

Back pains...

Do you suffer from back pain and want to know more about Bechterew's Disease (Ankylosing spondylitis) and our association? Then you've come to the right place!

A typical sufferer

A typical sufferer of Bechterew's Disease is a young person experiencing chronic pain and stiffness in the lower spine, particularly at night, in the morning and when sitting still for a long period of time. The activity of the disease varies in terms of pain, stiffness and fatigue.

The first symptoms

60 per cent start with back symptoms

30 per cent start with symptoms in the joints

10 per cent start with inflammation of the eyes

How common is the Disease?

Bechterew's Disease affects around one per cent of the population in Sweden. It is more common among men than women. It usually appears between the ages of 15 and 35. The disease is 20 times more common among those who have Bechterew's Disease in the family than among others. 95 per cent of those who suffer from Bechterew's Disease have a specific gene; HLA-B27.

What do we know about the causes?

The cause of Bechterew's Disease is unknown. Factors that have been seen to increase the probability of being diagnosed with this disease are recurring inflammation in the iris, psoriasis, inflammatory intestinal disorder and infections of the urinary tract.

How is Bechterew's treated?

Regular physical exercise is essential to check the development of the disease. Correct information about the disease is an important part of the treatment. Pain relief and anti-inflammatory medication are another.

What happens next?

The normal procedure is that you adapt to the terms of the disease and live a good life, most people being able to carry on working all the way to retirement.

What can you do?

You can join Berig, the association for patients with Bechterew's Disease, which contributes to providing information on the disease and thereby improving daily life and the future for those of us suffering from Bechterew's Disease.

What can Berig offer you?

We offer a sense of community as well as information; we provide information to members, care-givers and policymakers. Our vision is to become well-known in the healthcare sector and among those suffering from Bechterew's Disease. All those who have Bechterew's should know about Berig. All politicians, policymakers and doctors should have a good knowledge of Bechterew's Disease to enable early diagnosis. We also want to contribute to the research into this disease receiving sufficient resources to be able to solve the mystery of Bechterew's Disease.

Translation of a Swedish document

Berig organises keep-fit activities in the water and on land. We arrange lectures, pub evenings and other pleasant get-togethers. We also work actively to ensure that our members will feel secure that they have up-to-date, relevant information on the current medical treatment available.

Questions?

If you have any questions about Bechterew's Disease and our association, please contact us at the address below.

Welcome to our community!

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