



Advocacy Toolkit

Sending Emails

Emailing your elected officials is an effective way to make your priorities known. Legislators want to hear their constituents' stories so they can take their needs into account as they make policy decisions. Because you have first-hand experience with arthritis, you can encourage your elected official to look to you as a resource for information on policies impacting people with arthritis and their families.

Easily send a template email.

You can quickly send elected officials pre-drafted emails on important policy issues by visiting ACE's [advocacy page](#). Here you will find an online tool that will allow you to contact your elected official in a matter of minutes. All communications sent through this system are automatically delivered to your elected officials' office. They read all constituent correspondence and convey your messages to their members.

Compose your own message. If you'd like to develop your own unique email, you can use the sample text below. Search your elected officials' websites to find online submission forms or email contact information.

Dear *[elected official name]*,

I am writing today to ask you to support policies that benefit people living with arthritis and their families and care partners. Arthritis is Canada's most prevalent disease and costs our country tens of billions of dollars per year. And it's far more serious than most people realize. Approximately six million adults – one in five – have doctor-diagnosed arthritis. Two-thirds are under the age of 65. It's common among athletes and those with physically demanding jobs. In fact, arthritis and musculoskeletal conditions are the leading cause of work disability in Canada.

One million Canadians are living with a type of inflammatory arthritis (IA), like rheumatoid arthritis, ankylosing spondylitis or psoriatic arthritis, that is life threatening and extremely burdensome to our economies. The foundation for modernizing IA care in Canada has been the work ACE and other community leaders have championed around the “window of opportunity” to treat IA at the beginning of the disease process when early, appropriate treatment can actually stop the progression of the disease and prevent joint damage and disability. However, many people struggle to get access to a specialist who has the necessary training and expertise to diagnose and manage the different types of IA.

[Insert one or two short paragraphs discussing your connection to arthritis and telling your personal story.]

[Tell your elected official what positions you’d like them to take on our issues. The talking points and handouts in this toolkit include sample language you can use.]

As your constituent and someone with first-hand knowledge of arthritis, I can provide valuable insights on living with the disease. I would be happy to speak with you further about the ways arthritis impacts patients, care partners and families.

Feel free to reach out to me at any time. I look forward to staying in touch with you on these topics.

Sincerely,

[Your name] [Contact information]