

CATCH | **CANADIAN EARLY ARTHRITIS COHORT**

List of resources about managing arthritis flares

Alberta Rheumatology (<https://albertarheumatology.com/>)

- [RheumaDAS Calculator](#)
- [RheumHAW Calculator](#)

Arthritis Research Canada (<https://www.arthritisresearch.ca/>)

- [A Personalized Decision Tool for Rheumatoid Arthritis](#)
- [Top 5 Ways to Prevent Flares](#)
- [Rheumatoid Arthritis and “On Demand” Care](#)

Arthritis Society Canada (<https://arthritis.ca/>)

- [Managing Arthritis Flares, Host: Dr. Michelle Two](#)
- [Yoga for Rheumatoid Arthritis](#)
- [Arthritis Pain Management Guide](#)
- [15 Tips for Self-Care](#)
- [Understanding the Pain Cycle and Arthritis](#)
- [Mental health toolkit](#)

Canadian Arthritis Patient Alliance (www.arthritispatient.ca)

- [Limited Mobility Disabilities resources](#)
- [Inflammatory arthritis education series: Managing Fatigue](#)
- [Inflammatory arthritis education series: Managing pain](#)
- [Inflammatory arthritis education series: Protecting your joints](#)
- [Living with Chronic Pain: Resources for Patients and Policymakers](#)
- [Pain Talks series \(videos\)](#)

Canadian Psoriasis Network

- [Good Care for Psoriatic Arthritis](#)

Creaky Joints Canada

- [11 Questions to Ask Yourself When a Rheumatoid Arthritis Flare Is Brewing](#)
- [Arthritis ‘Flare Fear’: What I Do When Flare Anxiety Makes Me Feel Trapped](#)
- [How to Handle an Arthritis Flare, According to Patients and Rheumatologists](#)

- [12 Tips for Coping with Rheumatoid Arthritis Flares](#)
- [22 Things to Do for Yourself When a Disease Flare Forces You to Stay Home](#)
- [Relatable Rheumatology: From Stories to Studies Podcast](#)
- [Let's Get Personal Podcast](#)
- [Remission Possible Podcast](#)

Arthritis Consumer Experts

Information to be available soon

Rheum Info

Information to be available soon