



# MYONews

JUNE 2023 | Issue Six



## Registration is open for TMA's International Annual Patient Conference

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!

**Early bird registration is open until July 21!**

**REGISTER TODAY!**



## TMA celebrates our Heroes in the Fight

This year, TMA hosts our annual Heroes in the Fight awards celebration in conjunction with the Annual Patient Conference. This special dinner honors the dedicated researchers and clinicians working hard to make progress in the care and treatment of myositis diseases as well as celebrates the extraordinary resilience and strength of our patient community.

Our awardees include Grammy-winning rockstar **Peter Frampton**, who will attend the ceremony as this year's **Patient Ambassador Award** recipient. We will also honor **Dr. Rohit Aggarwal** with our **Heroes in Research Award** and the **University of California at Irvine** with our **Heroes in Healthcare Award**.

Special recognition will be bestowed upon **Octapharma**, the company that developed the immune globulin therapy Octagam, which is the only product specifically approved for the treatment of myositis. As they celebrate 40 years, we celebrate with them at TMA's 30th anniversary.

Our annual **Heroes in the Fight Awards Dinner and Ceremony** takes place September 9 in San Diego, California. Separate tickets are required for this event and can be added on to your Annual Patient Conference registration.

If you want to attend the Heroes in the Fight dinner only, tickets can be purchased for \$50 per person.

[GET YOUR TICKET](#)



## It's not too late to join TMA's Virtual Summit!

We had an incredible day at the Myositis Awareness Month Virtual Summit! There were talks on heart health, exercise, mental health and stress, cannabis, nutrition, a panel on diversity in clinical trials, and more. But if you missed it, don't worry! You can still register and catch all the replays until June 22.

Register now and access all of the amazing content from the 2023 Virtual Summit.

[REGISTER TODAY](#)



## Podcast Guest Interest Session

Would you like to have an impact on the lives of other people with myositis by sharing your journey with other patients and their families? TMA invites you to attend an interest session to learn the ins and outs of being a guest on TMA's Myositis Family podcast!

Join our Zoom meeting on Saturday, June 10 from  
1 pm - 2 pm ET | 12-1 pm CT | 11 AM - 12 PM MT | 10 AM - 11 AM PT.



## Ask The Doc with Lisa Christopher-Stine, MD, MPH, Rheumatologist

June 15, 2023 6 PM ET | 5 PM CT | 4 PM MT | 3 PM PT

Lisa Christopher-Stine, MD is professor of medicine and neurology and director of the Johns Hopkins Myositis Center in Baltimore where she has been privileged to care for hundreds of patients with myositis and to build the Johns Hopkins Myositis Center to be one of the largest of its kind in the world. She is a board-certified rheumatologist and clinician scientist specializing in research and clinical care of those who live with myositis.

She has a strong interest in patient-reported outcomes and has been the co-chair of an international effort through the OMERACT organization to develop a novel patient-reported outcome measure. Dr. Christopher-Stine also serves as the deputy director of telemedicine in rheumatology as well as a board member of the Institutional Review Board at Johns Hopkins University. She is a proud member of TMA's Medical Advisory Board.

REGISTER TODAY

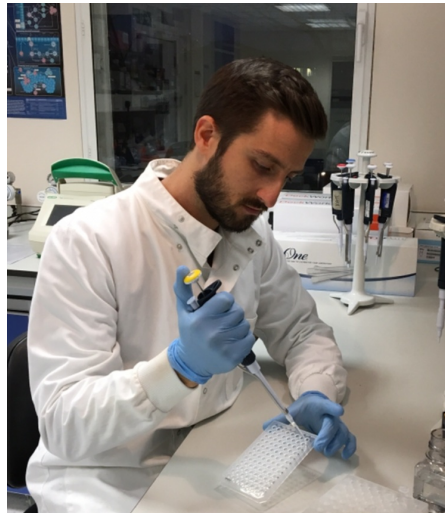


## Managing Myositis Through Psychosocial Health

Mental Health, Emotional Health, Social Health, and Spiritual Health  
June 28, 2023 12:00 PM ET | 11:00 AM CT | 10:00 AM MT | 9:00 AM PT |  
6 PM Central European Summer Time

Psychosocial health encompasses a state of mental, emotional, social, and spiritual well-being, as they connect to health and wellness. This definition extends to a person's past, their views of the present, and hopes for the future, along with how they cope under stress and pressure. Essentially, psychosocial health is the mental and emotional well-being of a person, as it relates to their identity and how others perceive them. Please join this discussion on how psychosocial health can improve your quality of life living with myositis.

