

# Rheumatoid Arthritis Warrior Fact Sheet

*RA Warrior is a comprehensive website supporting a growing online rheumatology community since 2009. Patients, caregivers, and professionals read and offer information and support online and face-to-face.*

## MISSION OF RAWARRIOR.COM

- Increase public awareness about RA and rheumatoid diseases.
- Provide support for patients in ways that will improve their lives.
- Present the patient journey in ways that increase scientific understanding of the disease.

## WHAT'S ON THE WEBSITE?

**The Blog:** a humorous & encouraging posts take on rheumatology topics. News and discussion on RA treatments & research, & help for living with RA to be as healthy as possible. 800 Pages and growing.

**Tags:** Click the arrows to scroll through the list of about 100 key topics.

**Web Pages:** Some highlights from the many pages on the menu...

- [RA Map for the newly diagnosed](#) – A clickable mall map leading to dozens of articles & links about hot topics for the newly diagnosed such as tests, treatments, fears, & nutrition.
- [Onset Story Project](#) – over 150 stories of how the disease began, in the own words of patients.
- [Methotrexate Section](#) – 30 pages of information about methotrexate for RA, in addition to many comments pages with valuable tips from readers.
- [RA Info Button](#) – A blue button image that can be placed on any webpage to link to the **RA Info Page** that simply answers 7 basic questions about RA. Great awareness tool.
- [RA 101](#) – An 11 page introduction to RA for the patient or caregiver.
- [RA Kitchen](#) – Kitchen management tips, RA-rated easy recipes, or RA-healthy ingredients.
- [Local RA Support Groups](#) – This page is maintained in conjunction with Arthritis Introspective which trains & assists leaders for local support systems.
- [Do I Have RA?](#) An uncomplicated tool for anyone wondering whether he or she might have RA.

## Facebook

[RA Warrior's Facebook group](#) is a vibrant community of about 22,000 members. Men & women, young & old, veterans & newly diagnosed provide encouragement & support to one another in the battle against Rheumatoid disease.

## YouTube

[RA Warrior's YouTube channel](#) already has over 55,000 views and over 450 subscribers. First RA PSA has almost 17,000 views! Down to earth videos spread awareness about RA & bring encouragement to patients.

## Twitter

RA Warrior started the Twitter hashtag: #rheum in 2010 to connect patients, caregivers, healthcare professionals, and researchers. #Rheum Tweekchats take place Sundays at 3 pm ET via @rheum\_chat.

## T-shirts & awareness gear

[RA Warrior's t-shirt store](#) is full of cheerful & uplifting awareness t-shirts, hoodies, & tanks to promote awareness or support a loved one's fight. Drinkware & aprons also available.

Contact: [Kelly@rawarrior.com](mailto:Kelly@rawarrior.com)

Web address: rawarrior.com

Twitter: @rawarrior

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