



TMA MYOSITIS SUPPORT GROUP

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

Support Group News

FYI

HELLO THERE!

Our Thanks from
Jenna and Bitsy to
all of you!

You are stronger than your pain, which is what
allows you to make healthy choices and improve
your life however you see fit!

Dear Myositis Warriors,

Happy Turkey Month Everybody! It is a
wonderful time of year that we are reminded
to say thank you to everyone and everything
that has played a role in our life and
happiness. So I would like to say thank you to
all of you for supporting each other through
all the difficulties we face and providing love
and understanding when needed!



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

CLINICALTRIALS.GOV

YOU TUBE

- **JERRY KING IBM'ERS**
- **CHECK OUT ALL THE
MYOSITIS VIDEOS ON
YOUTUBE**

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

**GO TO MYOSITIS.ORG AND
SEARCH FOR "LIBRARY"
THERE YOU WILL FIND
VIDEOS, PRESENTATIONS,
VIRTUAL SUMMIT,
WEBINARS, EMPOWERMENT
CLINICS AND MORE!**



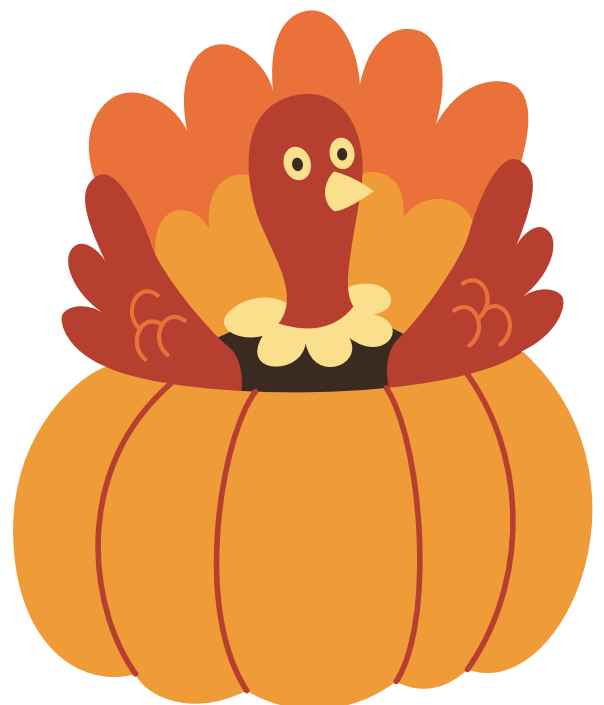
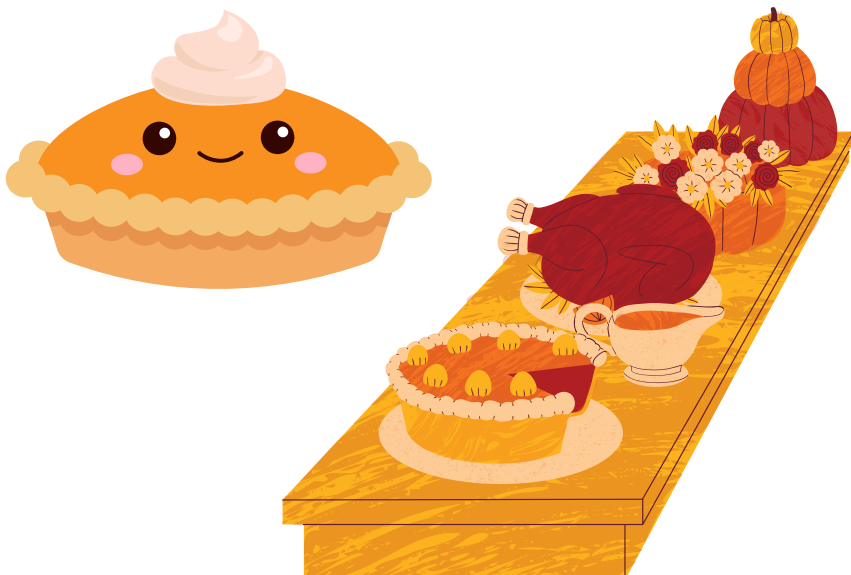


Support Group News

Our next meeting will take place on December 9th at 1 pm over zoom, watch your emails for the coming link.

With all the stresses of the holidays we would like to provide and relaxed, fun, and supportive meeting for December. That is why we would like to invite each of you to bring a memento that reminds you of your favorite holiday tradition or memory so that you may share with the group. This could be anything: a favorite ornament, your holiday recipe book , your snowman decorating kit, anything! We will take the time to share our mementoes then talk a little about what has been going on in our lives. This meeting will not run as long as our typical meeting does.

Hope everyone has a wonderful Thanksgiving!!!



NUTRITION AND AUTOIMMUNE DISEASE

A **healthy diet** can go a long way toward improving overall health, especially for those with a chronic inflammatory disease.



THE MYOSITIS ASSOCIATION

Avoid processed and fast foods, especially high fructose corn syrup, artificial ingredients, preservatives, and pesticides. Opt for lots of brightly colored fresh fruits and vegetables and unrefined foods.



Eat fewer foods made with processed wheat flour and sugar, especially bread, pasta, and most packaged snack foods. Choose instead foods containing whole grains, such as brown rice, quinoa, and bulgur wheat.



Decrease intake of saturated fat by eating less animal fat and products made with palm kernel oil.

Use extra-virgin olive and avocado oil.



Include avocados and nuts, especially walnuts, cashews, almonds, and nut butters made from these nuts.



Increase omega-3 fatty acids in your diet by eating salmon, sardines, herring, black cod, omega-3 fortified eggs, hemp, chia, and flax seeds.



Eat more vegetable protein, especially from beans, soy, and choose fish, chicken, and occasionally grass-fed beef.



Avoid drinking soda, and choose tea instead of coffee. If you drink alcohol, red wine is preferable (1glass/day).



Enjoy a little chocolate occasionally, with a minimum of 70% cocoa.





For those taking corticosteroids

- » Prednisone increases appetite. To avoid weight gain, eat lower-calorie foods and frequent small meals, and get plenty of exercise.
- » To reduce the risks of high blood pressure and fluid retention, limit salt intake by eating fresh rather than processed or canned foods, and avoid added salt.
- » If you take medication for high blood pressure, you may need to eat foods high in potassium, such as bananas, apricots, cantaloupe, baked potatoes, and tomatoes.
- » Prednisone can irritate the stomach, so take it with food, not on an empty stomach.
- » Diabetes is also a risk. To keep blood sugar levels normal, avoid foods high in simple carbohydrates like sugar, and keep carbohydrate intake at 45-60 grams per day.



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