



THE MYOSITIS ASSOCIATION®

MAY 1-31

Myositis Awareness Month



Dear Linda,

May is Myositis Awareness Month, and it's more than a campaign, it's a call to come together. At The Myositis Association (TMA), our mission is to support and empower everyone affected by myositis through education, advocacy, community, and research.

This month, we're leaning into that mission with meaningful resources, expert-led Diagnosis Days, mental health tools, and opportunities to connect and be heard. We're also urging Congress to support H.Res. 277, a resolution that brings national attention to the challenges our community faces.

If you're thinking about attending the **2025 Global Myositis Patient Conference**, now's the time to apply for a scholarship, [applications close May 15](#). These scholarships, made possible by generous donors, help ensure that more people can access the care, knowledge, and support they deserve.

Myositis may be rare, but you are not alone, and this month, we're showing just how strong we are together.

With gratitude,

Linda Kobert - Research and Communications Specialist



2025 Global Myositis Patient Conference

Thanks to generous donations from members of the myositis community, TMA is able to provide a limited number of scholarships for members in need. **Applications are closing May 15, 2025.** Conference scholarships are available for TMA members only. If you are not a member, please [join TMA](#) before applying.

[Apply Today](#)

Diagnosis Days

Join us for Diagnosis Days this May to learn from and connect with other community members who know exactly what that life-altering experience feels like. On each Diagnosis Day, an educational **"Ask the Expert" webinar** features a TMA Medical Advisor and world-renowned myositis expert. Each webinar is paired with an informal **"Café Chat"** where your family can gather with others affected by your form of myositis.

Upcoming Diagnosis Days

- Dermatomyositis (DM): May 15
- Necrotizing Myopathy (NM): May 21
- Polymyositis (PM) & Overlap Myositis (OM): May 30

[Learn More](#)

On May 7, we kicked off our Diagnosis Days series with an incredible focus on Inclusion Body Myositis (IBM). From expert insights shared by Dr. Merrilee Needham to heartfelt conversations during our Café Chat, the day brought connection, knowledge, and support to the IBM community.

Thank you to everyone who joined, asked questions, and shared their stories! Together, we're building a stronger, more informed future for those living with myositis.

Dermatomyositis (DM): May 15



In honor of Dermatomyositis Diagnosis Day during Myositis Awareness Month, TMA invites you to a special edition of Ask the Expert, focused exclusively on dermatomyositis (DM).

Our featured expert is Dr. Dana Ascherman, Chief of the Division of Rheumatology and Clinical Immunology at the University of Pittsburgh and a leading authority in autoimmune muscle disease. Dr. Ascherman will offer expert insights into the diagnosis, treatment, and latest research surrounding dermatomyositis—and will be answering your questions live.

- ☐ Thursday, May 15
- ☐ 4 PM ET | 1 PM PT

[Register Today](#)



Join us for a relaxed and supportive social hour just for those diagnosed with dermatomyositis (DM).

This is a chance to connect, commiserate, and share experiences in a friendly, meeting-style format—camera optional, no pressure.

The conversation will be guided by TMA Group Leader Yashira Tirado, living with DM and bringing compassion to the virtual table.

- ☐ Thursday, May 15
- ☐ 5 PM ET | 2 PM PT

[Register Today](#)

Thank You Myositis Awareness Month Sponsor

TMA Corporate Advisory Council member Pfizer is supporting DM Diagnosis Day.

Raising Awareness with TMA

The Myositis Association calls on every individual impacted by myositis - patients, caregivers, healthcare providers and advocates - Act now.

Ask your Representative to co-sponsor H.Res. 277 and help bring national attention to the realities of living with myositis. Your message can drive the change that leads to faster diagnoses, better care, and lasting support for every person impacted by myositis.

This week at TMA

Meditation Mondays: A Moment for You

Monday, May 12, 2025 | 9:00 – 9:30 AM ET

Special Session for Myositis Awareness Month

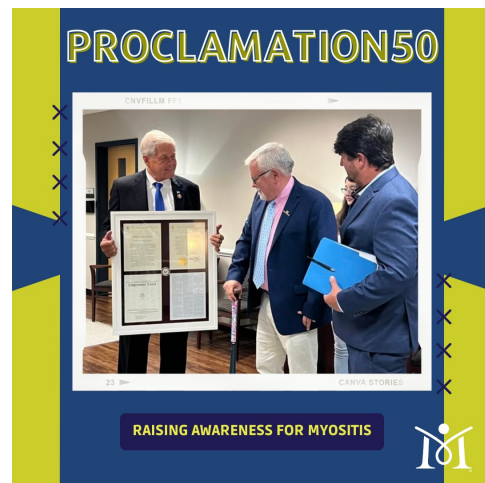
Join us for a gentle 15-minute guided meditation titled “Returning to You: A Meditation for Joy Beyond Myositis.” This peaceful session is designed for people living with myositis and their care partners to reconnect with themselves, acknowledge the weight of chronic illness, and remember the joy that exists beyond it.

There are no introductions, no cameras required, and nothing to prepare—just come as you are, find stillness, and allow space for healing.

If you cannot attend at this time, register for the recording. This is your moment of calm. You deserve it.



[RSVP Today](#)



Proclamation50 Event: Denver City Council Meeting (in-person)

Monday, May 12, 2025 | 3:30 PM MT

Denver City Council proclamation announcing May as Myositis Awareness Month will be read at the May 12th council meeting during the 3:30 pm session in the Cathy Reynolds City Council Chamber (4th floor) at 1437 Bannock Street, Denver. We would like to have as many people as possible (patients, families, friends and caregivers) attend the signing ceremony to celebrate this event.

