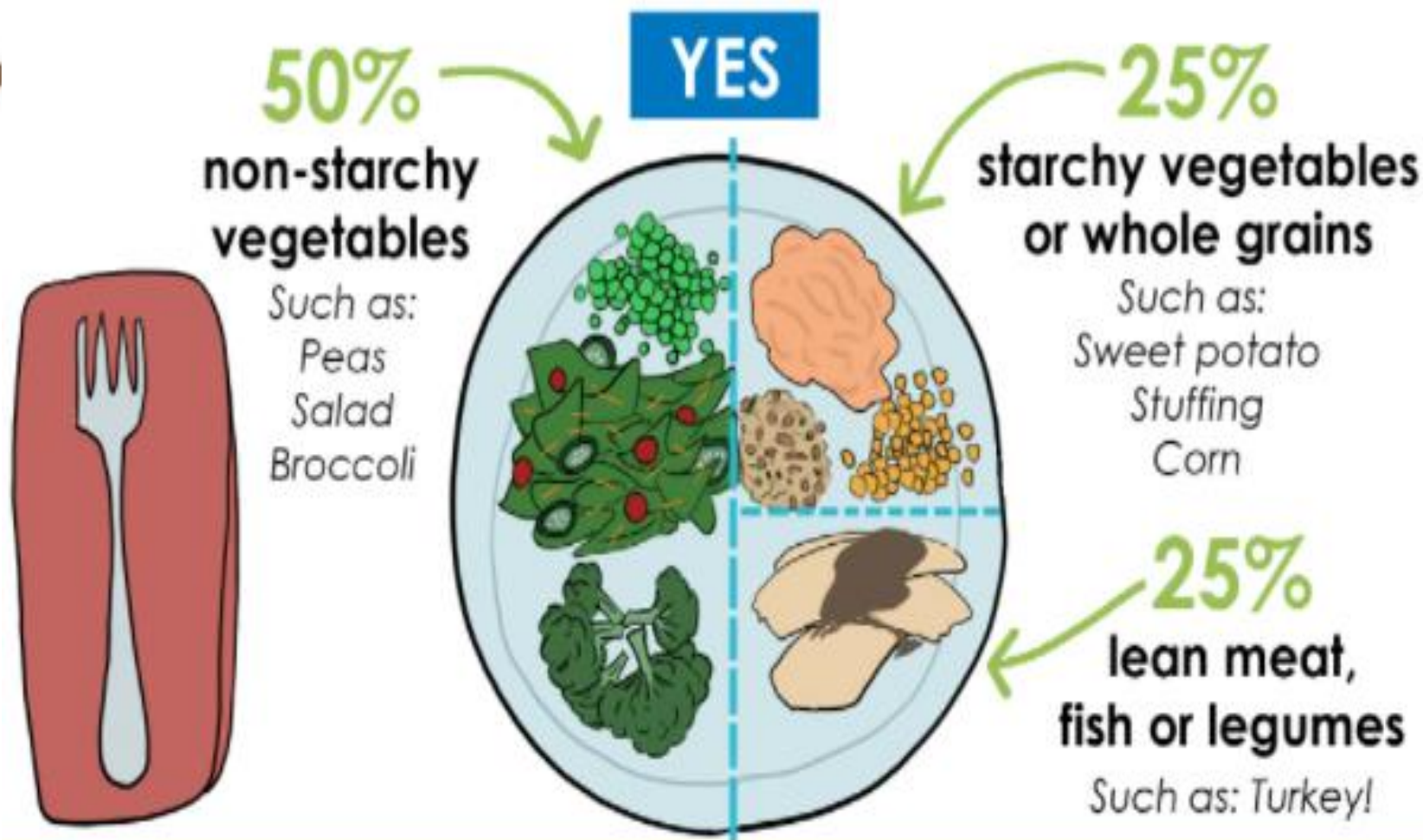


happysnowfairy.com





Healthy Eating & Drinking





Healthy Eating & Drinking



What does 1 unit of alcohol look like?





