



# TMA MYOSITIS SUPPORT GROUP

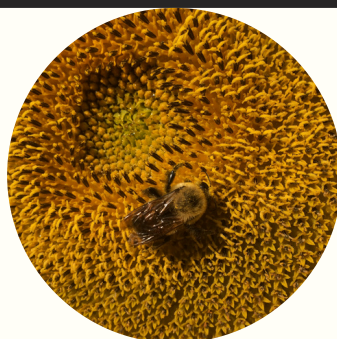
Maryland, Delaware,  
Washington DC, and  
Northern Virginia  
Connected by Myositis and  
the Chesapeake Bay!

## Support Group News

FYI

## HELLO THERE!

Greetings from  
Jenna and Bitsy!



Challenges are always a difficult thing to overcome. To be mentally and emotionally prepared for difficulties is no small task. We offer our support to all that are now facing challenges and hope you are able to find ways to overcome and compensate for the changes in your life!

Our next meeting will be held on August 19th at 1 pm. At this meeting Dr. James M Taylor from the Brain Repair Store, a wellness center in Virginia will be presenting to our group and speaking specifically about nutrition and myositis. He is an expert in functional medicine, which is a branch of medicine that focuses on treating the underlying causes of disease, rather than just symptom management. His main talking points will be, what is the under the radar cause of myositis and , real foods vs fake foods, the liver/kidney connection, insulin resistance, assimilation demise, the Gut-Brain connection, what tests are crucial to find the underline cause of this multi-faceted attack, and what to do to improve this condition. For more information about him and his clinic visit <https://brainrepairstore.com/dr-taylor/>.

Stay tuned for the zoom link.

**FACEBOOK**  
**MYOSITIS SUPPORT GROUP**  
**- DC, MD, DE, & NO.VA**  
**GROUP**

**YOU TUBE**  
**• JERRY KING IBM'ERS**

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**ANNUAL 2023**  
**INTERNATIONAL PATIENT**  
**CONFERENCE IN SAN**  
**DIEGO, CA**  
**SEPTEMBER 7 TH – 10 TH**  
**GO TO**  
**WWW.MYOSITIS.ORG FOR**  
**MORE INFORMATION**

**DELTA AIRLINES IS**  
**ADAPTING SPACE FOR A**  
**POWER WHEEL CHAIR**



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## Support Group News

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Registration for 2023 International Annual Patient Conference is still available. TMA is celebrating our 30th Anniversary, and we invite you to be part of the festivities at our 4-day in-person International Annual Patient Conference: Celebrating YOU Our Myositis Heroes. This year's event takes place on September 7-10 in San Diego, California, and features myositis specialists and expert presenters on everything related to myositis, its treatment, and how you can live your best life with these debilitating diseases. We will have educational workshops, research-based presentations, breakout sessions for all stages of the myositis journey, a focus on care partners, networking opportunities, social activities, exhibitors, and much more!

Some of the presentors will be Drs. Julie Paik & Lisa Christopher-Stine, David Fiorentino, Janine Lamb, Drs. Malin Regardt, Helene Alexanderson, Lesley Ann Saketkoo & so many more!

Peter Frampton will perform a mini performance at the closing!

Register at

<https://www.myositis.org/myositis-library/annual-patient-conference/registration/>

After our August 19th meeting, we will next meet on October 21st, 2023. We look forward to seeing you all there!

