



NEWS RELEASE – FOR IMMEDIATE RELEASE

Northumberland PACE Speakers Series Kicks Off 2022-23 Season with Focus on Rheumatology and Inflammatory Arthritis

NORTHUMBERLAND COUNTY, Friday, September 16, 2022 — The Northumberland PACE speakers series returns for the 2022-23 season with a virtual conversation, this time exploring the subject of inflammatory arthritis.

Led by Rheumatologist Dr. Jason An, the September talk, titled '*So You've Been Referred to the Rheumatologist*' will take place via Zoom on **Thursday, September 22 at 5:30 PM.**

After attending medical school at the University of Calgary, Dr. An completed an Internal Medicine Residency at the University of Alberta followed by his Rheumatology Fellowship training at McMaster University and a Fellowship in Rare Diseases at The Hospital for Sick Children, where he focused on the genetic analysis of rare autoinflammatory and immune dysregulation disorders. In March 2022, Dr. An joined Northumberland Hills Hospital's (NHH) network of specialists, and today provides local patients with virtual rheumatology consultations for a range

of inflammatory disorders such as arthritis, connective tissue diseases, and autoinflammatory conditions.

Dr. An will explain what a rheumatologist does and explore the ways rheumatologists can help patients who experience severe symptoms of arthritis. Attendees will leave this session with more familiarity of the two major types of inflammatory arthritis as well as prevention tips on how to best maintain healthy joints.

As is standard within the PACE Talk format, questions from the audience will be addressed. These may be posed live or submitted in advance by emailing mbhargava@imcare.ca prior to the Thursday, September 22, 2022, conversation.

Since 2018, The Northumberland PACE talks have been jointly offered as free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a range of questions and perspectives. Like many other events, The Northumberland PACE speakers' series adapted to a new, virtual format as a result of the COVID-19 pandemic. Participating partners continue to increase, with the [Ontario Health Team of Northumberland](#) joining the founding partners at the planning table for the 2022-23 season.

Lasting an hour in length, each PACE event consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker(s) and a short moderator summary.

Bring your questions, your suggestions, and your experience and join in what is expected to be another informative discussion on a topic chosen by previous PACE attendees!

Pre-registration is required and space is limited to the first 300 registered attendees. This event will be hosted through Zoom, and attendees are asked to login to the event 5 minutes prior to the start. Register for *So You've Been Referred to a Rheumatologist* today at www.pacetalks.com, where you'll also find video and highlights from many of the previous seasons' talks. For those unable to attend, efforts will be made to share a recording of this conversation following the event, technology permitting.

Contact: Jennifer Gillard, jgillard@nhh.ca or 905-377-7757.

About Northumberland PACE – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series typically hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Due to the physical distancing requirements of the COVID-19 pandemic, the event has moved to a virtual format, using Zoom. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare, the NHH Foundation, the Ontario Health Team Northumberland (OHT-N) as well as local patients and caregivers are all represented on the 2022-23 PACE planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution. Talks are held monthly at 5:30 PM, typically on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. "Seats" are available free of charge, on a first-come, first reserved basis. Pre-registration is required. For information, please visit www.pacetalks.com.

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