Last Minute Calling



- Blood Tests Appointment
- Medication Supplies- see you over the Holiday Season and New Year period
- Seasonal Flu and COVID19 Vaccinations
- Future Hospital Appointments- don't DNA – Cancel



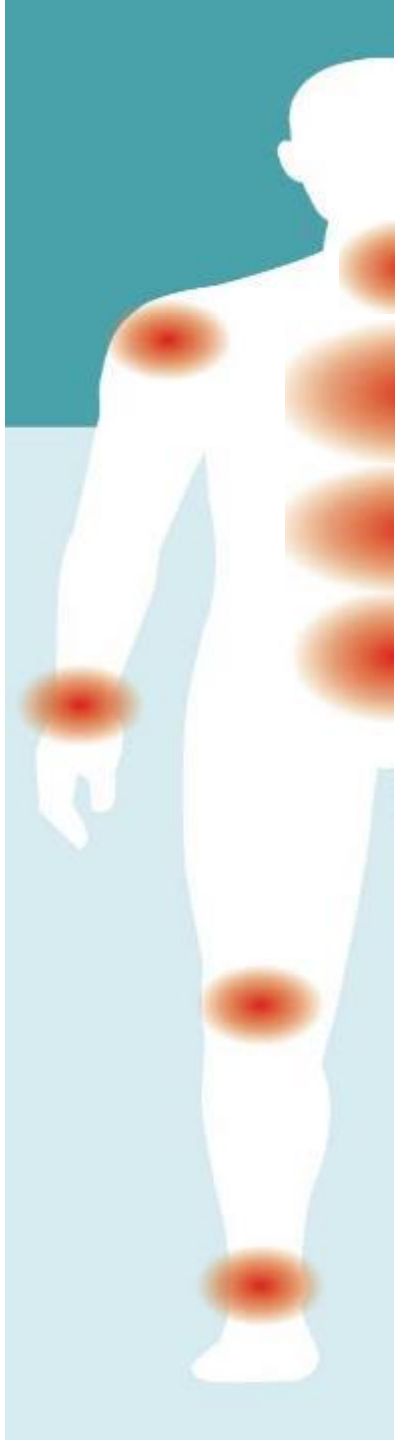
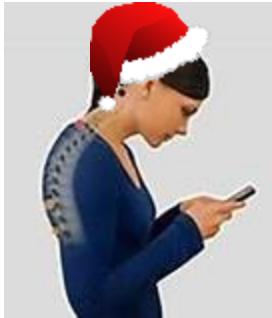
Managing your top 5 Musculoskeletal pain

Maintain proper posture during your activities and when seated

Work

Home

Hobbies and Activities





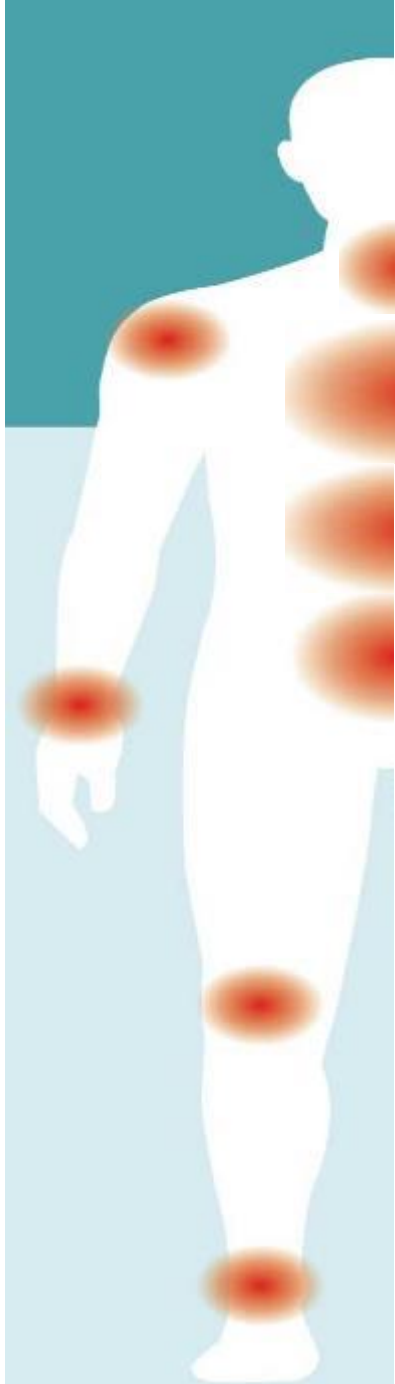
Managing your top 5 Musculoskeletal pain

