

October 2012

# MDF News Update



MYOTONIC  
DYSTROPHY  
FOUNDATION

## NEW! Financial Resources for Families Living with DM Now Available on MDF Website

MDF is pleased to announce the addition of a new section to the Resources page of the MDF Patients & Families section of [myotonic.org](http://myotonic.org). Dr. Leslie Krongold, a member of the extended MDF team, a San Francisco Bay area DM support group leader and a DM community member, has created a comprehensive listing of Federal and national financial resources available to people and families living with myotonic dystrophy. You'll find information on the difference between SSI and SSDI, who is eligible for each program and how to apply, information and resources on Medicare and Medicaid, rental and housing financial assistance, support for low-income women and families, information on employment assistance and much, much more.

[Click here](#) to review the entire document, and stay tuned. Leslie will start work on state-based resources in the near future.

## TeamMDF - We've Launched and We Need You!



The Myotonic Dystrophy Foundation is pleased to announce the launch of our newest community initiative, **TeamMDF**.

**TeamMDF** is a **grassroots volunteer corps** created to increase the number of community members we support through our education, advocacy and research programs, ultimately enhancing the quality of life of people living with DM and maximizing efforts focused on developing treatments and a cure for this disorder.

Led by community members Elizabeth Florence, Antoinette MacWatt and Leslie Krongold, and supported by Foundation staff, **TeamMDF** is launching with 4 new MDF programs. [Click here](#) to find out more.

## Mexiletine for Myotonia: A New Use for an Old Heart Drug?

According to a newly-published study, the generic cardiovascular drug mexiletine, initially developed to treat heart rhythm abnormalities, appears to hold some potential for treating muscle stiffness. This study echoes findings on mexiletine and its beneficial effects on myotonic dystrophy patients published in 2010 by the University of Rochester. [Click here](#) to read more.

## Holiday Shopping Made Easy

With the holiday season fast approaching, MDF has some easy ways for you to simplify your holiday gift list while helping fund MDF's community support and research programs. Who needs another pair of slippers? Ask family and friends to make gifts in your name to MDF, or quickly take care of your whole shopping list by making a gift to MDF in honor of your family. We will send gift notifications to your loved ones to let them know of your generosity. [Click here](#) to make a donation, or [here](#) to learn more about easy ways to fundraise for MDF.



Consider asking for donations to MDF in lieu of gifts at an annual holiday party and include a link to [www.myotonic.org](http://www.myotonic.org) in your end-of-year family newsletter so friends and family can learn more about DM and make a gift online.

Shopping online this year? Shop through a service such as [GoodShop.com](#) or [iGive.com](#) and a percentage of your purchase will be donated to MDF.



## 2012 MDF Post-conference Survey Results Available Online

Results are in from the 2012 MDF Post-conference survey.  
[Click here](#) to review attendee feedback and comments.

And don't forget to save the date for the 2013 MDF Annual Conference -  
November 8-9, 2013 in Houston, TX

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Phone: 866-968-6642 or 650-267-5562 Email: [info@myotonic.org](mailto:info@myotonic.org)

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