THE MYOSITIS ASSOCIATION®

Dear Linda,

As we welcome Myositis Awareness Month 2025, I invite you to join The Myositis Association (TMA) in raising our collective voices to bring greater awareness, understanding, and support to all those affected by myositis.

Throughout May, TMA is committed to delivering impactful programming designed to inform, empower, and unite our community. Our mission remains steadfast: to improve the lives of persons affected by myositis, fund innovative research, and increase myositis awareness and advocacy.

This year's special programming includes:

□**Diagnosis Days:** Focused opportunities to learn and connect by specific myositis sub-type.
□**Community-Wide Events:** Gatherings designed to strengthen and uplift our shared experience.
□**Storytelling & Advocacy Toolkit:** Resources to help you share your story, raise awareness, and foster greater understanding of myositis.

Together, our efforts can shorten the time between symptoms and diagnosis, enhance access to treatments, and help advance research toward a cure. Your voice plays a critical role in educating your community and the world.

Thank you for your continued partnership and commitment to the myositis community. I look forward to the impact we will make together this month and beyond.

With gratitude and inspiration,

Paula

Paula Eichenbrenner
Executive Director, The Myositis Association

Your voice matters this Myositis Awareness Month!

Download TMA's Awareness Toolkit today! You'll find easy ways to raise awareness in your community with guides for proclamations, media outreach, social media, and more; you'll have everything you need to make an impact.

Get your toolkit and help spread the word about myositis!

Download the Toolkit Today

What's Happening at TMA this Myositis Awareness Month

TMA's special programming is centered on Diagnosis Days for learning and connecting by sub-type of myositis, plus incredible community-wide events.

Plus! Access **powerful** resources to help you tell your story, support each other, and expand the public's understanding of myositis. In doing so, you can shorten the wait between symptoms and diagnosis. Ultimately, your efforts will speed up the search for better treatments and a cure.

TMA kicks off Myositis Awareness Month 2025 with a panel of TMA members living well with myositis. Find out what that means to each of them and how you might apply their philosophies to your own lived experience.

RSVP Today

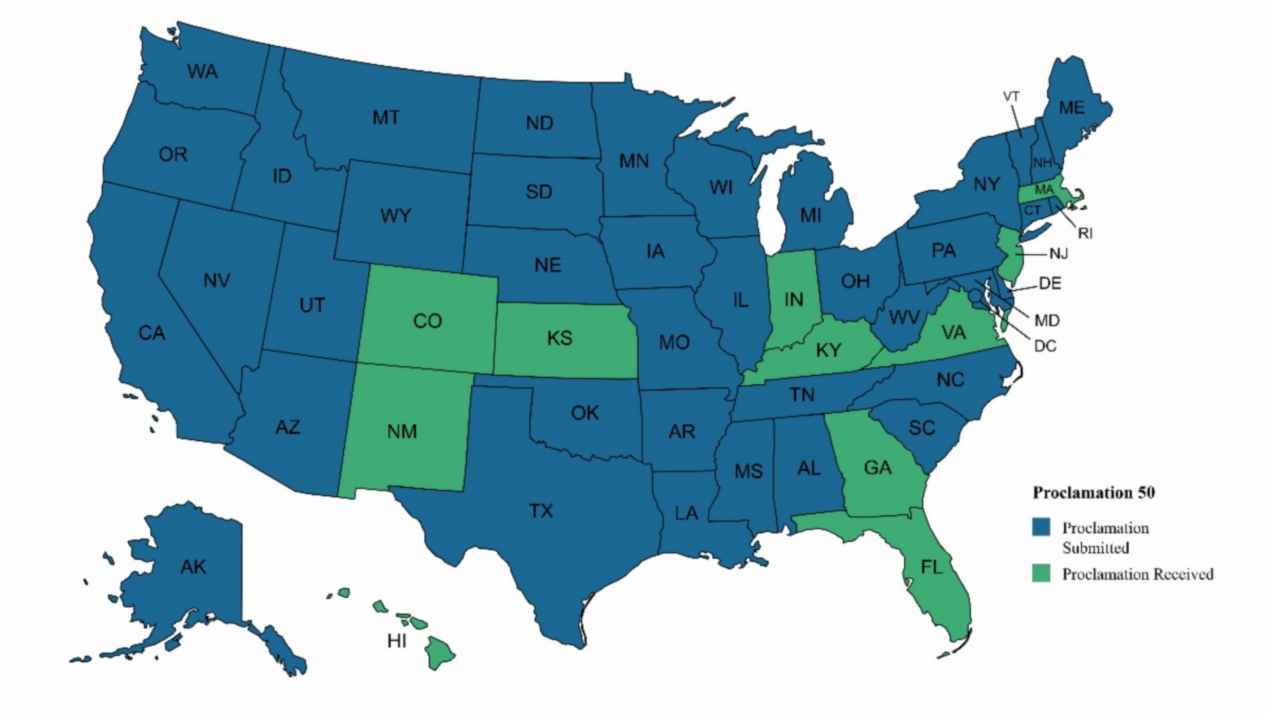
Myositis Awareness Month Resources

[Myositis Awareness Month Toolkit](#)

[Myositis Awareness Month Events Calendar](#)

[TMA's YouTube Playlists](#)

Proclamation 50 Update



Proclamations, or official designations of Myositis Awareness Month, can be requested from elected officials in your city, county, or state. Proclamations are a great way to educate the public where you live about myositis and bring attention to our cause.