Use heat or ice

Use TENS

Remember to stretch

Joint range of movement

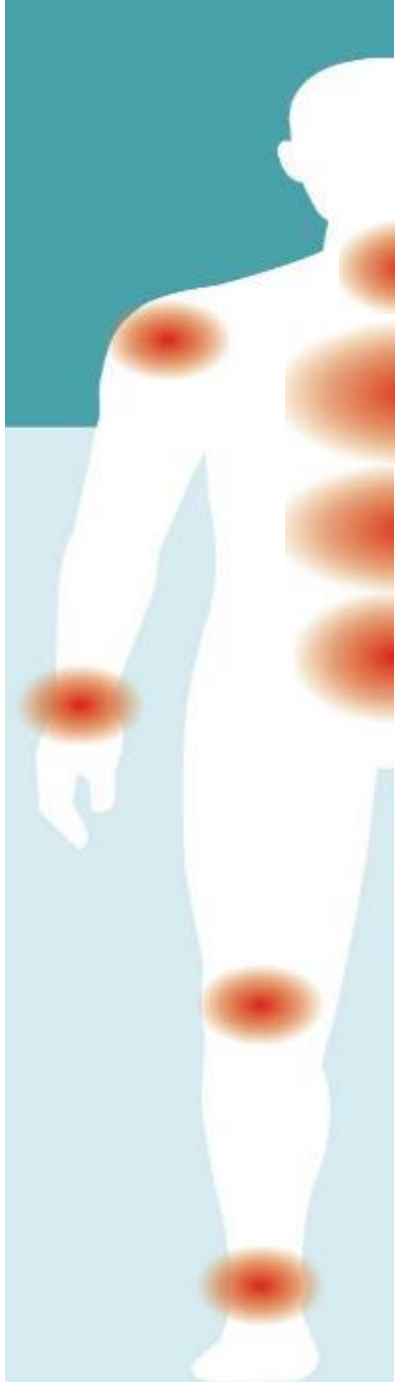




Managing your top 5 Musculoskeletal pain

Pain Tool Kit

Remember to stretch





Golden Presents





Keep up your water based exercise

Did you know!

Swans are known for their streamlined bodies and webbed feet, which makes them extremely good swimmers.

Swans are capable of sleeping on water

The Black Swan is known for swimming with just one leg

Did you know- A 10.7 stone person will burn roughly

400 calories during an hour-long swim at a moderate pace

700 at a vigorous one,”



