



2019 Mother-Daughter Honorees

Angela & Britney

Sunday, November 17

Race begins at 8:00 a.m.

**Olympia Athletics &
Events Centre
Saint Charles, MO**

For more information, contact:

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Angela and Britney have made it their mission to put a face with Arthritis. They are determined to be the voice of thousands of children and adults that have a sometimes invisible chronic illness.

Coming together has created a bond that a look can say 100 words with the only response being "Me too" or "I agree, this really sucks. I get it."

To find out more about Britney's Team or Angela's Team, please visit jbr.org/st.louis

Britney was diagnosed with Juvenile Arthritis when she was 13-years-old and Angela, Britney's mother, learned she had Ankylosing Spondylitis in the same year. Here's how their shared diagnosis changed their understanding of one another.

Around 2013, Angela's daughter, Britney, was 9-years-old and started experiencing pain and stiffness significantly. Britney had a hard time opening and closing things or simply walking and standing. All Britney's life, she had danced and cheered. So when she began having difficulty doing the things she loved, Angela knew something wasn't right. After multiple doctors and tests, Britney was diagnosed with Juvenile Rheumatoid Arthritis at the age of 13.

That same year, Angela started noticing that her own symptoms would align with what Britney was going through. She made an appointment with a Rheumatologist and after the tests, blood work and X-Rays, she was diagnosed with Ankylosing Spondylitis, AS. After the diagnosis, Angela felt a flurry of different emotions. "At first it was a relief because it answered a lot of the questions I had about what was going on with my body. But it also left a lot of anxiety knowing how I would have to put myself first but at the same time I needed to be the mom and take care of Britney's needs....suddenly I understood how she (Britney) was feeling and vice versa. But it has been an ongoing balance on how much do we tell each other when one of us is needing more support even though we see the other one having a rough day. We've learned that communication is key."

The mother and daughter's shared experience also allows them to work together in many different areas within the arthritis advocacy group. It allows them to take time away from school, jobs and so on to have that one-on-one fighting for change together.

Living daily with these diseases isn't fun and there are some mornings when getting out of bed is next to impossible for Britney, and when Angela is having the same kind of morning she needs to pull the Mom card even if that means she crawls out of bed and does her best to fight through her own pain to help her child.

Register at jbr.org/stlouis