



THE MYOSITIS ASSOCIATION®

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TMA research fellow revives lost technology to identify ILD biomarker

Pulmonologist Dr. Julio Huapaya was eager to work on myositis interstitial lung disease during his TMA fellowship at the NIH. He was surprised, however, to discover that, despite the vast resources of the NIH and the prevalence of pulmonary fibrosis, studies on interstitial lung disease (ILD) were conspicuously lacking.

So he set out to develop a way to measure autoantibodies for ILD using a new blood test that could measure these biomarkers more accurately than the usual tests.



[Find out what he's learning](#)

WomenWithIBM Affinity Group
Tuesday, April 15th Noon - 1:30 p.m. (EDT)

CONGRESSIONAL OUTLOOK 2025

MEDICARE and MEDICAID for the Myositis Community

Shannon Wood
Director of Disability Policy
MDA



Jori Houck
Manager of Advocacy Engagement
MDA

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

Submit Questions: WomenWithIBM@myositis.org



Congressional Outlook 2025: Medicare and Medicaid for the Myositis Community

hosted by TMA Women with IBM Affinity Group
Tuesday, April 15, 2025, 12 PM ET | 9 AM PT

Hear from Shannon Wood, Director of Disability Policy, and Jori Houck, Manager of Advocacy Engagement, from the Muscular Dystrophy Association (MDA) as they discuss upcoming regulatory changes and their impact on Medicare and Medicaid. This webinar is open to all those living with myositis and their care partners.

[Register Today](#)



Pitch in with First Pitch!

Step up to the plate and make a difference with Vance Robinson's Myositis First Pitch Campaign! Whether you're a die-hard baseball fan or just love the game, you can help raise awareness for myositis, a rare and often misunderstood muscle disease.

Every first pitch counts—whether it's at a Major League, Minor League, or even a Little League game! Join the movement, spread the word, and show support for those battling myositis. Let's make every pitch a pitch for awareness!



Myositis Awareness Month 2025

TMA's Executive Director Paula Eichenbrenner gives us a sneak peek at what's coming during Myositis Awareness Month 2025. Be the first to watch on our YouTube Channel!

[Watch Now](#)

Upcoming Events



New Member Orientation

Friday, April 11, 2025, 12 PM ET | 9 AM PT

You don't have to be new to TMA to join our New Member Orientation! This virtual event is open to all members, no matter how long ago you joined!

[Register Today](#)

Meet & Greet Leadership Series

Tuesday, April 15, 2025, 6 PM ET | 3 PM PT

Join us for a special edition of The Myositis Association's (TMA) Meet & Greet Leadership Series: Fun & Fitness Edition hosted by TMA Board Chair Laurie Boyer and TMA Executive Director Paula Eichenbrenner with special guest Joe Feidt.



[Register Today](#)



TMA Ask the Expert: Immunology Featuring Yves Allenbach, MD, PhD

Thursday, April 17, 2025, 12 PM ET | 9 AM PT

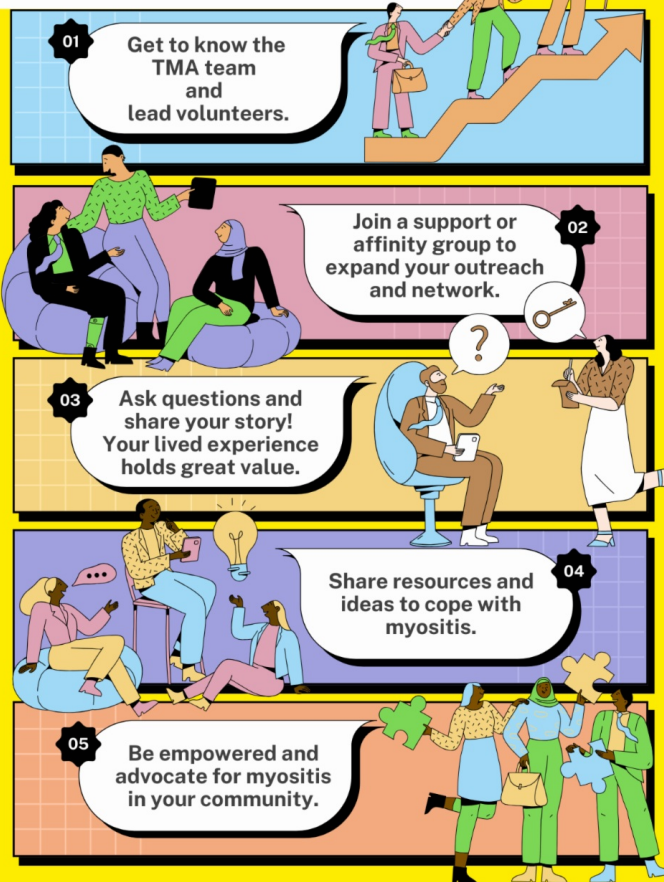
Have questions about immunology and myositis? Join us for TMA's Ask the Expert webinar featuring Yves Allenbach, MD, PhD.

