

Dear LiiRA participants,

I hope that this letter finds you all well. This is quite an unusual time and we wanted to share some resources that we thought might be helpful.

The [Arthritis Foundation](#) has links for at-home exercise and easy meal recipes. The [American College of Rheumatology](#) (ACR) and the [Center for Disease Control](#) (CDC), also provide facts on arthritis and healthy lifestyle advice, as well as specific information for COVID-19.

While maintaining a healthy diet is important in combating the symptoms of you RA, exercise can also help! The ACR has some advice for RA patients when it comes to exercise:



[Exercise for RA Patients](#)

The LiiRA team is also trying to stay healthy while we work from home whether its cooking meals for our families, gardening, or staying active while cleaning around the house!

Thany is trying to adjust to life without his usual biweekly haircuts. He also recently purchased a karaoke mic so he can practice his singing at home.

Charlotte has been biking daily to stay in shape for when she can return to biking to work. She's been attempting to master some new cooking skills like dumplings and sushi.

Want more information? Visit us at <http://www.liira.org>



How has LiiRA been affected during the pandemic?

For those of you still in the study, thank you for bearing with us as we quickly adapted to changes due to the pandemic. We made the difficult decision of suspending new enrollments and in-person visits ahead of when the hospital recommended suspending research studies.

We monitor the pandemic situation daily. Based on information we are receiving from different sources, we are optimistic that we can see some of you again in-person over the summer. That said, we will have new processes and protocols in place to ensure everyone's safety.

Would you like to see something in our next newsletter? Contact us!

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Enrollment Numbers

Enrolled: 67
Completed: 58
Target: 75 patients over 3 years
(We have <1 year to go)



Team Spotlight



Dr. Brittany Weber, the newest member of the LiiRA team, is an advanced cardiovascular fellow at BWH- she is helping to read some your cardiac PET scans! Brittany is pursuing a career in cardio-rheumatology and cardiac imaging. She is a trained immunologist and her current research efforts are focused on the role of systemic inflammation in rheumatic disease (e.g RA, SLE) and the increased risk of cardiovascular disease. In her free time, she loves to spend time with her family, travel, and be outdoors!

Meet the rest of the team here:
<http://www.liira.org/the-team.html>

