

MYONews

March 2023 | Issue Three

Upcoming Events

Please check our <u>TMA Events Calendar</u> for our events, regional support group offerings and more coming this month!





TMA Myositis Awareness Month Virtual Summit May 20, 2023 10 AM ET | 9 AM CT | 8 AM MT | 7 AM PT

The Myositis Association celebrates its 30th Anniversary by continuing to support those who live with myositis, their care partners, and the health professionals who treat them as we face the future together. At this year's Myositis Awareness Month Virtual Summit, we will move beyond limits with presentations on new research developments, exercise, medications, nutrition, and mental health.

Registration: \$45 until April 15, 2023 Registration: \$55 after April 15, 2023

REGISTER HERE

ARTICLE OF THE MONTH



Addressing the unmet need for self-management strategies in idiopathic inflammatory myositis

L. Gupta First published: 10 February 2023

The idiopathic inflammatory myopathies (IIM) are rare, where the rapidly evolving landscape with emergent literature makes chronic care even more challenging. In the evolving era of digital rheumatology, patients are more aware and involved in their clinical management than ever before.1 The first step in the direction of patient empowerment is to develop effective recommendations for devising universally accepted and feasible patient self-management strategies.

READ FULL ARTICLE HERE



Please check out TMA's Find A Doctor tool 30TH ANNIVERSARY & 2023 INTERNATIONAL ANNUAL PATIENT CONFERENCE



SEPTEMBER 7 - 10 heraton San Diego Hotel & Marir

> SAVE THE DATES 2023 INTERNATIONAL APC In Person San Diego, CA September 7-10, 2023!



Did you know that TMA has a myositis podcast? In 2022, we had over 500 listens in more than 10 countries! Get caught up with previous episodes and discover the most recent.

In this episode, Chuck shares his journey with dermatomyositis, from its harrowing start into a place of acceptance. We know that every myositis journey is different, and Chuck's is a perfect example.

TMA would like to especially thank volunteer **Kim Gray** for making the podcast a reality!

(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.

FIND A DOCTOR

TMA Fundraising Corner



The Myositis Association depends on the generous support of caring individuals to continue its mission. A great way to help support TMA and build awareness is by creating your own Personal Fundraising Campaign.

Donations from personal fundraising campaigns allow us to continue expanding and improving the programs and services we offer those battling myositis.

> Start Your Own Campaign Today!

Listen to TMA's Podcast

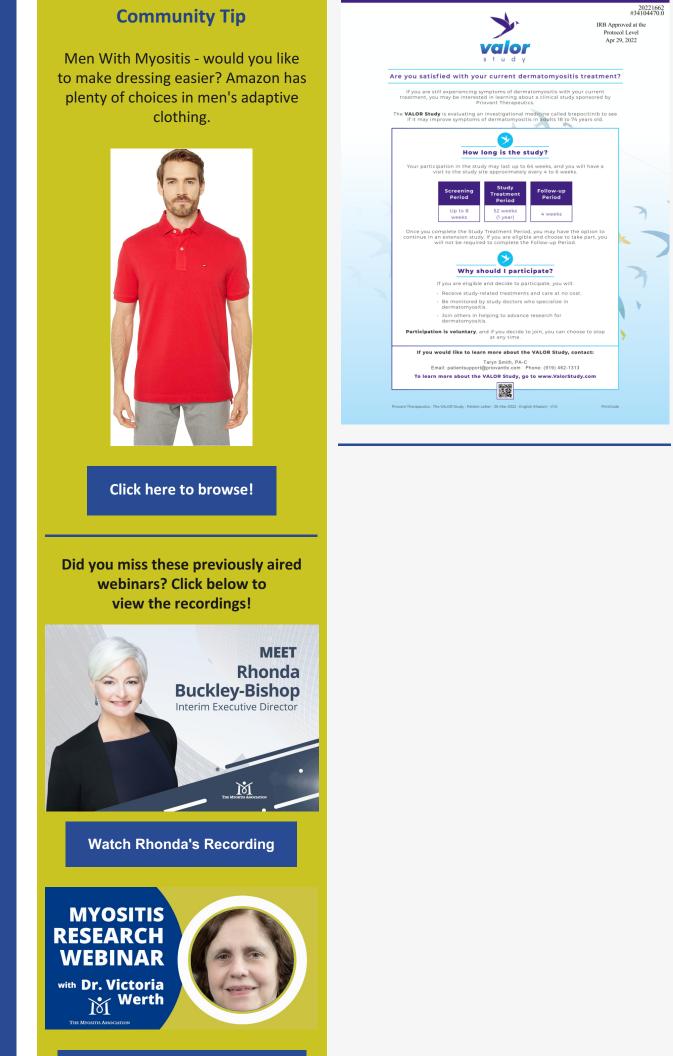
2023 FUN FIT FLEX



The Myositis Association judiciously stewards funding in all of its programming. This year the Board of Directors has decided to pause the Fun Fit Flex program as it conducts an overall analysis of all development efforts of the organization.



Each month, TMA will spotlight a myositis clinical trial for your review.











rove the lives of women affected by Inclusion Body Myositis (IBM) through virtual connections that transcen

REGISTER FOR WOMEN WITH IBM AFFINITY GROUP



REGISTER FOR MILITARY VETERANS AFFINITY GROUP



REGISTER FOR WOMEN OF COLOR AFFINITY GROUP





Un Grupo De Apoyo Sobre Miositis Para Hispanohablantes

fourth Saturday of each month cuarto Sábado de cada mes 1 PM PT | 2 PM MT | 3 PM CT | 4 PM ET

> REGISTER FOR AFFINITY GROUP IN SPANISH -ADELANTE!

THE MYOSITIS ASSOCIATION'S RAINBOW

AFFINITY GROUP

Fourth Sunday Each Month 2PM PT | 3PM MT | 4PM CT | 5PM ET

> REGISTER FOR RAINBOW WARRIORS AFFINITY GROUP