

Caroline's top tips on managing her condition

ADVANTAGE
HERS 

Tennis Champion Caroline Wozniacki was diagnosed with rheumatoid arthritis in 2018. Here she shares her top tips on managing chronic inflammatory diseases*, such as rheumatoid arthritis, axial spondyloarthritis, psoriatic arthritis and psoriasis.

It's important to take an active role in your disease throughout all stages of life. These are just a few areas you should take advantage of...

Keep talking to your specialist

Open and honest communication with a doctor is crucial to living well with chronic inflammatory diseases such as rheumatoid arthritis. I like to have regular ongoing conversations with my specialist to keep track of my triggers, symptoms, treatment plan and general day-to-day health. By talking, you're actively taking control.



Put YOU first!

Remember to put yourself first and self-manage as much as you can. By learning as much as you possibly can about your condition, you can give yourself an early advantage when it comes to your own body. Feel like you want to stay on the sofa in your pajamas? Do that. Feel like you want to be around friends; call them. Remember, it's your condition, so your rules.

Keep good people around you

My Dad (and coach!), my husband, family, team and friends are a huge support to me. Whether it's at work, at home or at college, keep a good circle of people around you for support.

Eat well to feel well

Not many people know that having a condition like rheumatoid arthritis can increase the risk of other serious conditions like diabetes and heart disease.^{1,2,3,4,5}

To minimize the risk of developing these other conditions, eat a balanced diet packed with vitamins and good nutrients to keep your blood pressure under control and maintain healthy cholesterol levels. Everything in moderation though; my favorite food will always be Chinese takeout and I love munching on sweets when I'm training!



Have an active lifestyle

I know, I know, of course I'm recommending fitness, but I couldn't write a tip list without it! Exercise not only makes you feel good, but it also does so much for your health. Low impact exercise like a walk or a swim can really benefit your joints. Why not try working out with a friend? Some of my best friends are tennis players and it helps to have a bit of friendly competition.

Be patient with others

Often, our conditions are invisible to others. People don't see the fatigue or pain. Remember to be patient with people who don't understand what you're going through. My final tip is to write a note on your phone that explains your condition for you to refer to when meeting new people, or in new scenarios.

References:

1. Armstrong EJ, et al. Psoriasis and major adverse cardiovascular events: a systematic review and meta-analysis of observational studies. *J Am Heart Assoc.* 2013;2(2):e000062.
2. Rosenbaum JT, et al. Insight into the Quality of Life of Patients with Ankylosing Spondylitis: Real-World Data from a US-Based Life Impact Survey. *Rheumatol Ther.* 2019;6(3):353-367.
3. Coates LC, et al. Group for Research and Assessment of Psoriasis and Psoriatic Arthritis 2015 Treatment Recommendations for Psoriatic Arthritis. *Arthritis Rheumatol.* 2016;68(5):1060-71.
4. Crowson CS, Liao KP, Davis JM, et al. Rheumatoid Arthritis and Cardiovascular Disease. *Am Heart J.* 2013;166(4): 622-628.
5. van der Horst-Bruinsma IE, Nurmohamed MT, Landewé RB. Comorbidities in patients with spondyloarthritis. *Rheum Dis Clin North Am.* 2012;38(3):523-538.
6. Pahwa R, Jialal I. Chronic Inflammation. StatPearls Publishing. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK493173/>. Accessed April 2020.

For more information, visit:
AdvantageHers.com

*About chronic inflammatory diseases, such as rheumatoid arthritis, axial spondyloarthritis, psoriatic arthritis and psoriasis

Chronic inflammation is long-term inflammation – when the immune system recognizes and removes harmful stimuli – lasting anywhere from several months to years.⁶ Chronic inflammatory disease is a broad and evolving description for conditions associated with chronic inflammation. UCB focuses particularly on rheumatoid arthritis, axial spondyloarthritis, psoriatic arthritis and psoriasis, as these are the disease areas where UCB tries to make a difference in the lives of patients.

#AdvantageHers

GL-N-DA-PSO-2000016

© UCB, Inc., 2020. All rights reserved.

 Inspired by patients.
Driven by science.