Spondyloarthritis affects over half a million Canadians – more than rheumatoid arthritis, MS, and ALS combined. Shockingly, however, the average time before receiving a diagnosis is an unacceptable 7-10 years, leaving so many dismissed, misdiagnosed, and left in pain.

This September, during Arthritis Awareness Month and Pain Awareness Month, we shine a light on what it means to live with spondyloarthritis (SpA) and chronic pain.

How to get involved:

* Now that you’ve downloaded the Awareness Kit, simply choose the image or video you would like to share, copy and paste the caption (or write your own), and post it to your social media.
* Don’t forget to tag the CSA (handles below) and use our campaign hashtags (#PainAwareness #SpAAwareness #ArthritisAwarenessMonth) so your post becomes part of the larger movement. Every share helps raise awareness, spark conversations, and connect people with the resources they need.

**Social Media Handles & Profile Links:**

* Instagram: <https://www.instagram.com/sparthritis> (@Sparthritis)
* Facebook: <https://www.facebook.com/SpArthritis> (@Sparthritis)
* LinkedIn: <https://www.linkedin.com/company/sparthritis/>
* TikTok: <https://www.tiktok.com/@myspondylife> (@myspondylife)

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| ⭐ Not rare, but rarely diagnosed ⭐ That’s the reality for many Canadians with spondyloarthritis. I’m joining @Sparthritis this month to raise awareness and push for change. #PainAwareness #SpAAwareness #ArthritisAwarenessMonth |
| Pain isn’t always visible. For people with spondyloarthritis, it can affect everything from work and relationships to mental health. This September, I’m sharing resources from the CSA to shine a light on these challenges and support better care 💙 #PainAwarenessMonth #SpAAwareness #ArthritisAwarenessMonth |
| ⏳ It takes 7–10 years on average for people with spondyloarthritis (SpA) to get a diagnosis in Canada. That’s nearly a decade of pain without answers.  This #PainAwarenessMonth + #ArthritisAwarenessMonth, I’m joining @Sparthritis to help fight for positive change. |