



Fall / Winter 2018

You may not be aware of this, but I suffer from dystonia - its movement disorder that causes my muscles to contract and spasm involuntarily. The neurological mechanism that makes muscles relax when they are not in use does not function properly. The involuntary muscle contractions force my body into repetitive and often twisting movements as well as awkward, irregular postures.

It can be extremely painful. It can make life very challenging.

There are approximately 13 forms of dystonia, and dozens of diseases and conditions include dystonia as a major symptom. Primary dystonia affects an estimated 300,000 people in the United States and Canada.

But that is just the tip of the iceberg when it comes to understanding the true prevalence of all dystonias. When we look at the dozens of diseases that can cause dystonia such as Parkinson's, Huntington's and Multiple Sclerosis the numbers of dystonia cases can be propelled into the millions.

There is so much that still needs to be understood about this disorder so that people don't have to suffer anymore.

As someone who suffers from dystonia, I was happy to become a member of one of the Dystonia Medical Research Foundation (DMRF) Canada Support Groups. We meet share our thoughts and to gain support from others who suffer from the disorder, as well as specialists who come to provide advice and ideas for treatments.

DMRF Canada is a charitable organization who is dedicated to funding research into dystonia and supporting individuals like me through awareness, education, and support groups. It's investment in research has resulted in tremendous scientific breakthroughs critical to understanding dystonia and uncovered new opportunities for treatment strategies.

I'm writing you today to let you know about the DMRF Canada, so that in the event you are interested in giving a donation for end of the 2018 year, you might consider donating to this important organization. The DMRF Canada is the leading dystonia research organization in Canada and as a member of one of the Support Groups, I am grateful for anything you can do to support this important cause.

This year, please consider making a gift to the DMRF Canada. Your support can help boost our momentum toward the next great discovery.



Thank you!

P.S: You can make your [donation here](#) or by mail to DMRF Canada, 550 St. Clair Ave West, Suite 209. Toronto, ON M6C 1A5. Or, feel free to contact Stefanie Ince, Executive Director (stefanieince@dystoniacanada.org) to discuss your giving options.