

June 2013

# MDF Dispatch



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## Saurabh Rai: Staying Positive, Staying Active

Saurabh Rai, a San Francisco-based research analyst, has always been active and physically fit. So when he began experiencing mild myotonia several years ago, he didn't take it too seriously. By 2009, the myotonia had gotten worse, despite the fact that he was exercising a lot. Read about how yoga and stress reduction helps Saurabh manage his DM symptoms today. Click [here](#) to read his story.



## Webinar Series: We asked, You Answered

Thank you to everyone who participated in our survey to identify topics for our upcoming webinar series. Here's what we'll be highlighting in the coming months, based on your feedback:

- Dealing with the decline of executive functioning of the central nervous system
- Treatment options for muscle pain
- Treatment for dysphagia
- Disclosing and talking about your disorder
- Coping with depression associated with having a chronic health condition

There's a wealth of information already available on these topics in the [Patients and Family](#) and [Video Academy](#) sections of the MDF website that you may find helpful. Look for our first webinar, which will be posted on our website, in July!

## 2014 Fund-A-Fellow Program Now Open

In an effort to increase interest in myotonic dystrophy research, in 2014 MDF is expanding the annual Fund-A-Fellow program that awards post-doctoral research grants to researchers studying DM. The program will now be open to researchers studying not only molecular biology and basic science but also research focused on improving treatment, and care and support of the DM patient and his or her family. Several \$100,000 postdoctoral research fellowships-each providing two years of support at \$50,000 per year-will be awarded.

Applicants must have received a Ph.D., M.D., D.O. or other doctoral degree in their profession from an accredited domestic or foreign institution. U.S. and international applicants are invited to apply. Please visit the [MDF Research page](#) for guidelines, eligibility and an application.



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## Double the Dispatch!

This year has brought a flurry of DM-related information that we want to share with you, from personal stories of those living with DM to the latest research and updates on current events. As a result, we'll be sending you the MDF Dispatch twice a month, starting this month. If there are stories you love, please let us know. And if there are stories you'd like us to cover that we're not already, please give us a shout by emailing us at [info@myotonic.org](mailto:info@myotonic.org).

## 2013 Conference News

The 2013 annual conference is filling up fast! We have limited space so if you'd like to attend, please [register](#) soon. The conference will be held in Houston, November 8 through 10, and will feature:

- The latest news and information related to DM research and daily living strategies
- Information about the clinical trial process
- Structured networking opportunities with other attendees



You can review the conference schedule and register by visiting our [conference webpage](#).

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