[RSVP Today](#)

When Myositis Meets the Lungs: A Deep Dive into Autoimmune Interstitial Lung Disease (ILD)

May 13, 2025 | 6 PM ET

Please join us for this special webinar during Myositis Awareness Month hosted by TMA in partnership with Nori's Fight featuring expert pulmonologist Dr. Sonye Danoff of Johns Hopkins University and Dr. Julius Birnbaum of University of Pittsburgh.

RSVP Today



Special thanks to TMA's Women of Color Affinity Group for bringing this community event to life!

Feel Good Friday Game Night!

Join us for TMA's Feel Good Friday Jeopardy — a night of laughs, connection, and a little friendly competition!

Test your trivia skills, cheer each other on, and celebrate the amazing strength of our Myositis family.

- ☐ When: Friday, May 16 | 7:00–8:30 PM ET
- ☐ Where: Online — comfy clothes encouraged!
- ☐ Why: Because everyone deserves some FUN... and yes, there will be prizes!

Whether you're playing to win or just there for the good vibes, everyone's welcome. Bring your best guesses, your biggest smiles, and let's make it a night to remember!

RSVP Today



Member Stories: Dermatomyositis

In honor of dermatomyositis (DM) patients around the globe, we're sharing the powerful stories of individuals living with dermatomyositis (DM). Their journeys reflect the resilience, challenges, and courage within our community. Read "[Cutaneous](#)" today and be sure to visit TMA's blog on May 13, 2025 and May 14, 2025 for more patient stories.

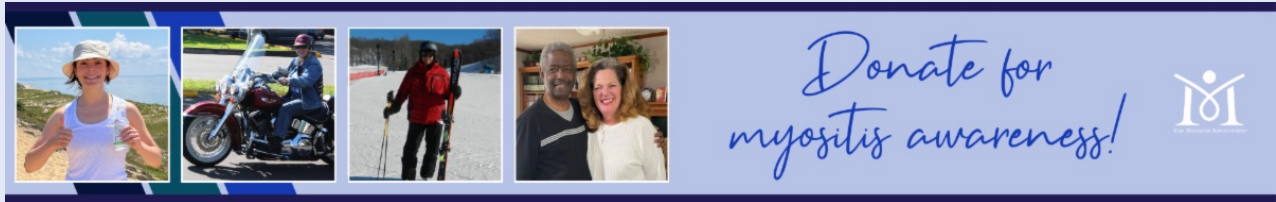
MyoTracker: Improving Communication in Your Care

Why is Patient-Doctor communication so important? Studies show patient outcomes are



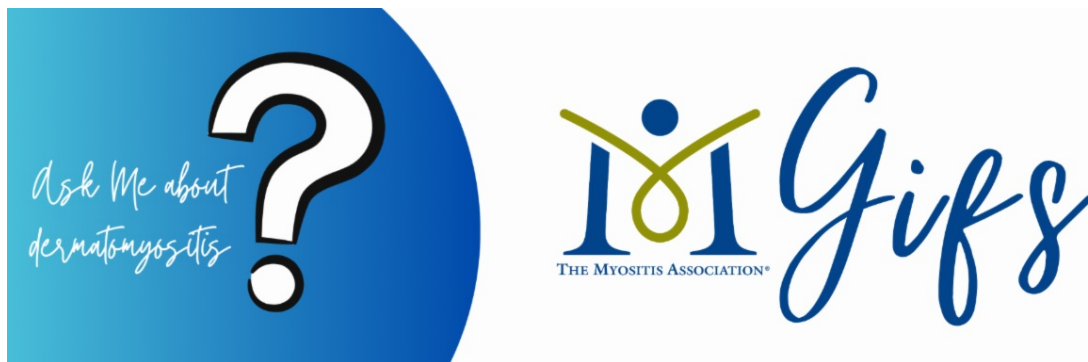
improved by positive doctor relationships and communication. The importance of this relationship cannot be overstated for those living with myositis.

[Download TMA's MyoTracker today!](#)



This Myositis Awareness Month, your support means more than ever. Every gift helps us provide critical resources, drive research, and uplift those living with myositis. We can't do it without you, thank you for being part of this mission.

[**Donate Today**](#)



Bring Awareness to Life with Myositis Month GIFs

Celebrate Myositis Awareness Month by sharing our custom myositis GIFs on social media, messages, and stories. Whether you're raising awareness, showing support, or just spreading a little encouragement, these animated messages are an easy and impactful way to get involved.

Search "Myositis" or "The Myositis Association" on Giphy, Instagram, or TikTok to find and share your favorites!

Share your tips!



TMA knows the emotional toll myositis takes on patients and families. 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 tips for caring for your mental health with myositis.

[Share Your Tips](#)

Myositis Awareness Car Show (in-person Palm Bay, FL)

Rev Up for Myositis Awareness in Palm Bay!

Join us on Saturday, May 24, 2025, for the Myositis Awareness Car Show at Space Coast Harley Davidson in Palm Bay, FL.

Enjoy an afternoon of classic cars, community, and raising awareness from 12:30 PM to 6:00 PM.

Location: 1440 Sportsman Ln NE, Palm Bay, FL 32905

Don't miss this high-octane event in support of a great cause!

[Learn More](#)



Myositis Awareness Month Resources



[Myositis Awareness Month Toolkit](#)

[Myositis Awareness Month Events Calendar](#)

[TMA's YouTube Playlists](#)



THE MYOSITIS ASSOCIATION

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