



SPRING 2022

TMA WOMEN OF COLOR AFFINITY GROUP



Do You Need Social Support?

Join Us On Zoom Feel Good Friday!
April 22, 2022 @ 6:30 pm EST

Feel Good Friday

Grab your favorite drink or
snack and bring your
laughter.

It's time to have FUN!

April 22, 2022 6:30 pm EST



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ENCOURAGE, EDUCATE, EMPOWER

TMA's WOC Vision Statement

To champion and advocate for all Women of Color living with, or caregiving for, any form of myositis. WOC promotes awareness through the 3E's: Encouragement, Education, and Empowerment.

TMA's WOC Mission Statement

Women of Color is a TMA support and advocacy group that strengthens women who are known to be disproportionately affected by myositis disease. "Non-white women are twice as likely to die than others with myositis, and they are four times more likely to die than white men with the disease"- With the backing of TMA's Medical Advisory Board and research team, we plan to educate, empower, and encourage women, caregivers, and communities of color through workshops, meetings and supportive activities. This will enable participants of WOC to go into their communities, and convey factual information about myositis.

**(THE MYOSITIS ASSOCIATION WOMEN OF COLOR)
WELCOME VIDEO IS NOW ON YOUTUBE**

Welcome New Members!

Welcome and here is a gift just for you Myo Sis!

Please send us your address

Contact Welcome Committee Leader

daphnemarrable@hotmail.com or

tmawoc@myositis.org



"This Is Us "

Meet TMA Women Color Affinity Group Committee Leaders



Kaniah Gunter WOC Affinity Group Leader
Dermatomyositis
Wellness Committee Leader/Research
Community Ambassador



Holly Jones WOC Affinity Group Co-Leader
Polymyositis & Interstitial Lung Disease
Member of TMA Board Of Directors
Community Ambassador
Community Support & Advocacy



Daphne Marrable
Dermatomyositis
Welcome Committee Leader



Elisa Glass
Dermatomyositis
Community Ambassador
Legislation Committee (Lobbyist)
Family Advisory Council



Kimberly Branche
Polymyositis & Interstitial Lung Disease
Community Ambassasor
Social Media Committee



Moniika Davis
Polymyositis
Community Ambassador
Community Outreach Leader



WOMEN OF COLOR ARE DISPROPORTIONALLY AFFECTED BY **MYOSITIS DISEASES**

Myositis is an inflammatory disease of the muscles that can cause severe disability. Symptoms include falling, trouble climbing stairs, difficulty raising arms over the head, and unusual rashes. In adults, certain forms of myositis affect women of color more than Caucasians.

The background of the entire page is a blue-tinted photograph of medical supplies. In the upper half, there are several syringes and round pills scattered on a surface. In the lower half, a large, bold word "Myositis" is printed diagonally across the page, partially obscured by the text and other elements.

The disease is highly variable and has been classified into a number of forms, including:

- Sporadic Inclusion Body Myositis (sIBM)
- Polymyositis (PM)
- Dermatomyositis(DM)
- Necrotizing myopathy(NM)
- Juvenile forms of myositis (JM)

Symptoms

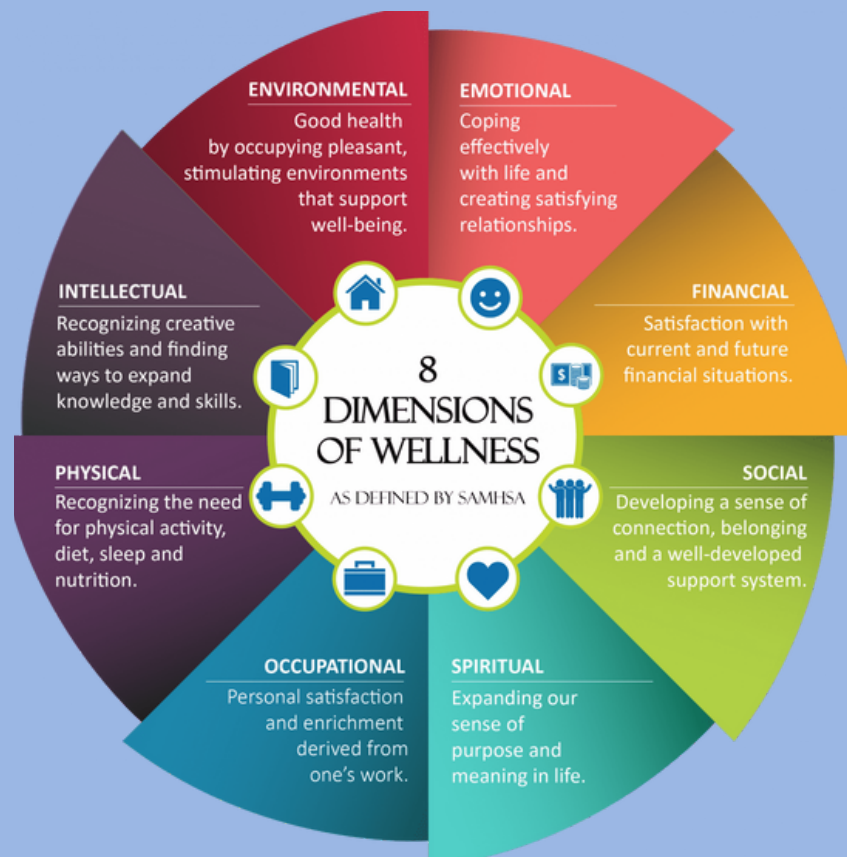
- Symptoms of weakness, swelling, and muscle damage often appear gradually.
- Long before patients are diagnosed, they may have trouble getting up from a chair, climbing stairs, or grasping objects with their hands.
- Patients may fall, find it difficult to reach their arms up, have difficulty swallowing, or others symptoms.

