



THE MYOSITIS ASSOCIATION

Washington, D.C., Maryland, Northern Virginia and
Delaware Support Group
Newsletter November 2014

MYOSITIS 5K



It was a great day, we had wonderful support, and 200 participants for our fund raiser on October 25, 2014. Thank you to everyone who took the time to show your support for a cure for Myositis. Without you we don't have the funds, without the funds we don't have the research, and without the research there is no cure. We raised over \$28,000 and this will be split between The Myositis Association and The Johns Hopkins Myositis Clinic.



Over 200 Runners and Walkers
Participated in This year's Event



Warming Up to Prevent Injury.



Favorite Docs from the
Johns Hopkins Myositis
Clinic



Let the Race Begin



Silent Auction



Lots of Food for all to enjoy.



Volunteers with Finisher Bib Bottoms



Vendors provided information and also made donations



Cathy Sanders Provided Free Massage Therapy Demos.



Walkers Finishing Up



One of our Team / Family Groups



Some of our age-group winners

**FUN WAS HAD BY ALL! THANK YOU EVERYONE. See you next year Saturday
October 24, 2015 !!!!!**

Patient Conference Peppermill Resort in Reno, Nevada in September 2014

So much information was shared and gathered at the conference in Reno, Nevada in September. Please take the time and refer to the TMA website. Here is a sample of what you'll discover:

1. An update on Novartis BYM338 trial for IBM
2. New Novartis trials for DM and PM
3. Aging in Place – Katherine Falcone
4. Autoimmune disease and infection – Dr. Marvin Lauwasser
5. Clues from the environment – Dr. Mark Gourley
6. Nutrition for inflammatory diseases

Lots of opportunity to make friends and share how we are adapting to our situations.

2015 MEETING DATES – at 1:00 PM – 4PM The first Saturday

- February 7th
- May 2nd
- August 1st
- November 7th

Please come we all face the difficulty dealing with a chronic illness. At the meeting you have others who understand what you are going through. Research has shown that people who receive support from a social network cope better, feel more in control and have a better outcome than those who are isolated. We need you!

Opportunities don't just happen, you create them!

