Hello My name is Logan Govan and I am 12 years old.

I was diagnosed with poly articular juvenile arthritis 3 years ago. A week after my 9th birthday.

I have been playing sports since I was 3 years old and baseball is my passion. I have been playing competitively since I was 5 and went to my first Championship at 8 years old in Alabama. We won, but I hurt through the whole tournament. First, at the start of the season, my hands started hurting and so we bought a new glove and a new bat to see if that would help. Then my parents noticed that I was limping on the field and took me to the doctor. They didn't know why I had pain like I did and said maybe I had fractures in my feet.

After many many doctors appointments and lots of tests, they finally said I had this disease and started me on my first anti-inflammatory medication. It didn't help and so they changed it, several times until we found one that helped a little. The doctor said I would probably need Methotrexate, but I needed to try a few anti-inflammatory medicines first. The pain and stiffness continued to get worse, especially in my ankles. I got 4 shots of aristospan in my ankles and it helped them to move for a few months.

But the stiffness in my hands and wrists got worse. I started on methotrexate pills with the anti-inflammatory, Voltaren. It made me nauseated and sometimes I threw up. First I started with 5 pills. It didn't really help so I had to take more. 6 pills, then 8, and now I take 10 pills every week. I take Zofran for the nausea and Folic acid and Leucovorin for the side effects.

But the pain and stiffness continued to get worse and spread to my knees. I started on Embrel shots every week and still took the 10 pills of methotrexate. The embrel started to work a little. But after a few months, it just wasn't working. My doctor said that I would probably do the best on a new medication but that first I had to try a few more things. I had to take Methotrexate shots and embrel shots every week for 8 weeks before we could try the new medicine. I hated it.

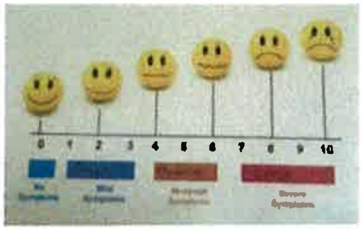
That wasn't fair. But I did it. And I finally started on the Infusion medication, Tocilizumab a few months ago. After 3 treatments, my physical therapists said, I had more range of motion than I had in the past two years! It has taken 3 years to get to the right medicine.

Unfortunately, I had bad pain in my right ankle in October. I had xrays and an MRI and it showed a spot on the bone. But the MRI also showed there was finally no sign of fluid in my joints. I had to stop all medicines until they could determine it was ok. But now I am all stiff and sore again. I started back on my infusion and methotrexate last week so hopefully I will be better soon.

I wish my doctor could have just put me on the right medicines to start so that maybe it wouldn't have spread to my other joints. I don't want other kids to have to take medicine that doesn't work just so they can get to the one that will work for them. Their doctor should be able to give them what they need so they don't get worse while they wait.

Logan's <u>Every</u> Day with Juvenile Polyarticular Arthritis

Daily Medicine



Pain and Stiffness

Stretching

Nightly Bracing and Weekly Physical Therapy

UNC
HEALTH CARE
Children's

Monthly Infusions, doctors, labs

Cardiac and eye monitoring semi-annual

Good days

and

Bad