



MICHAEL TARNEY 5K FUN RUN/WALK FOR ARTHRITIS MEDIA RESOURCE SHEET

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Topics of Interest:

- **“Diagnosing Psoriatic Arthritis”** – In his teens, Tarney suffered with different issues like rash and severe fatigue, and consulted with doctors to determine the origin of the symptoms. After living with the symptoms for many years without a conclusive diagnosis, Tarney was referred to a rheumatologist. It took many tests by an internist a rheumatologist and a dermatologist to conclude that Tarney had Psoriatic Arthritis. Today, Tarney’s personal goal is to raise awareness for the 100 plus forms of arthritis.
- **“The Side Effects of Psoriatic Arthritis”** – Having lived with this disease for most of his life, Tarney can speak clearly about the many side effects of psoriatic arthritis. Side effects include chronic pain (including a feeling of burning bones), exhaustion that ceases activity, joint inflammation/swelling, decreased movement, and in some cases red, bumpy rash-like sores on the skin. There are various medications that have been developed to treat the symptoms, one of which is a biologic called Ember.
- **“Local Restaurant Owner Raising Funds for Arthritis”** – Michael Tarney is a co-owner of three of Milwaukee’s dining hot-spots, the Knick, North Shore Bistro and Harry’s Bar and Grill. In 2004, Tarney started the 5K Fun Run/Walk as a way to raise awareness for the over 100 plus forms of arthritis. Starting the run was also a way to put the spotlight on how exercise plays a vital role in staying healthy. “You have to keep moving,” cites Tarney, who meets monthly with his team of volunteers from the business community to plan the annual event.

Other Possible Topics:

- The Arthritis Foundation
- Volunteers from Business Community Plan Annual Event
- The 21st Century Entrepreneur – Community Outreach

Statistics on Arthritis

The statistics on arthritis are revealing: about 21% of working age (18-64 years) adults have arthritis. Nearly 29% of working age (18-64 years) adults report that arthritis or joint symptoms affect work for pay. Of persons with arthritis, 40% are obese. Persons without arthritis are more likely (92%) to report good or excellent health, in comparison with persons with arthritis (76%). Racial distribution in WI: Whites, 27%, African Americans 32%, Hispanic 24% and other 24%. *Source: CDC*

Biographical Information

Michael Tarney, a native of Milwaukee is the co-owner of three Milwaukee-area restaurants, The Knick, North Shore Bistro and Harry’s Bar and Grill. Tarney started the 5K Fun Run/Walk for Psoriatic Arthritis Awareness in 2004 in order to raise awareness and funds for the 100 plus forms of arthritis.