



THE MYOSITIS ASSOCIATION®

MyoNews September 2025 | Volume 5, Issue 9



SEPTEMBER 18-21, 2025

*Conference
Recordings*

PRE-ORDER TODAY!

MyoCon Session Recordings Available Now!

We know it's difficult for many in our community to travel, but we want to share the MyoCon experience as widely and inclusively as possible. That's why we offer a package of recordings from most educational sessions as well as some other key events.

The recordings package includes:

- Video recordings of pre-conference virtual sessions
- Video recordings of the opening and closing keynote addresses
- Video recording of the Heroes in the Fight Awards Ceremony featuring our myositis heroes
- Thirty audio-recorded breakout sessions synced with slides from the presentation.

As a bonus, you will also receive an invitation to join live, virtual presentations, both before and after the in-person conference.

Recordings are only sold as a package. Individual sessions are not available for purchase.

When you sign up for these digital resources, they will be delivered to you in an email with a unique link where you can view the recordings at your leisure. Recordings are expected to be available in late October.

2025 MyoCon Recordings Pricing:

Virtual-Only Purchaser

\$149.00

2025 MyoCon Registered Attendees*
Included in [Registration](#)

**Attending MyoCon, but want to revisit some of the sessions after your Dallas trip? Registered attendees automatically receive the recordings as an extra benefit of their conference registration! No need to order separately.*

[Order Conference Recordings Today](#)


TMA'S GLOBAL MYOSITIS PATIENT CONFERENCE
SEPTEMBER 18-21, 2025

Register Now
SHERATON DALLAS HOTEL | DALLAS, TEXAS

Your people are gathering at MyoCon, don't miss it.

From September 18–21 in Dallas, TX, MyoCon brings together hundreds of patients, care partners, and leading experts for three days of insight, connection, and support. Whether you're newly diagnosed or have been living with myositis for years, this is where understanding begins and real relationships are built.

You'll get answers from top doctors, connect with people who truly get it, and leave feeling seen, supported, and empowered.

Register now and use code **ROLLBACK** to save \$50, but don't wait - prices increase this Friday, September 5!

[Register Today](#)


Interstitial Lung Disease
Awareness and Education

ILD Day is September 10

[TMA recognizes ILD Day](#) as a way to spread awareness of this devastating condition that causes scarring in the lungs, making it difficult to breathe. Myositis is one of the known causes of ILD. There is no known cure.

We encourage those who develop symptoms such as shortness of breath, dry cough, fatigue and weakness, chest discomfort, “clubbing” of the fingertips, loss of appetite, and unexplained weight loss to speak with their doctor about the possibility of myositis-associated ILD and educate themselves on the symptoms and treatment of ILD.

The ILD coalition, led by Pulmonary Fibrosis Foundation and including TMA, is hosting a webinar on ILD Day titled “Genetics and beyond: Exploring interstitial lung disease in families and individuals.” Register now for this free, live webinar.

[Register for this Free Webinar Today](#)



TMA encourages everyone to **wear blue** to bring awareness to this rare disease.

The final day of MyoCon 2025 falls on **World Myositis Day!** TMA will be recognizing this important day for myositis awareness and livestreaming the closing general session from MyoCon! Watch from anywhere in the world on our [Facebook Page](#), September 21, 2025 at 9:15 AM CT.

In recognition of World Myositis Day on September 21, Myositis Canada has arranged to have both Niagara Falls (American and Canadian sides) and the CN Tower in Toronto illuminated in the 4 primary colours of the WMD logo (red, blue, yellow, green).

The falls illumination will be from 10:00 AM to 10:15 AM. You can [view the showing on the falls webcam](#). You can [view the showing on the CN Tower webcam throughout the evening](#).

Lead the Way with TMA - Board Positions Available

TMA is seeking passionate, committed individuals from our community to serve on its Board of Directors. Serving on the Board is a meaningful way to give back, shape the future of our mission, and ensure that the voices of patients, caregivers, and advocates are represented at the highest level. If you are interested in being considered, please [fill out this online form to let us know](#).

Please note the deadline to complete this Board interest form is October 10. If you'd like to learn more first, please consider attending the “Lead the Way with TMA”

Upcoming TMA Events



Ask the Expert with Dr. Astia Allenzara September 8 at 12:00 PM ET / 6:00 PM CEST

Join us for a special Ask the Expert session featuring Astia Allenzara, MD, MCSR, an internist and rheumatologist at UNC Chapel Hill. Dr. Allenzara's work focuses on improving care for people living with rare autoimmune diseases, including myositis, and advancing equitable access to treatment.

