



Fondation Arthrose

Fondation privée créée en 2015

The Osteoarthritis Foundation launches its first crowdfunding

■ OSTEOARTHRITIS, A DEGENERATIVE JOINT DISEASE

Osteoarthritis is characterized by a progressive deterioration of joint cartilage (hip, knee, spine or hand and foot). When one is suffering from osteoarthritis, movements are painful and joints become stiff and distorted. Osteoarthritis can cause severe disability that often leads to physical inactivity, an important risk factor for cardiovascular disease, diabetes and obesity.



We must treat osteoarthritis to stay in good health!

■ WHY CREATE THE OSTEOARTHRITIS FOUNDATION?

This project was created by a passionate researcher: Professor Yves Henrotin, eminent specialist in this disease. He believes that the current ways to help and treat patients are insufficient, because the funding of basic research dedicated to this disease is too low. He found that there was no charity solely dedicated to osteoarthritis and aiming to limit its impact on the lives of patients suffering from osteoarthritis. The creation of the Osteoarthritis Foundation (which was established in July 2015) was a necessity. It aims to prevent disease and improve the quality of life of osteoarthritis patients, but also to support basic and preclinical research by encouraging innovative projects and rewarding deserving researchers.



The Osteoarthritis Foundation concerns all of us!

■ WHY DO WE WANT TO RAISE FUNDS?

Nowadays, osteoarthritis is a major public health problem that remains unknown. However, in 2020, 100 million Europeans will suffer from osteoarthritis. Health experts estimate that about 2 million Belgians will be disabled by this disease that affects 70% of adults over 65 years. However, young people are increasingly concerned because of the multiplication of sports (e.g., ligament lesions) or professional injuries (e.g., heavy lifting). We must fight against this terrible affliction.

Helping Osteoarthritis Foundation is to improve the quality of life of millions of people!

Where will your donation goes?

■ OUR FIRST OBJECTIVE: 5000 EUROS

to create and release an informative brochure on osteoarthritis

We wish to make a booklet for people who suffer from osteoarthritis. This will be distributed through pharmacies, hospitals, medical offices, sports centers, nursing homes, spa centers ... A high quality information (based on evidence) is a crucial step in preventing osteoarthritis! Evidence-based information allows especially to fight against deleterious beliefs (e.g., exercise is no good for health), to manage pain in better ways and to help patients to implement measures that will be helpful for healthy joints.

Being well informed is a critical step towards healing!

■ WHAT WILL HAPPEN IF WE REACH 15000 EUROS?

If we raise 15,000 euros, we will make a film dedicated to osteoarthritis by using audio-visual high technologies such as a 3D movie), which would require hiring a specialized company. The viewers will take a trip to the heart of the joint to better understand the development of the disease. They will also be informed on the causes of the disease, but also about prevention methods and treatment. The messages will be delivered by international experts and will aim to change deleterious beliefs of patients, an essential step in preventing osteoarthritis. This didactic and educational film will be offered in "Health film" festivals and will be available in several languages (French, Dutch, English ...).

Better information for better preventing and better care!

■ AND WHY NOT A FIRST ACTION AGAINST THE DISEASE?

If we succeed to raise the proposed sum during this first crowdfunding, we will organize a second one to finance a workshop, lasting a whole day, exclusively dedicated to osteoarthritis. This will involve the intervention of different health professionals (physical therapist, physician, trainer, psychologist, dietician ...) so that patients could find answers to their questions in a single place and receive personalized advice to manage their osteoarthritis. In this context, we will require experts in communication and events organization to try a crazy challenge: organizing the largest gathering of Tai chi. Why? As according the American College of Rheumatology, it is the best practice for preventing and treating osteoarthritis. The day will be an intergenerational event to fight together against osteoarthritis.

Mobilize to defeat osteoarthritis!

To learn more about the foundation ([website link](#))
The Osteoarthritis Foundation is a private foundation created in July 2015 with the ambition to pursue the following objectives:

- To organize information campaigns, prevention and health education for the general public,
- To promote information for physicians, General Practitioners and other health professionals,
- To organize, promote, collaborate or coordinate any action or initiative aiming to prevent or to cure osteoarthritis,
- To provide psycho-social and financial assistance for patients and their relatives,
- To stimulate scientific research in the field of osteoarthritis
- To promote the Foundation and its missions
- To represent the interests of scientific communities and patients to the various authorities,
- To collaborate with any institution and any organization pursuing the same goals.