

The IMID Study

Understanding the effects of stress, anxiety, depression and chronic disease

Welcome!

Did you know?

- Auld lang syne means time goes by.
- In Puerto Rico, residents throw pails of water out the window to ward off evil spirits. They also eat 12 grapes at midnight.
- In Japan, on New Year's Eve (Oshogatsu) all the bells in the country are rung 108 times.

Welcome to the sixth edition of the IMID study newsletter!

In this edition of the newsletter we will share some new findings related to the study. We will also talk about the health benefits of Tai Chi.

We will also introduce another member of our research team.

We hope you enjoy it.

Study progress...

We are entering the last six months of the study.

As of the end of November 2018, over 400 participants will have completed their final study visits—

THANK YOU!!!.

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Meet the research team: Dr. Carol Hitchon

Where are you from?

...Alberta. I have lived in Manitoba for many years.

What do you hope to learn from this study?

...What is the impact of mental health conditions in people with immune-mediated diseases such as rheumatoid arthritis (the condition I see in my

clinic), how to recognize when this is affecting overall wellness and care, and how best to help people suffering from rheumatoid arthritis and mental health concerns.

What other research are you involved in?

My other research projects are centred around trying to un-

derstand the biology of inflammatory arthritis so we can learn how to predict arthritis-related outcomes, how to optimize treatments for arthritis and how to improve the overall well-being of people living with arthritis. I am also trying to improve rheumatology care in areas where it is hard to see a rheumatologist



Carol Hitchon, MD

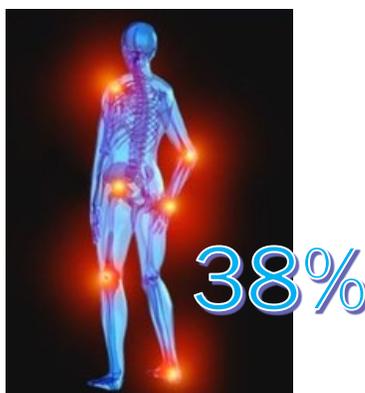
In the news

Genetics of depression



A study of 135,458 people with depression & 344,901 people without depression identified 44 genes associated with an increased risk of depression.

Depression as a risk factor for rheumatoid arthritis



A study involving health records data from over 5,000,000 British residents found that depression increased the risk of developing RA in the fu-

ture. Treatment with an antidepressant appeared to reduce the risk.

Depression as a risk factor for IBD



Another study using the same data found that depression doubled the risk of developing Crohn's disease & ulcerative colitis.

Information Preferences Regarding Depression in the IMID Study

What question were we trying to answer?

We wanted to know about the information needs and preferences people with IBD, MS, RA have about depression. This is important to design useful information resources.

What did we ask about?

We asked study participants to participate in an option online survey. We asked what information would be important with respect to treatment options, costs of treatment, risks and benefits.

Who participated?



328 participants

- ◆ 114 with IBD
- ◆ 141 with MS
- ◆ 73 with RA



3 out of 4
were women



On average they were about 54 years old. Almost half of participants had been treated for depression in the past.

What did we find?

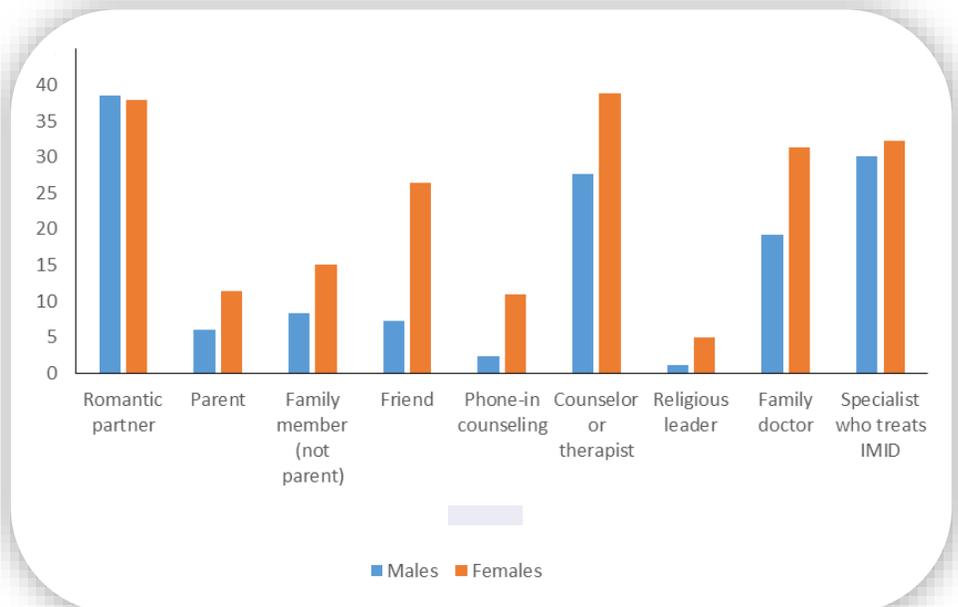
Depression topics of greatest interest were how well the treatment works, potential drug interactions, common side effects of treatment, the purpose of treatment and how the treatment works.

The most popular information formats were:

- ◆ Discussion with a counselor
- ◆ Written information
- ◆ Discussion with a doctor



Women wanted more information than men. If they had depression, people with IBD, MS and RA thought they would be likely to get information from a variety of sources but the likely sources differed between men & women (see Figure).

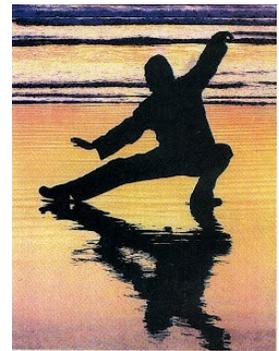


Tai Chi

Researchers are increasingly interested in the health benefits of Tai Chi.

What is the origin of Tai Chi?

Tai Chi was developed in China centuries ago as a self-defense technique. In the last fifty years Tai Chi has spread to other countries. Now, Tai Chi is practiced as a mind-body exercise. There are several different forms of Tai Chi including the Yang, Chen, Wu, Hao and Sun styles.



What does Tai Chi involve?

Tai Chi brings together slow, gentle and deliberative movements, as well as breathing exercises, and focused attention.

Who can practice Tai Chi?

Tai Chi can be practiced by people of all ages, whether in good health or poor health. It can be adapted for practice by people in wheelchairs.



What are the health benefits of Tai Chi?

In healthy people who are stressed, Tai Chi reduces anxiety and improves energy. In multiple sclerosis, a study of 32 people found that practicing Tai Chi for 90 minutes twice a week was associated with improved balance, coordination and depression. A review of 21 clinical trials which tested the benefits of Tai Chi in people with chronic conditions found that Tai Chi improved health-related quality of life. People with musculoskeletal disorders such as arthritis particularly appeared to benefit.



Research Study Coordinators

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Have suggestions for the newsletter? Feel free to contact us. If your contact information changes, please let us know.

Thanks for your continued participation !

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 OF MANITOBA



Hôpital St-Boniface Hospital

Time to dive into winter!

Winter

I	L	Z	A	E	R	I	F	E	R	O	B	R	I
H	I	L	O	H	O	Z	S	V	E	O	S	V	B
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U	I	N	F	T	R	A	E	C	N	H	O	H	T
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L	D	R	A	Z	Z	I	L	B	I	L	A	A	H

FIRE
 ICICLE
 SLUSH
 BLANKET
 ARCTIC
 BLIZZARD
 EVERGREEN
 HOT CHOCOLATE
 SNOWBALL
 SHOVEL
 POLAR BEAR
 SNOWFLAKE
 SLEET