



TMA MYOSITIS SUPPORT GROUP

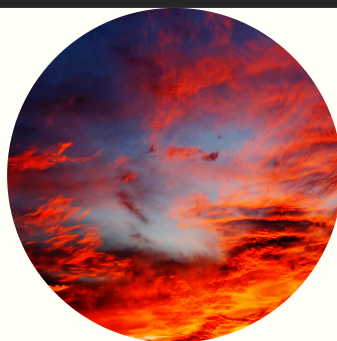
Maryland, Delaware,
Washington DC, and
Northern Virginia
Connected by Myositis and
the Chesapeake Bay!

Support Group News

FYI

HELLO THERE!

Greetings from
Jenna and Bitsy!



Always remember that your body is your home!
Despite difficulties that come with myositis, take
time to be thankful for what your body is able to
achieve and accomplish.

At our last meeting Dr. James Taylor spoke to our group
about how to make the decision to fill your body or
nourish your body. Constant stress, like we experience
with a chronic condition, usually ends up with the body
having nutritional deficiencies.

Some of the advice given was to try intermittent fasting,
eat plenty of non-starchy vegetables, eat eggs regularly,
and to try not to eat out at too many restaurants. He also
mentioned it is beneficial to mix a bit of apple cider vinegar
with water and drink it about 5 minutes before eating a
meal, this will help to prime your body to digest and
absorb more nutrients from the meal you eat.

He made sure to stress that while fitness is king, nutrition is
queen when it comes to health.

For more information email
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FACEBOOK
MYOSITIS SUPPORT GROUP
- DC, MD, DE, & NO.VA
GROUP

YOU TUBE
• JERRY KING IBM'ERS

CLINICALTRIALS.GOV

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



Support Group News

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/>

Our next meeting will be on October 21st, 2023 at 1 pm. At this meeting we hope to have an insurance expert come talk to us about how to navigate difficulties with drug approval, finding resources, and other aspects of insurance. We look forward to seeing you all there!

