



spotlight on health

Survivor Winner Launches National Campaign To Help Rheumatoid Arthritis Patients 'Survive And Succeed'

(NAPS)—It may surprise people to know that Tina Wesson, winner of the popular reality TV series *Survivor: The Australian Outback*, has lived more than seven years with rheumatoid arthritis (RA), a disease affecting primarily the joints. Despite her RA, Tina was able to successfully overcome her competitors to become the 'ultimate survivor.' Now she is using her own personal experience with RA to launch a national campaign called "Survive and Succeed" to help encourage others with the disease to lead lives less ordinary.

Rheumatoid arthritis is a chronic, often painful disease that usually affects women in the prime of their lives. Typical symptoms include inflammation of the joints, joint pain and fatigue. As the disease progresses, joints become swollen, inflamed and stiff. When inflammation persists, or does not respond to treatment, it can destroy nearby cartilage, bone, tendons and ligaments, leading to permanent disability.

"Survive and Succeed" was created to empower the estimated 2.1 million RA patients in the United States with information about how to take control in managing their disease and staying active. The national educational campaign is sponsored by the Arthritis Foundation and Centocor, Inc., the maker of REMICADE® (infliximab).

"I've always been an active person, so I was initially afraid RA would control my life and keep me from pursuing the activities I love," said Tina. "However, I want to let others living with RA know that by working closely with my rheumatologist, I have achieved a balance of medication, exercise and healthy lifestyle choices that enables me to lead a productive, rewarding life."

As part of the campaign, Tina has developed a comprehensive "Survive and Succeed" brochure with the Arthritis Foundation and



Tina Wesson, winner of "Survivor: The Australian Outback," is one of 2.1 million Americans affected by rheumatoid arthritis.

Centocor that provides information that will help RA patients effectively cope with their disease. The booklet includes tips on exercise, lifestyle changes and new treatment options. Tina will also be speaking about her own experience with RA at free local educational seminars around the country in 2002.

"For those with rheumatoid arthritis, taking an active role in the management of the disease is so important," says John Klippel, M.D., medical director of the Arthritis Foundation. "How patients cope with RA can play an important role in their ability to manage its effect on their quality of life. Through the 'Survive and Succeed' program with Tina, we hope to empower others with RA to work with their healthcare team to develop an effective treatment and lifestyle program to meet their unique needs."

If you or a loved one has RA and would like to obtain a "Survive and Succeed" package, including Tina's new brochure, call the toll-free campaign hotline at 1-800-707-8344 or log on to www.surviveandsucceed.com. For more information and tips to help take greater control of arthritis, visit the Arthritis Foundation's Web site at www.arthritis.org.



About the Arthritis Foundation

The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases. Arthritis Foundation efforts focus on increasing awareness, education, advocacy and research. The Arthritis Foundation currently provides more than \$25 million in grants to more than 300 researchers to help find prevention measures, better treatment and ultimately a cure. The Arthritis Foundation's sponsorship of research for more than 50 years has resulted in major treatment advances for most forms of arthritis.

The Arthritis Foundation works with a variety of organizations and companies in educational efforts to increase knowledge about arthritis and to help people take greater control of its impact. Collaborative educational efforts do not imply that the Arthritis Foundation endorses or recommends any particular product, medication or treatment. The Foundation encourages a comprehensive treatment program tailored to individual needs through discussion with a physician.

About REMICADE® (infliximab)

REMICADE is a therapy that, in combination with methotrexate, has been shown to inhibit disease progression while reducing joint pain and stiffness in people with moderate to severely active rheumatoid arthritis.

There are reports of serious infections, including tuberculosis (TB) and sepsis. Some of these infections have been fatal. Tell your doctor if you have had recent or past exposure to people with TB. Your doctor will evaluate you for TB and perform a skin test. If you are at risk, he or she may begin TB treatment before you start REMICADE. If you are prone to or have a history of infections, currently have one, or develop one while taking REMICADE, tell your doctor right away. Also tell your doctor if you have lived in a region where histoplasmosis is common or if you have or have had a de-myelinating disease such as multiple sclerosis.

There are also reports of serious infusion reactions with hives, difficulty breathing, and low blood pressure. In clinical studies, some people experienced the following common side effects: upper respiratory infections, headache, cough, sinusitis or mild reactions to the infusion such as rash or itchy skin. Please read important information about REMICADE, including full prescribing information, at www.remicade.com.