

How does MDA transform lives? In more ways than you'd imagine



Christina Vela Davidson



The Muscular Dystrophy Association (MDA) transforms the lives of people living with MD, ALS and other neuromuscular diseases.

How, exactly, does it accomplish this? Let us count the ways:

Innovations in science and care—

MDA has committed more than \$1 billion to accelerate therapies and cures; supports the largest network of multi-disciplinary clinics at more than 150 of the nation's medical institutions; and serves the community through its Summer Camp and Resource Center as well as educational conferences

and events for families and health care providers.

Groundbreaking research—Today, MDA is supporting roughly 225 research projects across the globe as the largest non-government source of funding for scientific studies of neuromuscular disease.

Developing revolutionary treatments—MDA research grants recently led to four FDA-approved drugs for Duchenne muscular dystrophy, spinal muscular atrophy and primary periodic paralysis. And they are using data to share findings with others through MDA's MOVR Data Hub™ (neuroMuscular Observational Research) which was launched in 2018. MOVR allows researchers to apply scientific findings across neuromuscular diseases to improve health outcomes and accelerate therapy development.

Connecting families with expert services—MDA families count on our National Care Center Network at more than 150 medical institutions for one-on-one guidance, new therapies and clinical trials.

Running summer camp for kids—Each year thousands of children living with neuromuscular disease come together at MDA Summer Camps, where they learn essential life

skills and build confidence. More than 90 percent of parents say that MDA's annual summer camp increases their child's confidence.

And, last but not least, coordinating support for families every step of the way—MDA's National Resource Center is there for families from Day One of diagnosis, providing referrals and assistance with navigating services.

MDA covers 40-plus neuromuscular diseases that take away the ability to move, eat and even breathe. In the United States, there are 250,000 people living with these conditions. According to a recent MDA-funded report released by the IQVIA Institute for Human Data Science, the annual cost associated with neuromuscular diseases is more than \$46 billion. The good news is, in 2018, 88 new grants were provided for research projects worldwide. More than \$58 million is currently committed to accelerating scientific breakthroughs.


How you can further the cause

What can you do to help?


1. **Donate.** Be part of furthering MDA innovations in science and care in 2019.
2. **Volunteer.** Lend a hand at an MDA event or host an event.
3. **Participate.** Join MDA families at your local Muscle Walk.
4. **Share.** Raise awareness on social media with the #MDAGiveStrength.

On May 18, NALC President Fredric Rolando will take a few steps for the many who can't at the MDA Muscle Walk of Greater Washington, DC. The Muscle Walk fundraiser kicks off at 10 a.m. at the Prince George's Sports and Learning Complex in Lanham, MD, right next to FedEx Field. The more feet that pound the pavement, the more NALC raises for its signature cause, so please join Team NALC Rolando for this family-friendly event.

To visit Team NALC Rolando's official Muscle Walk page, go to mda.donordrive.com/team/NALCRolando.



**Deliver
the Cure
with MDA**



Support President Rolando's MDA Fundraising Effort

Make checks or money orders directly out to MDA Mail this completed form and your donation to:

Rolando MDA Muscle Walk National Association of Letter Carriers 100 Indiana Ave NW Washington, DC 20001	Name: _____ Branch # _____ Amount \$ _____
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If you wish to make your donation online: <https://mda.donordrive.com/team/NALCRolando>

Be sure to put your branch # in the "recognition Name Box" to ensure credit for your local branch. It is located at the end of the billing information.

Walk for Strength, Walk for Life

Mail in the form at left to join Team NALC Rolando for the Muscle Walk of Greater Washington, DC, or simply to make a donation. To sign up or donate online, go to mda.donordrive.com/team/NALCRolando. If donating online, be sure to put your branch number in the "recognition Name Box" to ensure credit for your local branch. It is located at the end of the billing information.

Correction to 2018 MDA Honor Roll

In the 2018 MDA Honor Roll in the April *Postal Record*, Grand Rapids, MI Branch 56 was inadvertently not included on the Category 5 (500-699 members) list of winners. It should have been listed in second place with \$20,083. In addition, the Wisconsin State Association had an incorrect amount listed. It should have been \$4,546.