



A Champion For Young People: Diane Bade's Story

Diane Bade's three children - Scott, Nicholas and Christine - have myotonic dystrophy, as did her husband, Chris Bade, who passed away in 2005. Though not affected herself, Diane, like many parents and spouses, works tirelessly to educate herself, her family and her community. She and her family started Camp Bade, the first annual camp for young adults living with DM and Diane now runs a Los Angeles-area support group in conjunction with MDF. [in conjunction with MD](#)

When her husband's father passed away, his family set up a foundation that supports medical research and provides assistance to the DM community, allowing more young adults to attend Camp Bade. The foundation also contributes funds for the Young Ambassadors program that helps send young people to the annual MDF conference. [To read more about Diane's story click here.](#)

IDMC-9: Q&A with Dr. Tom Cooper

At the 2013 MDF conference, Dr. Tom Cooper of Baylor College of Medicine presented a summary of the ninth meeting of the International Myotonic Dystrophy Consortium (IDMC). The meeting, which was held in San Sebastian, Spain last month, takes place every two years, bringing together scientists, physicians, clinicians and patients from around the world whose common aim is to help those with myotonic dystrophy. We asked Dr. Cooper to answer a few questions so we could share with you what the IDMC meeting is and why it's important. [Click here](#) to read the IDMC-9 Q&A.



Care and a Cure -- We Need Your Help

Each year, just before the holidays we reach out to our community to ask for your financial support. Your contributions help us continue our efforts to enhance the lives of people living with myotonic dystrophy (DM) and advance research for treatments and a cure. If you did not receive our letter or would like to read more about what we have accomplished this past year and what is on the horizon, [please read our annual summary and appeal.](#)

The 2013 MDF Conference Ranks Among the Best

It's a wrap! MDF held its fifth annual conference on November 8-10 this year in Houston, Texas to a sold-out crowd of 300 community members, caregivers, academic researchers and their program and lab partners, and pharmaceutical company representatives. It was arguably MDF's most successful conference yet! [Click here](#) to read more about this year's conference.



On Being a Fearless Caregiver: Sign up for Tuesday's Webinar

There are two webinars left in this year's **Living with DM Webinar Series**. Individuals who have taken part in these webinars have found them to be extremely helpful. Please sign up in advance for the next session that will address caregiver issues related to advocacy, and partnering with the healthcare team and family members of DM patients. It will also address the issues of self-care and managing the role of a caregiver. This webinar will take place this Tuesday, November 19th at 5 PM Pacific

time (8 PM Eastern). To register or read more about this webinar, [click here](#).

Our last webinar, **Coping with Depression Associated with Having a Chronic Health Condition**, will take place on December 9 at 4 PM Pacific time. [Click here](#) to read more or sign up for this webinar.

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