Keep up your water based exercise

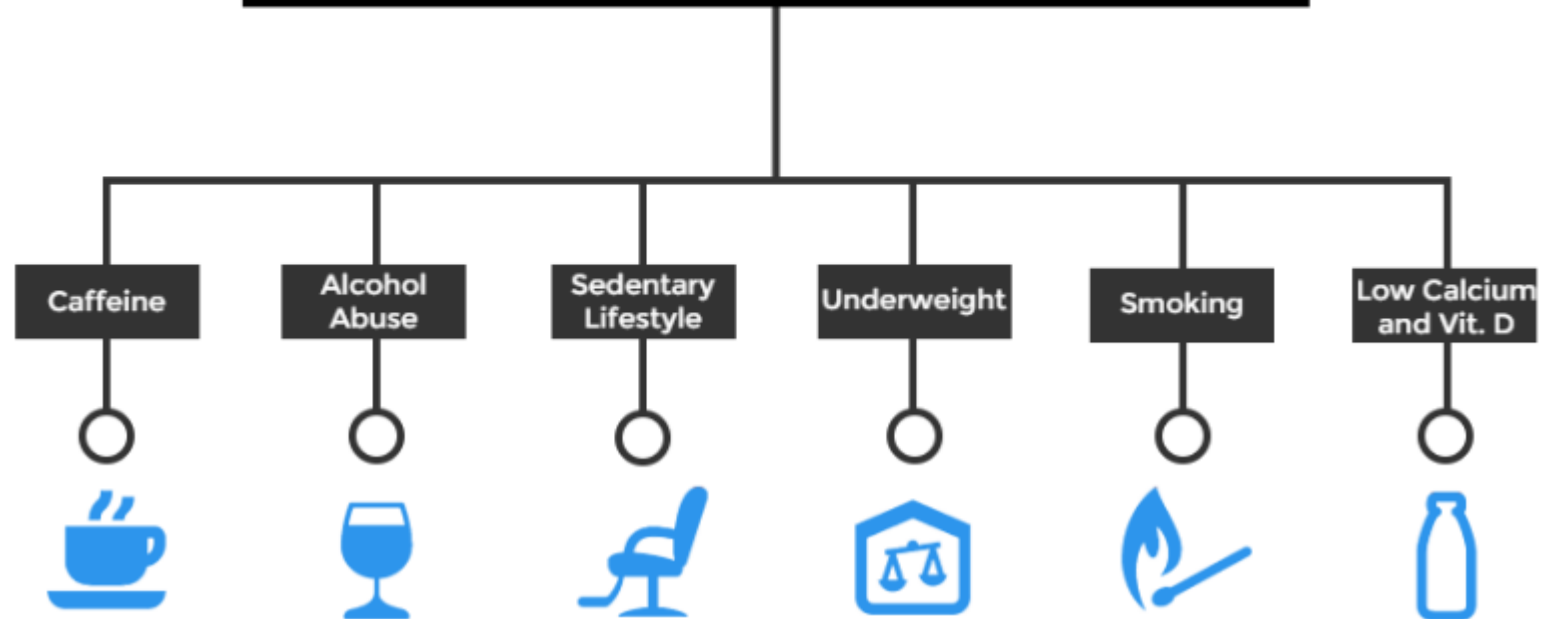




Ankylosing Spondylitis and Bone Health/Osteoporosis Prevention

Osteoporosis

Controllable Risk Factors





Ankylosing Spondylitis and Bone Health/Osteoporosis Prevention

Non-Dairy Sources of Calcium



+



Ready Nutrition

**How To Get
More
Vitamin D
In The Winter**



...and the time to act is at the first fracture

A fragility fracture in patients 50 years or over signals the need for further testing and possible treatment





9 Tips- Living longer to Dance through life

Non Smoking

Being Over Weight

Sufficient and sustained exercise

Alcohol and Medication

Knowledge of your AS

Knowledge of other associated
Comorbidities and reducing risk

Self Management of Flares

Medication Compliance

Working with your health
care team



Everyone
needs
different
amounts of
sleep.

Good nights sleep

Average Sleep Needs by Age

Age	Hours Needed	May be appropriate
Newborn to 3 months old	14 – 17 hrs	11 – 19 hrs
4 to 11 months old	12 – 15 hrs	10 – 18 hrs
1 to 2 years old	11 – 14 hrs	9 – 16 hrs
3 to 5 years old	10 – 13 hrs	8 – 14 hrs
6 to 13 years old	9 – 11 hrs	7 – 12 hrs
14 to 17 years old	8 – 10 hrs	7 – 11 hrs
Young adults (18 to 25 years old)	7 – 9 hrs	6 – 11 hrs
Adults (26 to 64 years old)	7 – 9 hrs	6 – 10 hrs
Older adults (65+)	7 – 8 hrs	5 – 9 hrs

Source: National Sleep Foundation



Good nights sleep

Causes of a poor night sleep

- As many as 80% of people with arthritis have trouble sleeping- Pain and discomfort.
- **Excessive napping in the day-** Sleep fragmentation is basically what happens when you get some of your sleep at night and some during the day
- Room noise, temperature, light
- Restless Leg Syndrome
- Bed and pillows - new and new to you
- Around half the UK population suffers from stress-induced sleep problems.
- alcohol, caffeine or nicotine
- recreational drugs like cocaine or ecstasy
- jet lag
- shift work
- Night time urination



Good nights sleep

You may be sleep deprived if you...