In addition to these symptoms, it's common for patients to experience other complications.

Complications that may occur together with or because of myositis:

- Antisynthetase syndrome
- Calcinosis
- Cancer-associated myositis
- Cardiovascular disease
- Dysphagia
- Infection
- Interstitial Lung Disease
- Overlapping autoimmune diseases
- Rhabdomyolysis

The Women of Color Affinity Group Focus for 2022



Nutritional Wellness

Avoid processed and fast foods, including those with high fructose corn syrup, artificial ingredients, preservatives, and pesticides. Instead, opt for a wide variety of brightly colored fresh fruits and vegetables and unrefined foods.



Physical Health

Exercise and physical therapy are important parts of standard myositis treatment plans. Physical exercise has been shown to reduce inflammation, reduce fatigue, increase stamina, and build muscle, even in patients with myositis. Indeed, exercise is currently the only treatment recommendation for patients with inclusion body myositis.



Healthy Lemon Pepper Chicken

Try this easy recipe for baked lemon pepper chicken that only needs 6 simple ingredients! No chopping, no slicing and made with a simple healthy DIY lemon pepper seasoning that is free from artificial ingredients. A zesty and light low carb, paleo, gluten-free, and Whole30 approved chicken dinner your whole family will love!

Ingredients

- 4 chicken breasts
- 1 tablespoon olive oil
- ¼ cup fresh lemon juice about 3 lemons
- 1 tablespoon lemon pepper seasoning
- ¼ teaspoon salt
- garlic powder not recommended
- lemon wedges to serve
- parsley to serve

Instructions

- Preheat oven to 360F/180C.
- In a small bowl, combine lemon pepper and salt. Set aside.
- Bake for 25-30 minutes
- Side ideas: green beans or asparagus
+ mashed potatoes+sweet potatoes

Recipe Notes

You can also use chicken thighs and drumsticks.





power of mindfulness!

Mindfulness has been defined by many throughout history. No matter what definition you connect with, there is always a common thread or pattern amongst the various meanings.

Merriam-Webster Dictionary

"The practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis."

Wikipedia

"Mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training."

Mindful.org

"Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."

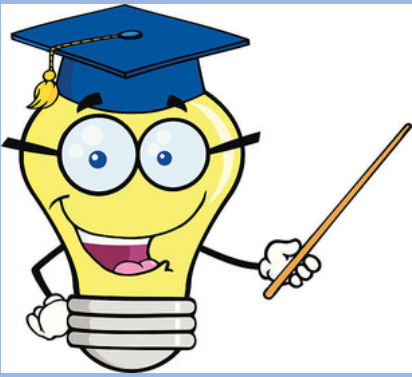
Mindful Awareness Research Center at the University of California at Los Angeles

"Mindful Awareness is the moment-by-moment process of actively and openly observing one's physical, mental and emotional experiences."

Sylvia Boorstein, Author

"Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it."

The common thread among these definitions is that mindfulness has to do with paying attention and practicing non-judgment. Consider what mindfulness means to you.



Glossary

Antibody

A protein produced by the body that acts against an antigen (substances foreign to the body) in an immune response. In a typical immune response, lymphocytes of the immune system identify the antigens as invaders and stimulate the formation of antibodies to react with the foreign cells and render them harmless.

Autoimmune Disease

A disease in which the body's immune system, which normally fights off infections and viruses, is misdirected and mistakenly attacks its own healthy tissues through inflammation. In myositis, the immune system attacks otherwise healthy muscles and blood vessels.

Biopsy

A test in which a small piece of muscle, skin, or other tissue is removed to view under the microscope, looking for abnormalities that may help in diagnosing a condition.

Corticosteroids (Steroids)

Medications aimed at slowing the immune system, reducing inflammation, and relieving swelling, itching, and discomfort. Prednisone and Solu-medrol are corticosteroid medications.

Dysphagia

Difficulty swallowing.

TIP OR HACK


How do you keep track of your symptoms?

Keep track of your symptoms using TMA Health Tracker so you can remember to share with your doctor.

