

December 2013 Volume 2

MDF Dispatch



MYOTONIC
DYSTROPHY
FOUNDATION



MDF Fellow Measures the Impact of Childhood DM on Quality of Life

To support our commitment to research, MDF awards fellowship grants as part of our annual Fund-A-Fellow (FAF) program. We recently caught up with one of our current grant recipients, **Dr. Nicholas Johnson**, Assistant Professor of Neurology at the University of Utah, to hear more about his current and upcoming research. [Click here to read the interview.](#)

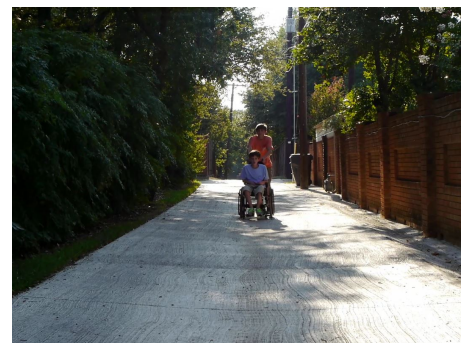


Grassroots Year-in-Review

Thanks to MDF community volunteers, 2013 was a great year for the Myotonic Dystrophy Foundation. In addition to launching our Medical Professionals Referral List and celebrating National Family Caregivers Month, volunteers around the country worked tirelessly to put on a record number of events, bringing our grassroots fund raising total to over \$170,000! [Read more](#) about some of our volunteer champions and their successes.

Hope & Inspiration: MDF Community Voices

As 2013 draws to a close, we thank all of you in the MDF community for your support and participation this year. You are the both backbone of the Myotonic Dystrophy Foundation and the reason for all that we do. To celebrate and acknowledge your stories, your family journeys and the inspirational spirit that makes this community so strong, we've created a short video entitled *Hope & Inspiration: MDF Community Voices*. You can watch it on the [MDF website](#). We hope you enjoy it



and we wish you all a joyous and healthy holiday season.



Tips for Coping with Depression Associated with Having a Chronic Health Condition

Dr. Danielle Sheypuk, a licensed psychologist in New York, NY, was the presenter for our most recent webinar - the last for 2013 - titled *"Coping with Depression Associated with Having a Chronic Health Condition."* Dr. Sheypuk not only shared information about the different types of depression but also discussed when those concerns should be escalated. [Click here to read more.](#)

Reminder: 2013 Annual Conference Videos Now in Digital Academy

We're happy to announce that videos of our 2013 MDF Conference sessions have been uploaded and can be viewed via the Digital Academy on our website. If you were unable to attend or would like a refresher, we encourage you to carve out some time to watch these sessions, including the IDMC global research update, clinical trial overviews provided by Drs. Kerr and Wentworth; and many other excellent presentations. If a presenter used a PowerPoint presentation in their session, these can be found (when available) next to the video link. [Watch the videos here.](#)



Reminder: End of the year donations

There are only a few weeks left before we kick off 2014. If you haven't yet contributed to our end-of-the-year campaign and would like to, there's still time to make a tax-deductible donation. Any amount that you contribute will be used to help us deliver on our mission of Care and Cure! [Click here to donate.](#)

Join the community! Follow us on:



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