- Need an alarm clock in order to wake up on time.
- Rely on the snooze button.
- Have a hard time getting out of bed in the morning.
- Feel sluggish in the afternoon.
- Get sleepy in meetings, lectures, or warm rooms.
- Get drowsy after heavy meals or when driving.
- Need to nap to get through the day.
- Fall asleep while watching TV or relaxing in the evening.
- Feel the need to sleep in on weekends.
- Fall asleep within five minutes of going to bed.



Good nights sleep

Napping, as long as it's less than 30 minutes,
can be beneficial in boosting mood, creativity,
as well as energy levels



Good nights sleep

1 What's your bed used for?

A bed is a piece of furniture which is used as a place to sleep, rest, and relax.





Good nights sleep

2 Rule out medical causes for your sleep problems. A sleep disturbance may be a symptom of a physical or mental health issue, or a side-effect of certain medications.

3 Stick to a regular sleep schedule. Support your biological clock by going to bed and getting up at the same time every day, including weekends.

4 Get regular exercise. Regular exercise can improve the symptoms of many sleep disorders and problems. Aim for 30 minutes or more of activity on most days—but not too close to bedtime.

5 Be smart about what you eat and drink. Caffeine, alcohol, and sugary foods can all disrupt your sleep, as can eating heavy meals or drinking lots of fluids too close to bedtime.



Good nights sleep

6 Get help with stress management. If the stress of managing work, family, or school is keeping you awake at night, learning how to handle stress in a productive way can help you sleep better at night.

7 Improve your sleep environment. Keep your bedroom dark, quiet, and cool, and reserve your bed for just sleeping and sex.

8 Develop a relaxing bedtime routine. Avoid screens, work, and stressful conversations late at night. Instead, wind down and calm your mind by taking a warm bath, reading by a dim light, or practicing a relaxation technique to prepare for sleep.

8 Postpone worrying. If you wake during the night feeling anxious about something, make a brief note of it on paper and postpone worrying about it until the next day when it will be easier to resolve



Good nights sleep

Present Ideas





Relaxation Sounds





Why do they keep drumming this in!- 12 Top Tips

**Remind yourself how many times you've 'done'
Holiday Season**

What went well?

What could you have done differently?

Know your motivation

What am I looking forward to this Holiday Season?



Easy Holiday decorating

Do a little at a time. Start early
so you can take your time
Let Family and friends help
decorate.
Think about what it takes to
remove decorations as well as
put them up



Smart Gift Wrapping





TAKE A NEWS BREAK

If you're feeling hopeless or overwhelmed by the bleak news stories of the day, allow yourself to take a break from consuming them

Research Shows the happiest people are those who connect with others and build meaningful relationships. The brain is made for human connection; we feel the most fulfilled and at peace when we are valued members of a group.



HOLIDAY MESSAGE





SMELL THE HOLIDAY SEASON

That crisp, cold scent of snow in the air combined with the delicious scent of roasting chestnuts and mulled wine, the welcome warmth and aroma of an open fire – these Holiday Season aromas are bound to put anyone in a festive mood





FRESH AIR

1) Fresh air is good for your digestive system

Fresh air increases the flow of oxygen helping you digest food more effectively so this will particularly help if you are trying to lose weight.

2) Fresh air helps improve blood pressure and heart rate

Avoid polluted environments particularly if you need to improve your blood pressure. Stay away from the busy traffic as the body will need to work harder to get the amount of oxygen it needs over polluted car fumes.

3) Fresh air makes you happier

The more fresh air you get, the more oxygen you will breathe which will increase the amount of serotonin (the happy hormone) you inhale, consequently making you happier.

4) Fresh air strengthens your immune system

By increasing the amount of fresh air we get, will increase the amount of oxygen which helps our white blood cells function properly by fighting and killing bacteria and germs.

