THE MYOSITIS ASSOCIATION®

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MyoCon 2026 Recordings Are Now Available

The 2026 MyoCon Recordings Package is now available for $149, giving you access to expert presentations, keynote sessions, breakout sessions, the Heroes in the Fight Awards Ceremony, pre-conference virtual sessions, and more.

Are you a MyoCon 2026 attendee? Your recordings are included automatically, so no separate purchase is needed.

Secure Your Recordings Today

Are You Interested in Supporting Research in Inclusion Body Myositis?

There's a new opportunity for you to help fund a consistent stream of meaningful grant activity specifically for research in IBM through the Cure IBM Research Fund at TMA.

Founded by IBM patients who help set the strategy and direct the funding decisions together with TMA's Medical Advisory Board, every dollar donated goes directly and exclusively to grants for IBM research.

Stay tuned! TMA will soon announce the first two grants from this exciting new fund. These grants will explore molecular and cellular changes in the early stages of IBM to help understand how those changes contribute to disease progression.

We can do more, together.

Cure IBM Research Fund at TMA

For more information and to donate, please **visit the Fund online** or contact **Martha Arnold.**

Mark Your Calendars for MyoCon 2027 & 2028!



Mind Your Mental Health: Finding Stillness to Breathe and Listen

For Minerva Rogers, co-leader of TMA's Adelante Affinity Group, mindfulness became an important way to navigate stress, chronic illness, and the uncertainty that can come with myositis. In a new TMA blog, she shares how practices like meditation, gentle movement, gratitude, and simply being present have helped her adjust to difficult days with more calm and flexibility.

Read the full blog to learn more about Minerva's experience and the role mindfulness can play in living with chronic illness.

Read More





Ask the Expert featuring Dr. Chris Mecoli
November 4 @ 4:00 pm - 5:00 pm EST

Join us for a special Ask the Expert session featuring Christopher Mecoli, MD, MHS, Associate Professor of Medicine; Director of Research Operations and Physician Lead for the Myositis Precision Center of Excellence at Johns Hopkins University.

Thank you to our webinar sponsor Bristol Myers Squibb.

Register Today

Myositis Collaborative Groups Summit (in-person)
November 6 @ 12:00 pm - 6:30 pm CST

Please join TMA and Cure JM for the in-person Myositis Collaborative Groups Summit to learn about recent initiatives of IMACS, iMyoS, MCTC, CARRA, PReS JDM, and MIHRA. Our aim is to allow members to share information, learn more about research opportunities, and enhance national and international collaborations.

Register Today

Make TMA Part of Your GivingTuesday

GIVING TUESDAY

GivingTuesday is a chance to support the work that matters to the myositis community every day. Your generosity helps TMA invest in research, expand education and advocacy, and make sure patients, care partners, and families have access to trusted information and meaningful support.

We hope you'll keep TMA in mind this GivingTuesday, December 1, 2026.



Myositis Research Insights: Gut and Microbiome in Myositis
December 8 @ 12:00 pm - 1:00 pm EST

What role might the trillions of microbes in our gut play in myositis? Join The Myositis Association for the next webinar in our Myositis Research Insights series, featuring Dr. Lisa Christopher-Stine of Johns Hopkins University.

Register Today



Ask the Expert: Mental Health Edition with Clinical Psychologist Dr. Christopher Graham
December 17 @ 9:30 am - 10:30 am EST

Living with myositis affects more than your muscles. The uncertainty of a rare disease, changes in physical ability, chronic fatigue, pain, and the strain on relationships and daily life can all take a toll on emotional wellbeing. These challenges are real, common, and worth talking about.

Join us for a special Mental Health Edition of Ask the Expert with Dr. Christopher Graham, a member of The Myositis Association's Medical Advisory Board.

Register Today



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

Latest post highlights:

[MyoCon gets an A+]
[My MyoCon "Why"]
[Discoveries While Scrolling on a Sleepless Night]

Read More



Members of Congress Stand with Veterans Living With IBM

TMA extends its gratitude to the 54 members of Congress who signed a letter asking Secretary of Veterans Affairs Doug Collins to recognize inclusion body myositis (IBM) as a presumptive service-connected condition. This bipartisan support was express by Republicans and Democrats, from 26 states, in both the House of Representatives and the Senate.

Learn More



FAST for DM: A Unique Nutrition-based Clinical Trial

Researchers Need Your Help to Find Out
A new clinical trial at the National Institute of Environmental Health Sciences (NIEHS), part of the National Institutes of Health (NIH), is exploring whether omega-3 fatty acid supplements, commonly known as fish oil, may offer additional benefits for people living with dermatomyositis.

The **Fatty Acid Supplementation Trial (FAST) for Dermatomyositis** is evaluating whether omega-3 fatty acid (O3FA) supplementation can reduce disease activity and improve quality of life in people with mild to moderately active dermatomyositis and juvenile dermatomyositis. Researchers also want to understand how combining omega-3 supplements with a healthy diet may affect disease outcomes.

If you or someone you know may be interested in participating, visit the study website: **https://joinastudy.niehs.nih.gov/studies/fast-dermatomyositis**

You can also contact the study team directly:

- Email: fastdmsupport@nih.gov
- Phone: 1-800-411-1222

*To learn more about this clinical trial, watch this **recorded webinar with the research team**.*

Support Group Spotlight: TMA Arkansas

Connect with others in the myositis community at the TMA Arkansas Support Group, held on the second Tuesday of each month, 12:00–1:00 p.m. CT.

Share experiences, exchange practical tips, learn about TMA resources and research updates, and build connections with others who understand life with myositis. Family members and care partners are also welcome.

Join us to listen, share, and connect.



Learn More & RSVP



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.**



Community Tips

Care partners need support, restoration, and space for their own well-being, too.

In this month's Community Tips, Theresa Curry explores simple, practical ways care partners can build restorative habits into daily life, including time outdoors, quiet routines, and activities that bring perspective and relief.



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

Read More



TMA provides monthly virtual myositis support by diagnosis with TMA Worldwide.

Co-led by up to five trained and certified support or affinity group leaders from across the country, this group also welcomes our international members. Care partners have their own breakout room!

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

RSVP Today

THE MYOSITIS ASSOCIATION®

Connect with us!

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