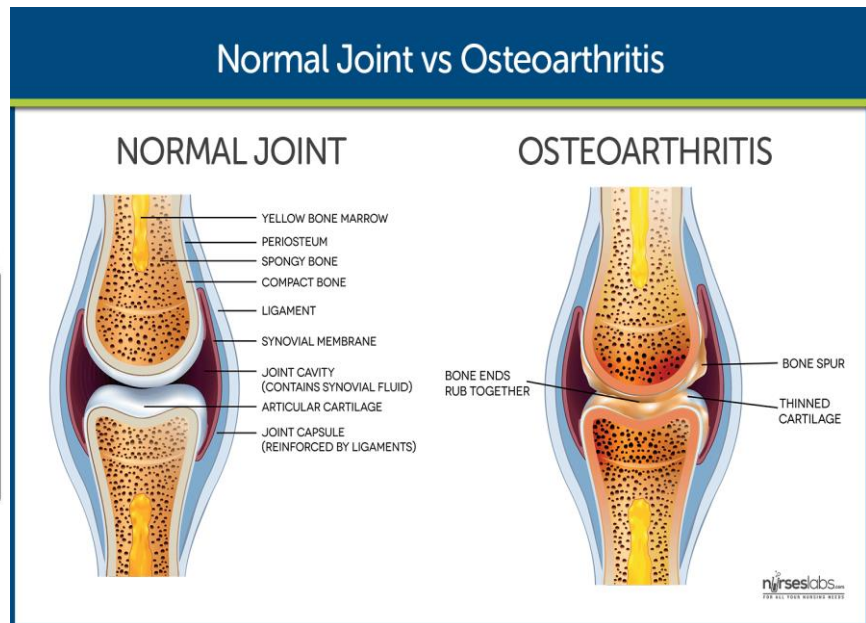
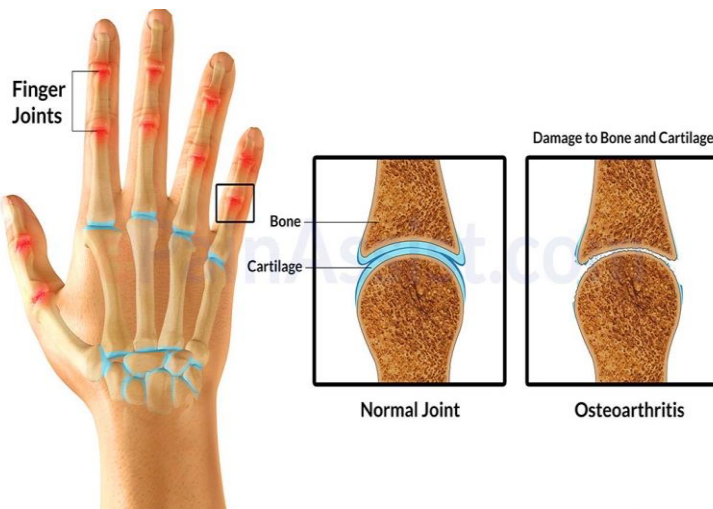


SOTA! SOTA!

READ ALL ABOUT IT!

Osteoarthritis October!



What Is Osteoarthritis?

- Osteoarthritis (OA) is a degenerative joint disease and is the most common chronic condition of the joints.
- OA can affect any joint, but it occurs most often in knees, hips, lower back, neck, small joints of the fingers and the bases of the thumb and big toe.
- OA causes stiffness in the cartilage of a joint making it susceptible to damage.

Signs and Symptoms?

- Aching joints and soreness, especially with movement.
- Pain after overuse or long periods of inactivity.
- Stiffness after periods of rest.
- Bony enlargements in the middle and end of joints in the fingers.
- Swelling of the affected joints.

Who is affected?

- 27 Million Americans are affected.
- Chances of developing OA Increases with age.
- Most people over 60 has OA yet the severity varies.
- People in their 20s and 30s can develop the disease.
- Women are more at risk of developing OA than men.

Catch up:

1. At our first SOTA meeting, we matched the Junior classes with their Senior class buddies. If you have not met yours, please let us know at LIUSOTA18@gmail.com.
2. Thank you all for your attendance and enthusiasm at our Backpack Awareness Day!
3. At our meeting on October 10th, we will be planning activities and designing posters for our 10/24 event on campus. Please bring your creativity!
4. We will be taking names down from our Senior class for the Belize trip and for Conference so please consider if you'd be interested!

Malka Goldman
Shakirah Windbush
Danielle Barry-Alicea
Jason Darko
Christae MacAlpine
Brooke Lord-Sinclair



Miriam W
Miriam W
Batya Azarfar
Rikki Berger
Yafa Borukhova

Jokes:

1. What do you call a boy with a dictionary in his pocket?
2. What did the math book say to the other math book?
3. Why did the teacher draw on the window?
4. Why did the student eat his homework?

Smartie pants
"I've got problems"
Because he wanted his lesson to be
very clear



Professor of the Month:

Thank you **Professor Coffin** for helping SOTA start off the year so successfully!

Student Shout-Outs:

Hindy is a second year student and Treasurer of SOTA.

Favorite TV Show: Gilmore Girls

Favorite Music Genre: Country

Favorite Food: Mac N Cheese

Favorite Drink: Coffee (some coffee with my milk)

Favorite Quote: "If you want to fly, give up everything that weighs you down" - Bhudda



Imani is also a second year student and is the Diversity Chairperson of SOTA.

