

## Encouraging self-care for those with Rheumatoid Arthritis and Lupus



## **2020 PATIENT AND CARER (PAC) COMMITTEE Advisory Committee to Board of Directors of Dragon Claw Charity Limited**



Susan Hughes, PAC Chair, Director or Dragon Claw Charity, Diagnosed with Rheumatoid Arthritis in 2005, retired Career Development Practitioner, Sydney.



Jill Berenson, Rheumatoid Arthritis Patient, Retired Nurse of 40 years at Royal North Shore Spinal Unit, Sydney.



Andrew Thirwell, Lupus Patient, Dragon Claw Board Member, Director of Corporate Affairs of Pharmaceutical Company, Sydney.



Amanda Collins, Virtual Carer of family member with Lupus, Human Resource Consultant, Sydney.



Rebecca Saunders, Juvenile Idiopathic Arthritis (JIA) Patient, Mother of 2 young children (managed pregnancies without biologics), Fashion Consultant, Sydney



Ned Strong, Carer of patient with Rheumatoid Arthritis, Entrepreneur, Sydney.



Lynda Holden, Virtual Carer of RA patient, Director of Dragon Claw, Lawyer, Nurse, University Lecturer in Nursing / Indigenous Studies, Aboriginal Elder, proud Dhunghtti woman, Sydney.



Dr. Charmaine Jones MD (AOA), Retired Palliative Medicine. Patient with Inflammatory auto-immune Arthritis Enthesitis. Exploring functional medicine and lifestyle changes to lower medications as much as possible, Ontario, Canada.



**Annette Guterres OAM** Diagnosed with RA in 2016 Retired High School Teacher, Hon Sec Aust. Bomber Command Assoc. "RA has made life difficult but one can still lead an active life." Sydney



Jacqueline Morris Diagnosed with RA at 23 years of age. Involved in Patient Partner Program for RA to medical students in Sydney teaching hospitals. Retired Language Specialist teacher, Sydney.



Charlotte Hill, Diagnosed with Ankylosing Spondylitis in London, UK. Nutritional Therapist and Instructor, Relocated to Australia



Jan Frazer diagnosed with RA in 2018 at 77 years of age. Personal trainer, actor and voice over professional, Melbourne.



Linda Gaudet, BscPhm, ME, Partner in Caring 30 year partner diagnosed in 2015. Retired from 42 year pharmacy career in hospitals and community. Canada