

*CreakyJoints® is a 25+ year-old patient community that is part of the non-profit Global Healthy Living Foundation (GHLF).
The GCA patient charter reflects our guiding principles, or the deeply held beliefs that drive our community's many efforts
in education, support, advocacy, and research.*



WE BELIEVE:

The patient voice matters most.

Our experiences and insights must guide research, treatment, and awareness efforts.

Early diagnosis saves vision – and lives.

GCA can progress quickly. Every clinician, patient, and family member should understand the signs and symptoms to ensure no one is left undiagnosed or untreated.

Access to timely and effective care is a right, not a privilege.

Everyone, regardless of geography or financial situation, should have access to appropriate specialists, diagnostic testing, and medications that control inflammation and prevent complications.

Information should be clear, compassionate, and trustworthy.

Patients need information that explains complex science in plain language – so we can make informed choices with confidence and without fear.

Healthcare must treat the whole person.

Living with GCA affects more than blood vessels – it impacts emotional well-being, energy, relationships, and daily life. Care must support both physical and mental health.

Research should reflect real-world patient experiences.

Studies must include the voices of those living with GCA, capturing our challenges, goals, and hopes. Research should aim not only to prevent blindness but also to improve quality of life.

Community and connection are vital.

No one should navigate GCA alone. Peer support, patient networks, and advocacy groups create understanding and hope – and help patients share knowledge across borders.

Respect, empathy, and dignity are non-negotiable.

Every interaction – from the doctor's office to the pharmacy to insurance – should honor the person behind the diagnosis.

Established
2025

OUR SHARED MISSION

On October 23 each year, we come together to:

- Raise awareness of GCA symptoms and the need for rapid diagnosis.
- Support and uplift those living with GCA and their caregivers.
- Educate healthcare professionals and policymakers about the realities of GCA.
- Strengthen global collaboration in research, advocacy, and patient support.

Together, we make sure that every voice counts and every patient matters — because awareness saves sight, understanding builds community, and action changes lives.

RAISE YOUR VOICE: Take Action for Yourself and the GCA Community

Speak up at every appointment.

Write down your symptoms, questions, and side effects so you can make the most of your doctor's appointments. You know your body best — your input matters.

Ask for clarity.

If something isn't clear about your diagnosis or treatment, ask your doctor to explain it in plain language. Shared decision-making starts with understanding.

Connect with others.

Join the free CreakyJoints® community to find support and share your experiences with others who live with GCA. Together, we're stronger.

Raise awareness.

Take part in Global GCA Awareness Day on October 23 by sharing your story, posting online, or starting conversations with your care team and community. Follow #GCAAwarenessDay and @creaky_joints.

Get involved.

Join advocacy efforts through the 50-State Network to make sure GCA patients are heard when healthcare decisions are made.

Stay informed.

Follow [CreakyJoints.org](https://creakyjoints.org), [@CreakyJoints](https://twitter.com/CreakyJoints), and [@GHLF](https://twitter.com/GHLF) for trustworthy updates, new research, and ways to get involved in patient surveys and projects.

Are you interested in getting involved? Email us: info@ghlf.org