

# DRAGON CLAW

## Rheumatoid Disease Self-Care

### All Good!

#### NSW Parliament Event

About 60 people joined the directors of Dragon Claw to launch our new website on 21 March. The catered event was held in the Members Dining Room and was filled to capacity. The two wonderful key-note speakers were Alastair McEwin, Disability Discrimination Commissioner, Australian Human Rights Commission and Dr. Rachel David, CEO, Private Healthcare Australia. The entire event was broadcast across the web.

We are very grateful to Adam Cossak, owner of Ghost Riders Lodge in the Hunter Valley for providing the prize for our auction – a weekend for up to ten people in luxury at the Lodge. What a lucky winner!

Gavin Walsh, Managing Director of Princeton Digital and a proud Dragon Claw supporter demonstrated a rheumatologist's patient education tool to the group. All were very impressed with the clarity and ease of use of 3-D imagery detailing bones, muscles and ligaments for any part of the body. The app also takes the user

to Dragon Claw and shows a short video if selected.

#### Rheumatologists and Augmented Reality

Dragon Claw in association with Princeton Digital, one of our partners, has launched a very clever application. It is contained within a desk accessory and was demonstrated at the launch of our new website.

Imagine a time poor rheumatologist sitting with a patient in their clinic discussing the latest blood work. Within the allocated 12.5 minutes there is no time to consider the wider issues that positively impact the patient's quality of life. Using this electronic assistant, the rheumatologist can swipe a smart phone over the Dragon Claw icon and be automatically provided with resources.



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## www.dragon-claw.org

### Augmented Reality (continued)

We are very grateful to the huge support we have experienced from Princeton Health: - <http://www.princeton.com.au>

### New Material on Our Website

- ✓ Want to get paid for being a survey respondent?
- ✓ Do you need a one week Mindfulness course in Bali?
- ✓ “More Than Meditation” over five weeks in Melbourne.
- ✓ Enrol for the free RA Self Management Program in the UK
- ✓ Video - hand exercises
- ✓ Video – Wakame seaweed – what can you do with it?
- ✓ Live radio interviews

### New Website Developments

Our website will be progressively developed over time as finances permit. Two new sections on our menu will be loaded this year. The first item will be “How to Train Your Rheumatologist” a slightly humorous look at maximising your clinical visits. The second will be a massive expansion of the current Self Help section.

### National Mail Out Campaign

It has been two years since we reached out to all rheumatologists across Australia. In a few weeks we will begin posting snail mail letters and patient cards to all these wonderful clinicians. The aim is to provide information that enables them to supplement their patient and carer support outreach of a non-medical nature via the Dragon.

We continue to conduct clinician briefings and these have been particularly welcomed. These short 30 presentations along with Q&A are presented by Dragon Directors. If you would like us to attend one or more of your group meetings within Australia (at this stage) please email us on [info@dragon-claw.org](mailto:info@dragon-claw.org).

### Social Media

Have you noticed our social media activity? Please link up, ‘accept’ and be a member by visiting: LinkedIn and Facebook searching **DragonClaw** and **Dragonclaw** respectively. **Dragon1** on Twitter is now active.



<http://www.guild.org.au>



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**Website Street Art**

<https://www.dragon-claw.org>



**AIM**

Dragon Claw provides information, community and support.

**Why The Name?**

Rheumatoid Disease (RD) can be felt like an unpleasant animal moving around the body biting and scratching.

Occasionally, the dragon rears up and breathes fire, which is felt as a flare, hence the name.

**Our Patron**

Dr. Mukesh Haikerwal AO former National President of the Australian Medical Association. He is currently a board member of Beyond Blue and Chair of the Australian Institute of Health and Welfare.

**Encouraging self-care and care co-ordination to reduce isolation and stress**



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