



THE MYOSITIS ASSOCIATION®

MAY 1-31, 2024

Myositis Awareness Month



Dear Linda,

This May, for Myositis Awareness Month, we are excited to bring more awareness to myositis with our series of free webinars and our comprehensive toolkit designed to empower **you** to share your story and advocate for the myositis community.

The Myositis Association is dedicated to supporting those affected by myositis and their care partners by sharing resources, educating the public, and fostering a connected community.

With your help, we can shorten the journey from symptoms to diagnosis and accelerate the search for better treatments and, ultimately, a cure. We believe in the power of our collective voices and the impact they can have.

Thank you for your continued support and for being a part of the myositis community. Together, we can make a difference.

Warm regards,

Paula Eichenbrenner

Executive Director, The Myositis Association

Myositis Awareness Month is Almost Here!

Check out all the terrific programming happening this week!

**May 1 Myositis Awareness
Month Kickoff with TMA Staff**

REGISTER TODAY



May 3 New Member Orientation

REGISTER TODAY

May 8 Empowerment Clinic Inflammatory Myopathy: Integrating Lifestyle Medicine to Optimize How You Feel with Neha Bhanusali, MD

REGISTER TODAY



May 9 Amplifying the Voice of Myositis Patients at FDA hosted by TMA and TMA Women with IBM Affinity Group

REGISTER TODAY

TMA and
TMA Women with IBM
Affinity Group
presents



Amplifying the Voice of Myositis Patients at the FDA

Julie C. Tierney, JD

Deputy Center Director for Strategy, Policy and Legislation
Center for Biologics Evaluation and Research (CBER),
Food and Drug Administration (FDA)

REGISTER
TODAY



May 9, 2024
7:00 PM ET



We Want Your Wisdom!!

Have you found effective ways to simplify your daily routine? Do you have wellness tricks that you find particularly helpful? If so, we want to hear about them. Your experience could help someone else navigate their journey with myositis.

What are your best tips and tricks for:

- Self-care
- Wellness
- Mindset
- Practical tips for daily living
- Staying active
- Home modifications
- Assistive devices
- Hobbies and activities
- Travel tips
- Thriving with myositis

Send your suggestions to TMA@myositis.org. Use “Tips” in the subject line. No idea is too small!

Raising Awareness: Social Media Basics

Social media is an incredible avenue to increase understanding of myositis. Make sure you follow TMA on all our social media accounts, so you can like or reshare our content. You can also tag us when sharing your posts, and TMA can repost to our community too!

Upload TMA’s social media graphics to feature Myositis Awareness Month on your own profile image, banner, or story (Facebook,

Instagram, LinkedIn).



Use hashtags (#) to grow a conversation on a specific topic. Users can search posts and track discussion topics based on those keywords. But remember, no spaces allowed!

TMA recommends these hashtags: #MyositisAwareness #MyositisAwarenessMonth #MAM2024 #TheMyositisAssociation #MyTMA

Don't forget to share, repost, and promote myositis awareness content from others. You could reach those who have never heard of myositis.

MORE TIPS ON SPREADING AWARENESS

Back to Basics: Helpful Myositis Resources

To get an overview of what myositis is and what it can entail, take a look at the following resources before getting started with your awareness campaign. You might even share these resources with physicians and other professionals through your outreach.

- [About Myositis and Diagnosis](#)
- The TMA [Myositis Library](#)
- [Myositis 101: Your Guide to Understanding Myositis](#)
- [The Physician's Guide to Myositis](#)
- [TMA Infographics](#)
- [Nutrition and Autoimmune Disease](#)

Myositis Awareness Month Resources



[Myositis Awareness
Month Toolkit](#)

[Myositis Awareness
Month Events Calendar](#)

[Myositis Awareness
Month Gear](#)

TMA is able to support people with myositis and their families because of the generosity of individuals who support our work financially. Please [make a gift](#) to TMA to support our impact today!

[DONATE TODAY](#)



THE MYOSITIS ASSOCIATION

Connect with us!



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

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