



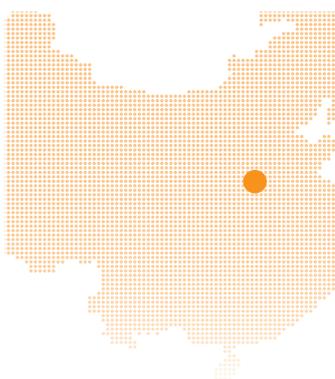
Yan Yishu



Training for the back



Studying Chinese traditional medicine



### Yan Yishu China

My name is Yan Yishu and I am 21 years old.

I am studying in ZhengZhou, HeNan Province, which is in central China and is the birthplace of Chinese medicine and ShaoLin Kung Fu. My major subject is clinical traditional Chinese medicine and I am in my third year. I want to tell others how I manage my ankylosing spondylitis by doing exercise and how I have improved my sports life in spite of my rheumatic disease. I want to share my experience and happiness with others.

## China – a contribution from the other side of the world

This year the jury decided to add one entry to the booklet which was outside the regular competition and received by the EULAR secretariat from China. The Stene Prize Jury was delighted to see that EULAR activities are now reaching people all over the world. Yan Yishu, 21 years old and living with ankylosing spondylitis, shared his story and insights with us. Even though this is strictly not within the regulations for the prize, the jury felt that it should be published as it is an inspiring story from the other side of the world.

### My hometown is Dalian, a beautiful seaside city famous for football.

I had a happy childhood. I liked to swim and play football when I was in middle school, but in 2005, when I was 15 years old, my right leg was injured whilst playing football. I thought it was just a pulled muscle in my leg, but within a month things had become much worse, even though I had physiotherapy. My right hip swelled up and became extremely painful. I could not play football anymore and a year later I was diagnosed with ankylosing spondylitis and HLA-B27 positive at the Beijing Union Medical College Hospital. In the beginning I was sent to many large hospitals all over China, but the experience of going to big

hospitals can be full of highs and lows. Sometimes, I had to fly to other cities alone in order to see doctors. When I got off the plane I was unable to walk so had to use the wheelchair offered by the airport.

Whilst I was ill I read many medical books and researched the latest western advances in treating ankylosing spondylitis in order to be able to work better with my doctors. I am eagerly awaiting advanced medical treatments, such as stem cell transplants.

Now, however, I am very well and am an ordinary university student, but I believe something miraculous has happened to me.

I learned to enjoy Tai Chi, ShaoLin Kung Fu, Qi Gong, horizontal bar, parallel bar, dumbbell and running. Although

I have many courses to study, I keep doing physical exercise nearly every day to prepare myself for the changeable weather between autumn and winter. For the past two years I haven't had to take any medicine for my ankylosing spondylitis.

**"I learned to enjoy Tai Chi, ShaoLin Kung Fu, Qi Gong, horizontal bar, parallel bar, dumbbell and running."**



Tai Chi under the Nanjing Yangtze River Bridge



Swimming



ShaoLin boxing

This summer, I swam as far as 5,000 meters out to sea and I also gained my national social swimming instructor's certificate. I also took part in a big Tai Chi and Kung Fu show held by my university.

Having a sound mind in a sound body is always a good thing. The combination of my knowledge, being physically active, medicine, acupuncture and Chinese health philosophy helps me recover when I am ill. To keep my body in good condition, I am careful about the food I eat, getting enough sleep, relaxation and being physically active.

**"This summer, I swam as far as 5,000 meters out to sea and I also gained my national social swimming instructor's certificate."**