For more information go to My Myositis Health Tracker

www.myositis.org

**Our Monthly Women of Color Spotlight
Congratulations lady warrior
Kimberly Branche!!!!**




DR. DANIELA GHETIE
Oregon Health
and Science University

DR. ROHIT AGGARWAL
University of Pittsburgh
Medical Center

KIMBERLY BRANCHE
TMA Community Member

**EMPOWERMENT
CLINIC**

**LIVING WITH MULTIPLE
DIAGNOSES & ILLNESSES**

 **Wednesday April 27, 2022 6:00 - 7:00 pm EST**

Living with Myositis can be difficult at times.



**Myo Sis,
WE GOT YOU!**

***Schedule Your
Call/ZoomToday***

**ENCOURAGE! EDUCATE!
EMPOWER!**

We are here to give you the support
you need.

Please email tmawoc@myositis.org

Women Of Color Affinity Group Next Meeting

Date: Wednesday, May 18, 2022

Location: Virtual

Time: 6:30 pm – 8:30 pm EST

**Topic: Myositis Movement
– Importance of Exercise**

MAY IS MYOSITIS AWARENESS MONTH!

READY TO LOOK GOOD IN YOUR SELFIE!

Ladies place your tee-shirt order today! Short or long sleeved available.

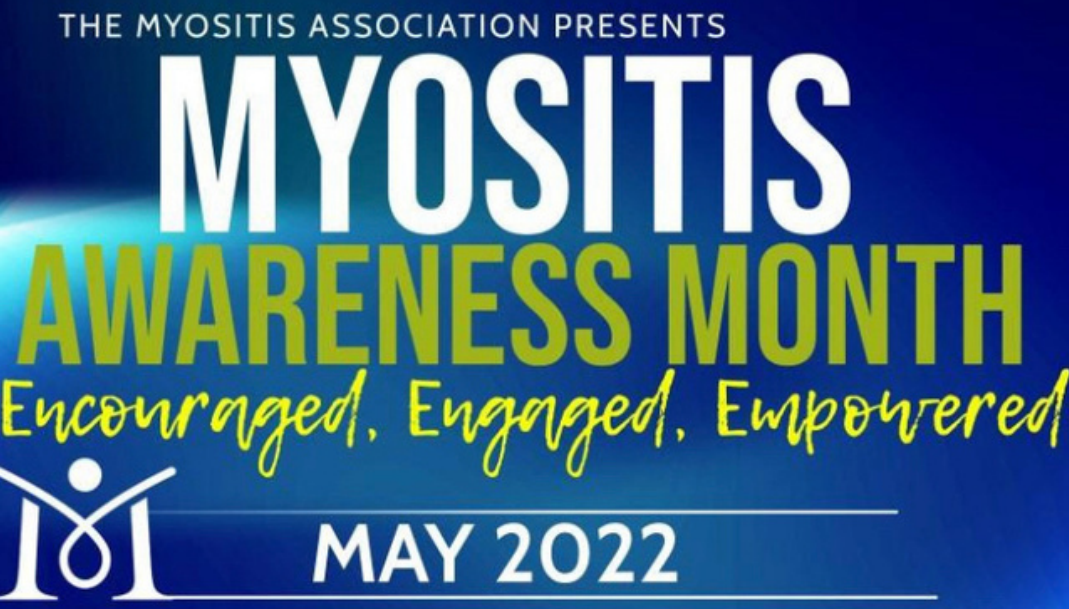
Last day for orders May 2, 2022

Email tmawoc@myositis.org



TMA's Next Upcoming Events

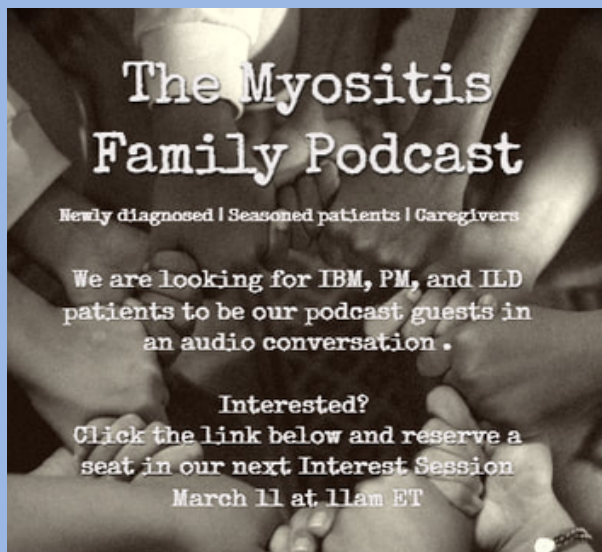
You don't want to miss this event
Register today for the Virtual Summit



VIRTUAL SUMMIT - SATURDAY MAY 21, 2022

WWW.MYOSITIS.ORG

Do you want to be on the next
TMA Podcast to share your patient story?



**SPECIAL THANKS TO OUR
WELLNESS COMMITTEE ON OUR
FIRST NEWSLETTER!!!**

Kaniah Gunter
Daphne Marrable
Marlene Jones Boddy
Kim Wade