5) Fresh air cleans your lungs

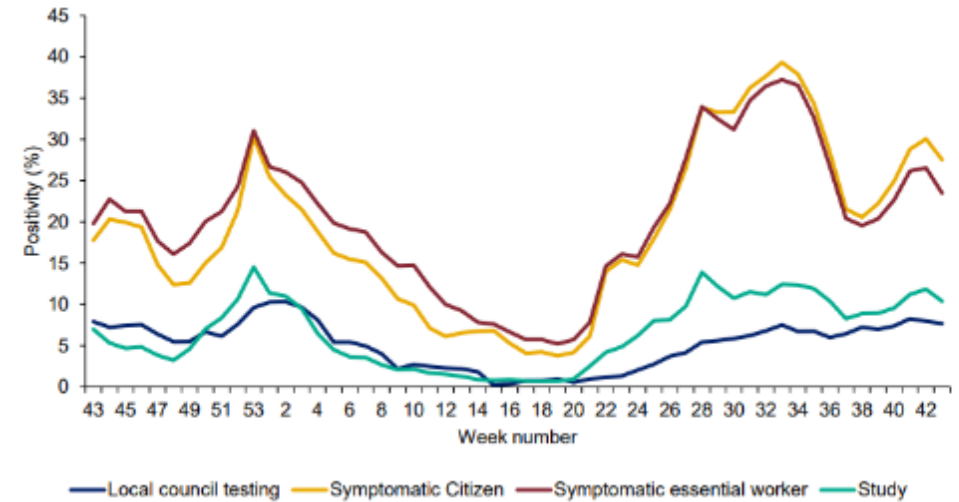
Your lungs dilate more from having an increase of oxygen so fresh air improves the cleansing of your lungs. You release airborne toxins from your body when exhaling through your lungs.

6) Fresh air gives you more energy and a sharper mind



Keep Well

Seasonal Flu activity generally starts peaking in December, and holiday gatherings are prime opportunities for viruses to spread.

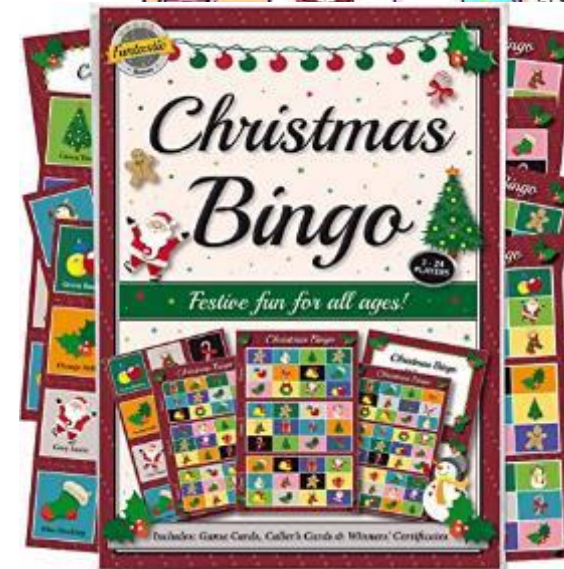




CALM THE HOLIDAY SEASON HYPE DOWN

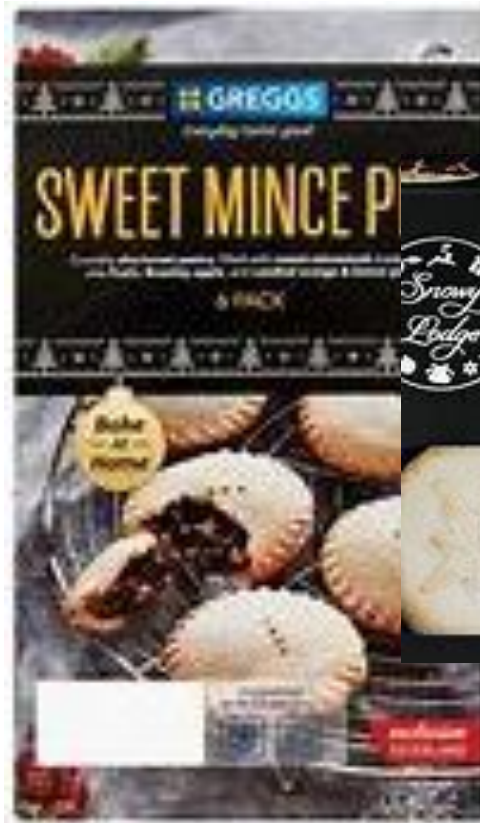
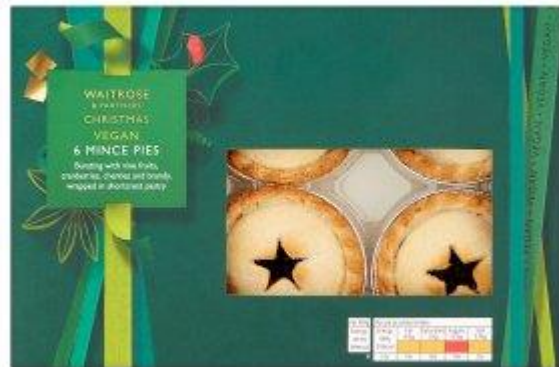


