

Introduction



Dear Friend,

Thank you for your interest in receiving our Going Forward: Dystonia Patient Care Package. Enclosed you will find information about dystonia, how to make the most of your life while coping with it, and where to turn when you need help. We hope that you find the enclosed materials helpful as you navigate your diagnosis.

We know that the process can be overwhelming, but we want to assure you that we are here for you.

DMRF Canada represents a community of people and families bonded by dystonia and inspired to work together to support our mission: to advance research for better treatments, and ultimately a cure for dystonia, to promote awareness and education, and to support the needs and well-being of individuals and families impacted by the condition.

Although dystonia can dramatically impact an individual's life, people with all forms of dystonia are able to continue to live happy productive lives. Many can continue with their education or work, remain active, date and marry, enjoy children and family, and live as fulfilled individuals. Many people with dystonia describe the process of diagnosis and everyday coping as riding a rollercoaster of dramatic ups and downs – there are setbacks and celebrations, challenges and victories.

Having dystonia does not define who you are.

We hope you will reach out to introduce yourself to us and take advantage of the many programs, information sessions, services and events available to you. We also want to encourage you to consult with your physician about any procedures or programs related to your overall health.

For support, understanding and community - we are available and here to help.

From,

DMRF Canada Board, Staff and Volunteers.

Welcome

We exist for families – and people - like you. In fact, our organization was founded over 40 years ago by a family blindsided by dystonia and eager for answers.

**Members of our community have been where you are and are here to help.
We invite you to stay informed and inspired.**

- Stay up to date on the latest research results, available online, and via our Dystonia Canada Report; a bi-annual publication which provides the latest news on research findings and treatment options.
- Learn about upcoming community meetings, educational sessions and symposium events across the country and online.
- Connect directly with DMRF Canada for advice and insights related to Movement Disorder Centres, support group operations, and connect directly with others who have a lived experience with the condition; and more. Visit: www.dystoniacanada.org/signup to sign up today.

On behalf of the tens of thousands of people living with dystonia in Canada, the volunteers and partners who work every day to provide support, and the doctors and researchers working to find a cure, we want to assure you that you are not alone. We will be with you every step of the way.

Sincerely,

Archana Castelino,
National Director
DMRF Canada

P.S: Giving to DMRF Canada through our Monthly Donor Program provides a sustainable support of our programs and services for as little as \$5.00/month. You can cancel your monthly gift at any time. Visit www.dystoniacanada.org/donateonline to sign up today.



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