

THE MYOSITIS ASSOCIATION

KEEP IN TOUCH

Washington, D.C., Maryland, Northern Virginia and Delaware Kit
Newsletter

NOVEMBER 2013

SPECIAL EVENTS

- Future meetings from 12:00 pm—4:00 pm on **December 7th, January 18th, April 12th, 2014**
- Meeting at Our Lady of the Fields Catholic Church 1070 Cecil Ave. S, Millersville, MD 21108
- Questions call Bitsy Anderson 410-987-8407

FYI

- **2014 Annual Patient Conference** will be in Reno, Nevada, **September 4-7, 2014**
- Go on the TMA website (www.myositis.org) to get the latest on ;
 1. The recap of the TMA Conference in October 2013
 2. Navartis has received a breakthrough status on a drug for IBM.
 3. Acthar—now available as a treatment for Dermatomyositis and Polymyositis.
 4. Veterans Issues in "Conference recap."
 5. Great Videos on Fall Prevention and Dysphagia

RUN,WALK,ROLL FOR A CURE

1. Our next RUN, WALK, ROLL is on **October 25, 2014** Centennial Park, Ellicott City, MD

EXERCISING

Our July meeting presented us with lots of ways to exercise to get the blood flowing and maintain the strength in our muscles as long as possible. Margaret Arnold, a personal trainer with LA Fitness & senior citizen's centers, mentioned the secret to success is to be creative, find activities you enjoy and keep going.

Safety always comes first so you should talk with your doctor about your workout plans. Listen to your body and do what you can as long as you are comfortable.

For more information on how to exercise safely, check out the following free resources

from Go4Life, the exercise and physical activity campaign from the National Institute on Aging from NIH:

- **Visit the Go4Life website at:**

www.nia.nih.gov/Go4Life.

You can make your own exercise plan and track your progress, share your success story, and check out other free resources.

- **Exercise & Physical Activity, Your Everyday Guide . . .** for additional sample exercises & worksheets, tips on healthy eating . . . and more.

- **Go4Life Everyday**

Exercises DVD to see how to do strength, balance and flexibility exercises. This DVD features exercises you can do at home, at work, in the gym almost anywhere.

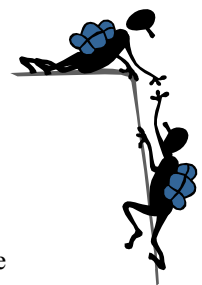
You should begin to feel stronger and more energetic once you start exercising regularly.



Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

Annual Fundraising Walk Update: Proceeds from this year's walk are an estimated \$10,000. Thanks to all who worked and/or donated.

Member Input: What are some areas that you'd like to know more about? Are there speakers that we could get to answer some of your questions? Please send any suggestions to Bitsy Anderson at: terrybitsy@verizon.net.



The Myositis Association
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THE MYOSITIS ASSOCIATION

Created to provide support for patients and families. Provide communication between medical advisory board, general medical and patient communities and increase funding to support research.

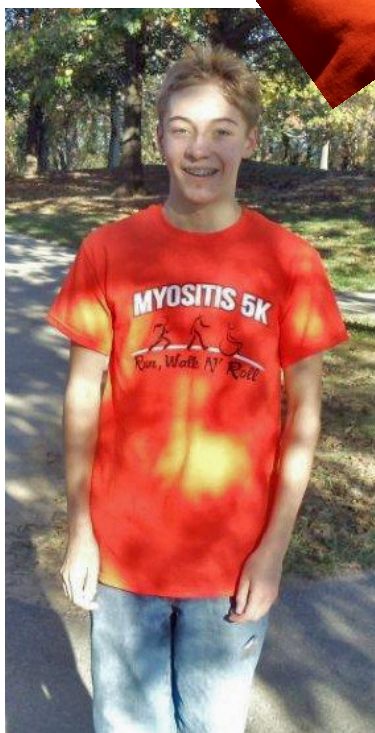
Myositis 5K Halloween Run, Walk N' Roll, 2013



An event for all ages



Plenty of food for hungry runners and walkers.



First place finisher, Connor Sughrue of Arlington, VA.



Please thank our sponsors



A favorite Myositis doctor, Dr. Christopher-Stein & Kids