Learn More

This week at TMA

Tee Off for TMA Tournament (in-person & virtual)

Tee Off for TMA! Join us on May 2, 2025, at Blue Ridge Shadows Golf Course for a fun-filled tournament benefiting The Myositis Association.

Play, sponsor, volunteer, or donate, every swing supports the myositis community! Register your team, play solo, or join as a virtual golfer today!

RSVP Today

TMA Worldwide: Myositis Support for Patients & Care Partners

Join us Saturday, May 3, 2025, from 1:00–2:30 pm ET for virtual, diagnosis-specific support groups, connecting patients and care partners from around the world.

Breakout rooms by diagnosis and a dedicated space for care partners offer meaningful connection and support. Register today and find your community!

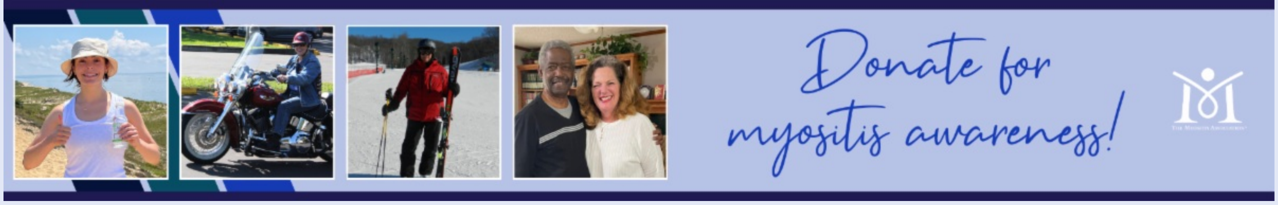
RSVP Today

National Minority Quality Forum Leadership Conference this April in Washington DC

Join us at the National Minority Quality Forum Leadership Conference this April in Washington DC. If you are a patient, caregiver, patient advocate, and/or work for a patient advocacy organization, please use this patient advocacy registration code: Rddc-NMQF-25 for a discount to attend in-person.

TMA's Executive Director, Paula Eichenbrenner will be speaking as part of the Advancing Health Equity panel on Tuesday, April 29, 2025, at 11 AM ET.

Learn More



The Myositis Association depends on the support of people like you to fulfill our mission of improving the lives of those who live with myositis. Please support us during Myositis Awareness Month! We are incredibly grateful for your generosity.

Donate Today

Raising Awareness for Myositis

Explore powerful stories, expert insights, and advocacy tools—all in one place. Watch and share our YouTube playlist: Rasing Awareness to help spread awareness for myositis this Myositis Awareness Month.

Watch Now

May is Mental Health Awareness Month, in addition to Myositis Awareness Month. May is a truly opportune time to take action, raise your voice, and help change the conversation around mental health!

TMA recognizes the impact that a myositis diagnosis and continued disease progression has on the emotional wellbeing of patients, families, and care partners. Studies show people with rare diseases, like myositis, are more likely to suffer from anxiety and depression than people with more common diseases.

Help others navigate these challenges by submitting your insights on mental health and myositis.

Share Your Tips

Upcoming Event: TMA Open House & Livestream

In honor of Myositis Awareness Month, TMA is opening our doors to the myositis community for a special line-up of hybrid and in-person programs on Friday, May 9.

- 11:00 AM ET: Open House at TMA Office
- 12:00 PM ET: Lunch
- 1:00 PM ET: Ask the Expert (Hybrid) with Dr. Myma Albayda

About our speaker: Jemima Albayda, MD, is Associate Professor of Medicine, Director of the Rheumatology Fellowship Program, and Director of the Musculoskeletal Ultrasound and Injection Clinic at the Johns Hopkins University Myositis Center.

Join online: During this special edition of TMA's popular "Ask the Expert" program, we will livestream from our TMA Facebook page 1-2 PM ET | 10-11 AM PT. Submit questions online as you join the Facebook broadcast. No registration is required, simply open our TMA Facebook page at 1 PM ET.

Join in-person: There is limited capacity for the in-person portion of this program. If you are near the Columbia, Maryland area, please RSVP online.

Visit our Website

THE MYOSITIS ASSOCIATION

Connect with us!