Favorite TV Show: One Piece/Game of Thrones

Favorite Music Genre: Soca/Reggae

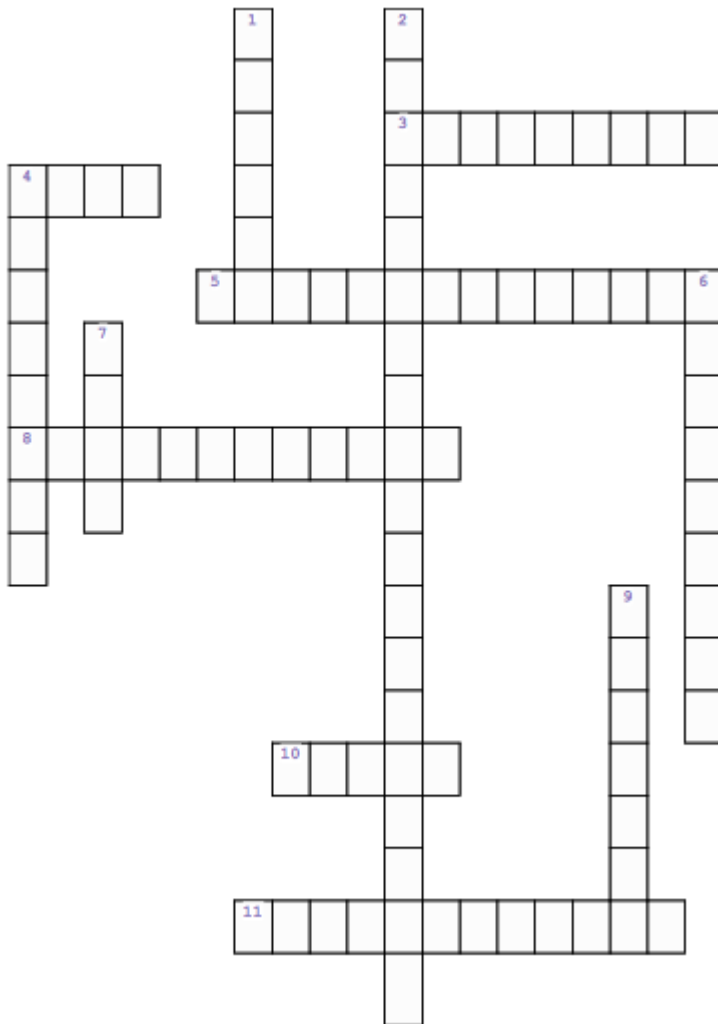
Favorite Food: Pizza

Favorite Drink: Welch's Passion Fruit Juice.

Favorite Quote: "You are the designer of your destiny; you are the author of your story." — Lisa Nichols

Crossword:

*Be the first to correctly complete and email this month's sudoku and crossword puzzle to LIUSOTA18@gmail.com for an extra raffle ticket at the next SOTA meeting!



Across

3. OA causes _____ in the joints to become stiff and at risk for damage.
4. basic self-care tasks such as bathing, feeding, and grooming.
5. most common degenerative joint disease
8. Type of treatment plan which is designed for each specific client.
10. OA causes cartilage to wears away allowing _____ to rub together causing pain, stiffness, and swelling.
11. Occupational therapists help clients regain their...

Down

1. Knee, hips, fingers, and other _____ are affected by OA.
2. health profession that focuses on teaching people the skills they need to be independent in their daily activities.
4. These types of equipment are used to assist clients in their daily tasks.
6. OA causes _____, swelling, and pain in joints.
7. Organization where students come together in pursuing their OT degree.
9. Any pain that lasts more than 12 weeks is considered to be this

Sudoku:

*Be the first to correctly complete and email this month's sudoku and crossword puzzle to LIUSOTA18@gmail.com for an extra raffle ticket at the next SOTA meeting!

EASY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|--|
| 9 | 5 | | | | | | | |
| 7 | | 5 | | | 3 | | 1 | |
| | | | | | | 2 | 5 | |
| 2 | | 7 | | 6 | | 9 | | |
| | 6 | 3 | 9 | | | | | |
| | | 1 | 2 | 5 | | 6 | | |
| | | 9 | | | | 4 | | |
| 4 | 9 | | | 7 | | | | |
| 5 | 2 | | | | 1 | | | |

HARD

| | | | | | | | | |
|---|---|---|---|---|---|---|--|-----|
| | | | | | | 8 | | |
| | 4 | | 9 | | | | | |
| 6 | | | | 3 | | | | 1 |
| | | | 3 | | 7 | 6 | | |
| | 1 | | | 5 | | | | 3 |
| | 5 | 2 | | | | | | |
| 5 | | | | | 7 | | | 3 9 |
| 8 | | | | | 6 | | | |
| 1 | | | | | | | | 2 |

A big, big thank you!

If anyone has any suggestions, photos, or submissions for our student newsletter, please send to: LIUSOTA18@gmail.com.

Including, but not limited to:

- Buy/sell textbooks
- Monthly horoscopes
- Jokes
- “Guess the baby” pictures: please send picture to Heidi.aaronson@my.liu.edu.
- Current events you’d like to make aware to classmates
- Upcoming school events or an event that happened on campus
- A charity or event that you’d like to advertise

Content by: Hindy Aaronson, Rebecca Belinky, Aviva Hoff, Imani McKay, Molly Tessler, Alyssa Warych