[REGISTER TODAY](#)



## The Myositis Association Announces Myositis Research Awards

Since 2002, TMA's annual research funding program has awarded nearly \$8.2 million in research support. We are pleased to announce the awarding of two new research grants to fund basic and applied investigations in myositis diseases.

[READ MORE](#)

**Did you miss one of our previously aired webinars?**  
**Click here to view all of our past videos!**

Dermatomyositis patients on stable treatment are



encouraged to help advance research for the DM community by exploring this clinical trial option. To learn more and determine your eligibility, complete this short questionnaire.

[APPLY NOW](#)

# DERMATO MYOSITIS

CLINICAL TRIAL

## 2023 UPCOMING EVENTS

Please check our  
[TMA Events Calendar](#)  
for our events, regional support group offerings,  
and more coming this month!



The graphic features a central collage of five hexagonal photos showing diverse groups of people, including older adults and families, smiling and interacting. To the left is a red heart icon with a white hand inside. Below the photos is a dark blue banner with white text. At the bottom right is a logo consisting of a stylized 'M' and 'I' inside a hexagon.

**TMA'S NATIONWIDE  
VIRTUAL  
SUPPORT GROUP**

PROVIDING SUPPORT TO THOSE  
WHO NEED IT - EVERYWHERE!

**FIRST SATURDAY OF EACH MONTH**  
10 AM PT | 11 AM MT | 12 PM CT | 1 PM ET

[REGISTER TODAY](#)

## ARTICLE OF THE MONTH



### 9 Types of Medications That Can Make Falls More Likely in Older Adults

Published on the GoodRX website March 16, 2023

For those who live with myositis, falls may be a frequent occurrence. But falls should not be taken lightly. They increase your risk of hospitalization, disability, and even death. One way to minimize the risk of falls is to review your (or a loved one's) medication list.

Certain medications can make you more likely to lose your balance and fall. And taking multiple medications on a daily basis can make falling even more likely. This article describes nine types of medications that may increase your risk of falls.

## FIND THE CARE YOU NEED



Please check out TMA's Find A Doctor tool (through a new partnership with MediFind)! If you are looking for a clinician or specialist with documented experience treating the different types of myositis (or to add to your current care team), this could be a great place to start!

We are working out some things in the partnership to better feature some of the docs known to TMA, but we are so excited about the availability of this new feature for our patients! If you have any trouble navigating, please reach out to us at [tma@myositis.org](mailto:tma@myositis.org).

**FIND A DOCTOR**

**READ MORE**



## COMMUNITY TIP

### Write it down!

I keep a daily log to note symptoms. At first, this was a way to try to grasp what was happening to me. Then it became a way to keep track of all the moving parts and changing medications. Now it serves as a historical document and helps me to predict flares and helps me remember incidents to report to my doctor. A journal like this has also made me aware of some food-related responses and helped me to isolate them. And it's made me aware of some positives, like when some medication starts to help.

— TMA Member

**Read our latest blog to learn the latest news from Medicare for mobility devices**



Thank You!

Myositis Awareness  
Month Sponsors

octapharma argenx

priovant  
therapeutics

## AFFINITY GROUP MEETINGS

**WOMEN WITH IBM**  
*Affinity Group*



**THIRD TUESDAY OF THE MONTH**

To improve the lives of women affected by Inclusion Body Myositis (IBM) through virtual connections that transcend geography.

REGISTER TODAY

THE MYOSITIS ASSOCIATION

**MILITARY VETERANS  
WITH MYOSITIS**

... AFFINITY GROUP ...

**SECOND SATURDAY OF  
THE MONTH**

9 AM PT | 10 AM MT | 11 AM CT | 12 PM ET

REGISTER TODAY

FOR  
THOSE  
WHO LIVE  
ALONE

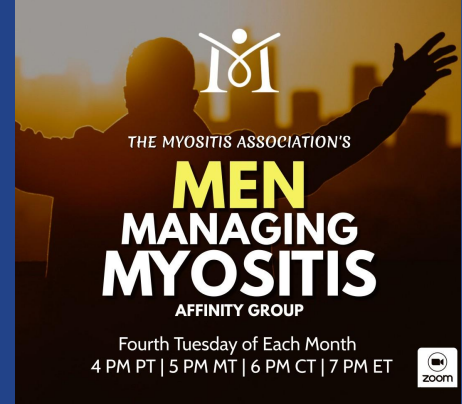
THE MYOSITIS ASSOCIATION'S  
**FLYING SOLO**  
AFFINITY GROUP



**First Wednesday of Each Month**  
5 PM PT | 6 PM MT | 7 PM CT | 8 PM ET

REGISTER TODAY





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THE MYOSITIS ASSOCIATION

Connect with us!



The Myositis Association | 6950 Columbia Gateway Drive, Suite 370, Columbia, MD 21046

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