

Parents and Guardians of Children and Young Adults  
with JDM or JPM and Adult JM Patients

# Join Cure JM

[curejm.org/quickjoin](https://curejm.org/quickjoin)

**As a service to our families, patients, and friends, receive a free digital copy of *Myositis and You* when you join Cure JM at [curejm.org/quickjoin](https://curejm.org/quickjoin).**

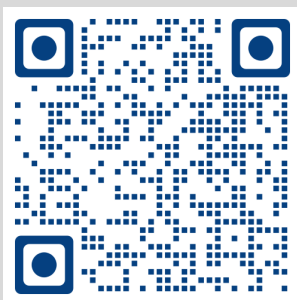
Cure JM is the only worldwide network of patients, families and grassroots volunteers dedicated to finding a cure for Juvenile Myositis. Founded in 2003 by families of children battling JM, our mission is to find better treatments and a cure for Juvenile Myositis, and improve the lives of families affected by JM. We are the largest global funder of JM research.

**Join to receive:**

- **A complimentary digital copy of the *Myositis and You* book.**
- Invitations to monthly Town Halls and Q&A with JM experts.
- Invitations to join virtual groups for daily tips and support from other parents.
- Invitations to virtual and in-person regional chapter events.
- Support and education resources for parents.
- Support and education for teens and young adults, including our teen mentor program.
- Opportunities to participate in research.

You don't have to battle JM alone. Team up with Cure JM today at [curejm.org/quickjoin](https://curejm.org/quickjoin).

**MEMBERSHIP IS FREE**



*"Having a rare disease is beyond difficult, and leaves you feeling so alone in the world. Yet when I found Cure JM I knew there was hope... there was support, there were people who cared."*  
Sue C.



## E-book and paperback available at Amazon.com

Funded by Cure JM, this comprehensive resource for juvenile myositis patients, families, and healthcare providers was written and edited by medical experts in Juvenile Dermatomyositis and Juvenile Polymyositis. It summarizes much of what is known about this rare but serious autoimmune disease, explores treatments and potential outcomes, and discusses strategies for dealing with the effects of the disease. It is an indispensable resource for families of children with juvenile myositis and their healthcare teams.

**To learn more, visit: [curejm.org/book](https://curejm.org/book)**

*"This book is very helpful in teaching you what to expect in every state of the disease, whether you are a child, parent, family member or friend.*

*I refer to it almost daily."*

C. Rae, Mother of a Child with JM



# Myositis and You

*A Guide to Juvenile Dermatomyositis  
for Patients, Families, and Healthcare Providers*

Editors

Lisa G. Rider, MD

Lauren M. Pachman, MD

Frederick W. Miller, MD, PhD

Harriet Bollar

*"The Myositis and You book is the only resource we needed when our daughter was diagnosed with Juvenile Dermatomyositis. It was like our JM bible and helped us to get through many scary moments from treatment decisions, to questions on muscle strength, and understanding labs and the different tests that she underwent. Even the grandparents got copies, so they too had a valuable resource to help navigate this rare disease. It's been a very valuable resource to our entire family!"*

Kristine Alderfer

JM Mom of Katherine and President/Cure JM Board of Directors



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