



THE MYOSITIS ASSOCIATION®

MyoNews November 2025 | Volume 5, Issue 11

TMA Awards First Meredith C. Thomas Memorial Fellowship

We are proud to announce the inaugural recipient of the Meredith C. Thomas Memorial Fellowship: Dr. Angeles Galindo Feria of Karolinska Institutet.

Her groundbreaking research on lung disease in antisynthetase syndrome (ASyS) aims to develop non-invasive tools for early diagnosis and personalized treatment.

This \$107,500 fellowship honors the legacy of Meredith Thomas and supports innovative science that improves lives.

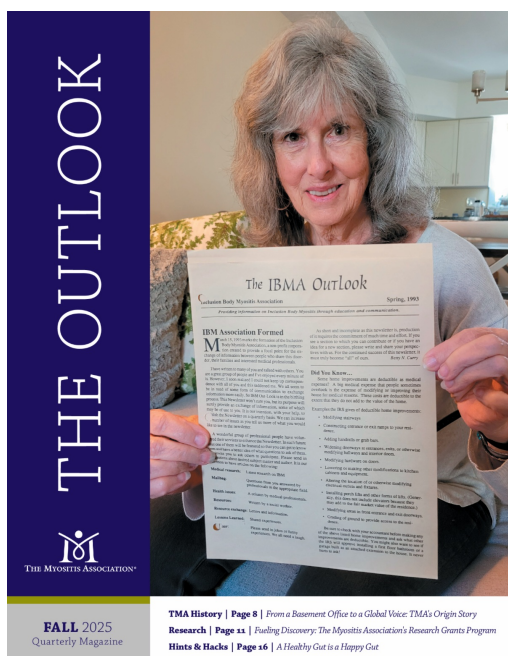


[Learn More](#)



TMA staff, in partnership with Julia Nickerson from Nori's fight and TMA member Lindsay Guentzel, were part of the ACR Convergence, a meeting for medical professionals sponsored by the American College of Rheumatology.

The five-day experience included educational presentations, poster sessions, meetings with myositis and other rheumatology experts, and briefings from some of our pharma partners. Lindsay's "Patient Perspectives" poster featured her myositis journey. Hundreds of medical professionals stopped by TMA's exhibit booth.



Read the Latest Issue of The Outlook

The latest issue of The Outlook Magazine is here! Read all about our new medical advisors, TMA's origin story, support group anniversaries, our research grant successes, how to keep your gut healthy, and so much more!

[Read the Outlook](#)

TMA History | Page 8 | From a Basement Office to a Global Voice: TMA's Origin Story
Research | Page 11 | Fueling Discovery: The Myositis Association's Research Grants Program
Hints & Hacks | Page 16 | A Healthy Gut is a Happy Gut



Ask the Expert French Edition
November 4, 2025, at 6 PM CET | 12:00 pm ET



Joignez-vous à nous pour une séance dynamique et informative destinée aux personnes francophones touchées par la myosite, aux proches aidants et aux professionnels. Valérie LeClair, MD et Fiona Ratkoff, défenseures et spécialistes expérimentées, partageront des stratégies pratiques, répondront à vos questions et discuteront des moyens d'accéder aux soins, au soutien et aux ressources dans les communautés francophones. Que vous veniez de recevoir un diagnostic ou que vous naviguiez dans un établissement de soins de longue durée, cette séance offre un espace accueillant pour acquérir des connaissances et établir des liens avec d'autres personnes qui comprennent le parcours. Q&R en direct inclus. L'inscription est gratuite. Inscrivez-vous dès maintenant pour réserver votre place!

Register Today



Ask the Expert featuring Dr. Suur Biliciler
November 5, 2025, at 12:00 pm - 1:00 pm ET

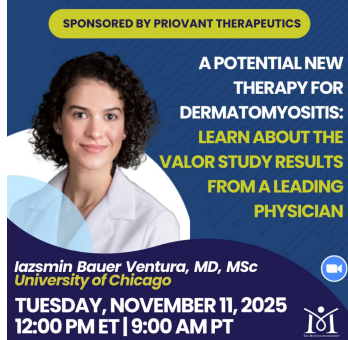
Join us for an informative and supportive Ask the Expert webinar featuring Dr. Suur Biliciler, a specialist in neuromuscular disorders and myositis care. This session will explore key aspects of diagnosis, treatment options, and symptom management for individuals affected by myositis.

Dr. Biliciler will share her clinical insights and answer audience questions in real time, making this an excellent opportunity to learn from an expert and engage directly on topics that matter most to you. Registration is free and open to patients, caregivers, and clinicians. Register now to reserve your spot!

Register Today

A Potential New Therapy for Dermatomyositis: Learn About the VALOR Study Results from a Leading Physician

November 11 at 12:00 pm - 1:00 pm ET



Join us for an informative webinar on the results of the VALOR study, which tested an investigational, once-daily oral medication for adults with dermatomyositis (DM) in the largest DM clinical trial ever conducted. In this 30-minute session, rheumatologist Dr. Iazsmin Ventura (University of Chicago) will review the study findings and what they could mean for patients. Participants are welcome to submit questions in advance. Thank you to Priovent Therapeutics for sponsoring this webinar!

[Register Today](#)



Understanding IVIG in Myositis Care: Insights from Clinical Practice and Research

November 20 at 6:00 pm - 7:00 pm ET

Join The Myositis Association for an in-depth discussion on the role of intravenous immunoglobulin (IVIG) in the treatment of myositis. Dr. Prateek Gandiga, Associate Professor of Medicine at Emory University and Senior Physician at Emory Clinic, will share his clinical experience and research insights on how IVIG can help manage autoimmune muscle diseases. Learn about treatment considerations, patient response, and emerging advances in immunotherapy.