[Register Today](#)



TMA Meet & Greet Leadership Series: From MyoCon to MyoCommunity Friday, October 3 at 12:00 PM ET

Join us for a special MyoCon Reunion edition of TMA's Meet & Greet Leadership Series. Meet & Greet sessions let you meet some of the important people behind the scenes at TMA. These are fun, low-key interactive conversations that connect you more closely with the organization and our mission. This time, we'll reconnect with MyoCon friends and stay acquainted through breakout rooms organized by diagnosis.

[Register Today](#)



New Member Orientation Friday, October 10, 2025 at 9 AM PT | 12 PM ET

Open to all regardless how long ago you joined TMA! Living with myositis can be challenging, but you are not alone. Please join us virtually to learn more about education and resources to help you on your myositis journey and make new friends who know, understand, and share your new normal. Connect with people like you, connect with resources you need, connect with global myositis experts – connect with TMA!

[Register Today](#)



Ask the Expert with Elie Naddaf, MD
Thursday, October 23 at 12:00 pm - 1:00 pm ET

Join us for an exclusive, interactive session with neurologist Elie Naddaf, MD, a Mayo Clinic specialist in neuromuscular diseases and current member of TMA's Medical Advisory Board. In this edition of our Ask the Expert series—designed to give the myositis community direct access to leading voices in diagnosis, treatment, research, and disease management—you'll get to submit your questions and gain insights straight from a trusted authority in the field.

Register Today



From the Blog

Looking for expert advice or a dose of encouragement? The TMA blog is filled with patient stories, research updates, and simple, helpful tips to support your life with myositis.

Latest post highlight:

[Turning Grief into Purpose](#)
[Finding the Good](#)
[Digital Vacation](#)

Read More

Giving Spotlight

TMA depends on the support of our generous donor to fulfill our mission of improving the lives of those who live with myositis. We are so very grateful for your generosity. *But did you know your gift could be even bigger?*

Many employers offer to match donations their employees make to nonprofit organizations like TMA. You can double and, sometimes, even triple your donation with a matching donation from your employer. If you are working, be sure to ask your HR department if there is a matching gift program.

If you need help, contact us: tma@myositis.org.

FIND THE CARE YOU NEED

MediFind



THE MYOSITIS ASSOCIATION

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.

Check out our [**suggestions for using the tool here.**](#)

LiftSeat
Power Toilet Lifts
SIT • CLEAN • STAND

Made in the USA!

Save \$100
with code
MASAVINGS

Regain independence in the bathroom with the award-winning LiftSeat Power Toilet



Community Tips - Fall Prevention

Those who live with myositis often experience muscle weakness, fatigue, and balance issues, which can increase the risk of falls. Certain medications may also contribute to dizziness or instability. Here are some tips for staying safe:

- Remove tripping hazards: Clear clutter, secure rugs, and keep pathways well-lit.
- Install grab bars in bathrooms and railings on stairs.
- Use non-slip mats in the shower and kitchen.
- Wear supportive, non-slip shoes—avoid slippers, heels, or slick soles.
- Engage in exercises like water therapy, tai chi, or yoga to improve strength and balance.

Lift! Take advantage of our 15-day, 100% satisfaction guarantee, plus \$100 off any model with coupon code MASAVINGS. (Sponsored)

Visit LiftSeat

Sponsored

Know your options

Click here to learn about an FDA-approved treatment option for **DERMATOMYOSITIS** and **POLYMYOSITIS**.



Mallinckrodt
Pharmaceuticals

Mallinckrodt, the 'M' brand mark, the Mallinckrodt Pharmaceuticals logo and other brands are trademarks of a Mallinckrodt company. © 2025 Mallinckrodt.

Mallinckrodt Pharmaceuticals
US-2500370 07/25



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

octapharma

A Proud Sponsor of The Myositis Association

Octapharma is excited to partner with The Myositis Association on their mission to educate and serve dermatomyositis patients at the 2025 International Annual Patient Conference.

**More Than 40 Years
of Experience**
octapharmausa.com

© 2025 Octapharma USA, Inc. All rights reserved.
Date of preparation: 08/2025. IMMU-0222



Connect with us!



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!