[Register Today](#)

Community tips

Thank you to TMA board member and affinity group leader Holly Jones for this delightful graphic sharing her top five tips for Myositis Awareness month!

TOP FIVE TIPS TO HELP NAVIGATE MYOSITIS AWARENESS MONTH



From the Blog

TMA's blog is a great source of myositis information and community. Check out these recent blog posts.

- [Patient reported quality of life study results](#)
- [Patients make a difference in myositis research](#)
- [Changing the landscape of antisynthetase syndrome and ILD forever](#)
- [Using food to help your body heal](#)
- [Rare Disease Advocacy During Rare Disease Week 2025](#)

Confident & Comfortable: Embracing Fashion to Feel Good



Have you always loved fashion? Do you still like to look sharp while choosing clothing that's easy to wear and makes you feel good?

Having a chronic illness can mean wardrobe changes, but not all is lost! We invite you to share photos and stories about how fashion—whether adaptive clothing, sun-protective hats, or favorite outfits—helps you feel like *you*. Submissions will be included in our May webinar, "Confident & Comfortable: Embracing Fashion to feel good".

[✉ Email TMA volunteer Minerva Rogers](#) to participate!

Request for Research Proposals

TMA is excited to announce our 2025 Research Grants RFP. The Meredith Thomas Memorial Fellowship is an award of \$107,500 that will be granted for a fellow pursuing a disease-specific, targeted project that meets specific guidelines. [Please see the full announcement on our website](#) for details.



Letters of intent are due **April 14, 2025**.
If invited, full applications are due by **May 19, 2025**.

Spotlight on Giving: Fight to cure myositis disease



Did you know myositis can affect children? Parker Wittkopp has juvenile myositis. He has always been so kind, loving, caring, and especially funny, but he has trouble walking and swallowing. He has always been a role model to his little brother, but now he has trouble playing. Still, he has taught his family to never give up, to be brave and be a fighter.

Please consider a donation to help his family fight for a cure.

[Donate Today](#)

FIND THE CARE YOU NEED

MediFind



Finding a healthcare practitioner who knows how to care for someone with myositis is often a challenge.

While we can't guarantee you'll find an elite physician, [TMA's Find a Doctor](#) tool can at least provide options.

We've worked with our partners at MediFind to update providers and make finding the best care more accessible. Check out our [suggestions for using the tool here.](#)

[TMA's YouTube channel](#) has been updated with links to all the most recent myositis webinars. Check out one of our playlists to learn more about myositis and available resources. Each month's webinars are published on the first of the following month.



Mind Your Mental Health

Stress can have a negative impact on your physical and mental health. April is National Stress Awareness Month, so we're highlighting some tips for managing the challenges of too much stress.

- Get regular exercise.
- Get enough sleep.
- Eat a healthy diet.
- Take time off from your devices.
- Spend time with friends.
- Make a hobby a habit.
- Give your brain a mindfulness rest.

TMA has an excellent meditation series in May to help you with stress. If interested, let us know!

Meditation Series

Tap into the power of peer support!

1:00-2:30 PM ET | 10:00-11:30 AM PT
FIRST SATURDAY OF EVERY MONTH

TMA WORLDWIDE

Myositis Support Group

Find encouragement and motivation to persevere through tough times. Connect and learn. Breakout rooms grouped by diagnosis and led by trained, certified peer leaders from across the nation!

[Register Now!](#)

In honor of the international members who have consistently attended our TMA

Nationwide myositis support group since its inception in 2022, we have updated the name to more realistically represent the population it serves.

TMA Worldwide will continue the group's commitment to monthly virtual myositis support by diagnosis. Co-led by up to five trained and certified support and/or affinity group leaders from various regions, we also provide a safe space for our TMA Care Partner Affinity Group to meet in their own breakout room!

[To find additional groups, visit our list of all support & affinity groups here.](#)

[RSVP Today](#)

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](#)



Connect with us!



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