This webinar is supported by Octapharma.

[Register Today](#)



Myositis Research Insights featuring Dr. Erin Wilfong

December 4 at 1:00 pm - 2:00 pm ET

Join TMA for our next Myositis Research Insights webinar, featuring Dr. Erin Wilfong, a leading expert in autoimmune muscle disease. Dr. Wilfong will share updates from her latest research and discuss how these findings may impact the understanding and treatment of myositis. Don't miss this opportunity to hear directly from one of the scientists advancing myositis research and to ask your questions during a live Q&A.

[Register Today](#)

Ask the Expert featuring Dr. Kendrea L. Garand

Wednesday, December 11 at 12:00 PM ET

Join us for a special edition of *Ask the Expert* featuring Kendrea



L. Garand, PhD, CScD, CCC-SLP, BCS-S, Associate Professor of Speech-Language Pathology at the University of Pittsburgh.

Dr. Garand is the Principal Investigator of the Swallowing Disorders Initiative (SDI) Research Laboratory and a board-certified specialist in swallowing and swallowing disorders. She will address swallowing issues commonly experienced by those living with myositis, including how to recognize signs of dysphagia, current diagnostic tools, and available interventions to improve safety and quality of life.

Bring your questions and gain valuable insights into this often-overlooked but critical aspect of myositis care.

[Register Today](#)



The TMA blog is filled with patient stories, research updates, and simple, helpful tips to support your life with myositis.

Latest post highlight:

[Bartlett Challenges TMA to Give Power to Its Purpose](#)
[Protect Yourself This Flu Season](#)
[Pushing for an Answer](#)

[Read More](#)

MDA Offers Grants for Durable Medical Equipment

Those with IBM may benefit from a new program through the Muscular Dystrophy Association that provides up to \$1,000 towards durable medical equipment. This is not based on finances, only need.

[More Information](#)

[Apply Here](#)

Giving Spotlight: Giving Tuesday

Giving Tuesday takes place on Tuesday, December 2, 2025. GivingTuesday is the annual event dedicated to boosting generosity, held on the Tuesday after Black Friday and Cyber Monday.

The idea behind GivingTuesday was to set aside a single day to counter consumerism by giving back.

Join the movement by supporting TMA! [Donate online](#), [share TMA membership](#), or [tell your story](#).



Tips for Myositis Care Partners

1. Learn about myositis

Understanding the condition helps you provide better care and emotional support. Read reliable resources (like TMA's website), attend webinars, and ask questions during medical appointments. Knowledge empowers both you and your loved one.

2. Prioritize communication

Open, honest conversations build trust. Ask how your loved one is feeling—physically and emotionally—and share your own experiences too. Listening without judgment can be one of the most healing things you do.

3. Take care of yourself

Caregiving is demanding. Make time for rest, hobbies, and your own health needs. You can't pour from an empty cup—self-care helps you stay strong and present.

4. Build a support network

Connect with other care partners through support groups or online communities. Sharing stories and tips can ease isolation and offer practical advice from those who understand. TMA's Care Partner Affinity Group meets in its own breakout room during TMA Worldwide on the first Saturday of each month. [Register here!](#)

5. Celebrate small wins

Progress may be slow, but every step forward matters. A good day, a completed task, or a moment of laughter—acknowledge and celebrate these together. Gratitude and positivity can lighten the journey.



MyoCon Session Recordings Available for Pre-Order!

Pre-order your 2025 MyoCon conference recordings to gain access to most of the educational sessions, as well as select 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
- Audio-recorded breakout sessions synced with slides from the presentation.

For only \$149!

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 coming soon!

Thank you to MyoCon recordings sponsor, Pfizer MyOPath.

[Pre-Order Your Conference Recordings Today](#)

****MyoCon Attendees** - do you 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.***



During this month of thanks, we are grateful to our Corporate Advisory Council for their support of TMA's mission to enhance the lives of those who live with myositis.

Save the Date!
THURSDAY, SEPT. 24 - SUNDAY, SEPT. 27, 2026

HYATT REGENCY • ST. LOUIS AT THE ARCH
Registration Opens April 1, 2026

Presented by The Myositis Association
MYOSITIS.ORG

**FIND THE CARE
YOU NEED**

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



5 Simple Ways Gratitude Can Boost Your Mental Health

1. Start a gratitude journal

Writing down three things you're thankful for each day can shift your focus from stress to positivity.

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](#).



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!](#)



TMA Worldwide continues 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

Even small joys—like a good cup of coffee or a kind word—can make a big difference over time.

2. Practice mindful appreciation

Take a moment each day to pause and truly notice something beautiful or meaningful around you. Whether it's a sunset, a smile, or a quiet moment, mindful gratitude helps ground you in the present.

3. Express thanks to others

Saying "thank you" isn't just polite—it's powerful. Expressing appreciation to friends, family, or coworkers strengthens relationships and boosts your own sense of connection and well-being.

4. Reframe challenges as growth opportunities

Gratitude doesn't mean ignoring difficulties—it means finding meaning in them. Ask yourself: *What did I learn? How did I grow?* This mindset can reduce anxiety and build resilience.

5. Create a gratitude ritual

Incorporate gratitude into your daily routine—like reflecting before bed or sharing one thing you're grateful for at dinner. Regular practice helps make gratitude a natural part of your life.

[Take TMA's Mental Health Survey](#)

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](#)

Affinity Group to meet in their own breakout room!

To find additional groups, visit our list of all support & affinity groups here.

RSVP Today



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!