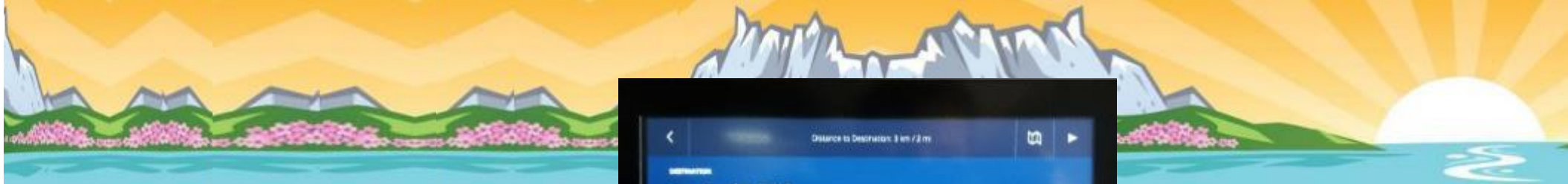
Snakes and ladders Christmas





MINCE PIE CHALLENGE





AM





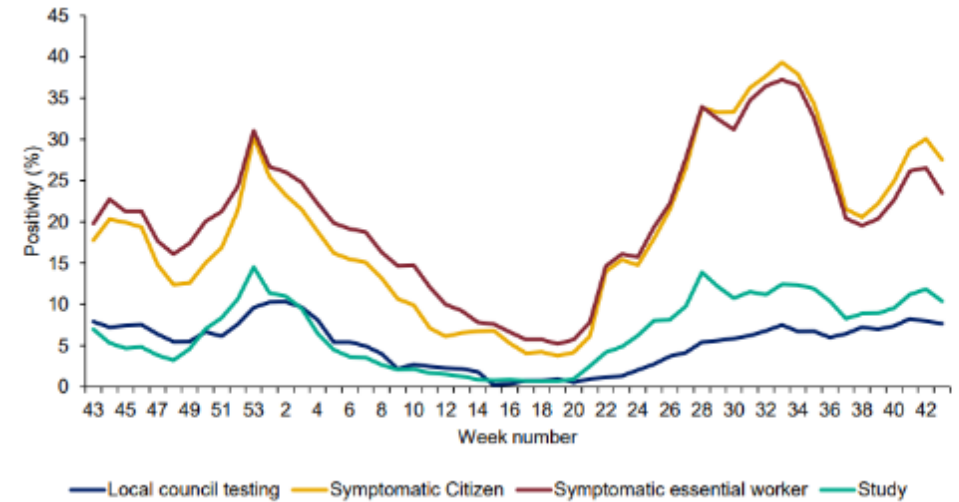
FAMILY HOLIDAY LUNCH





Keep Well

Seasonal Flu activity generally starts peaking in December, and holiday gatherings are prime opportunities for viruses to spread.



Here is Edward Bear, coming downstairs now,
bump, bump, bump, on the back of his head,
behind Christopher Robin. It is, as far as he
knows, the only way of coming downstairs, but
sometimes he feels that there really is another
way, if only he could stop bumping for a
moment and think about it.

(A. A. Milne)





12 days of Holiday Season
Living well with AS



THANK

you!

