

Why should I participate in a research study?

Your participation may provide new information about your illness to you and your doctors. This information may also help to treat, prevent, and diagnose others with myositis.

Do I qualify for a myositis study?

To be included in one of the studies, you must meet **one** of the following criteria and be able **and** willing to provide consent and undergo study procedures:

- Have been diagnosed with adult or juvenile myositis.
- Are a healthy individual matched to a patient with myositis.
- Are an unaffected family member of a myositis patient.

Where will the studies be conducted?

- National Institutes of Health Clinical Research Center, Bethesda, Maryland.
- NIEHS Clinical Research Unit, Research Triangle Park, North Carolina.
- At your home, by a telehealth visit.
- At your local physician's office.

Where can I get more information about eligibility for a study?

Call: 1-800-411-1222
TTY: 1-866-411-1010
Email: prpl@cc.nih.gov
Se habla español
<https://joinastudy.niehs.nih.gov>
ClinicalTrials.gov: <https://bit.ly/4neSQpK>

Who do I contact to participate in the study or if I have more questions?

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Myositis Studies at the National Institute of Environmental Health Sciences (NIEHS), National Institutes of Health

Be Part of Clinical Research



National Institutes of Health
U.S. Department of Health and Human Services



What is myositis?

Myositis is a related group of autoimmune diseases that results in muscle inflammation and muscle destruction.

What are some types of myositis?

Dermatomyositis – Myositis with characteristic skin rashes.

Juvenile Myositis – Myositis that begins during the childhood years.

Polymyositis – Myositis with no characteristic skin rashes in which the immune system directly attacks the muscles.

Inclusion Body Myositis – Myositis mainly characterized by progressive weakness and wasting of muscles.

What are the symptoms of myositis?

Each patient has a different combination and severity of symptoms. Symptoms may include the following:

- Muscle weakness, resulting in trouble performing everyday tasks, such as climbing stairs or lifting objects
- General tiredness
- Difficulty swallowing
- Rashes on the knuckles, face, and chest
- Chronic dry cough or difficulty breathing
- Arthritis
- Calcinosis

What causes myositis?

The causes of myositis are currently unknown. NIEHS conducts studies to determine what environmental exposures and genetic factors may be contributing to the onset of these diseases.

What studies are being led by NIEHS?

Fatty Acid Supplementation Trial (FAST) for Dermatomyositis (DM) Clinical Trial

The FAST for DM randomized controlled clinical trial will enroll adults 18-60 years of age with mild to moderately active dermatomyositis (DM)/juvenile dermatomyositis (JDM). This study will examine the effects of omega-3 fatty acid (O3FA) supplementation, along with a healthy diet pattern, on myositis disease activity and other aspects of DM. Enrolled patients will be seen over 9 months, in 5 in-person visits at the NIH Clinical Center in Bethesda, Maryland, and in several telehealth visits.

Myositis Natural History Study

Many patients enrolling in NIEHS myositis studies at the NIH Clinical Center in Bethesda, Maryland, may enroll in this study, which provides a thorough myositis evaluation and enables NIEHS physicians to make treatment recommendations. On occasion, myositis patients may enroll only in this study from home by a telehealth visit. Current enrollment priorities include patients in which two or more relatives have myositis, patients with certain environmental exposures, and selected others.



What do the studies involve?

- The studies will involve physical examinations, blood draws, completing questionnaires, and meeting with nationally recognized myositis physicians and researchers.
- A thorough clinical evaluation is provided for patients enrolling through the NIH Clinical Center in Bethesda, Maryland. These medical reports can also be shared with your physicians.
- Myositis patients may be eligible for more than one study.
- There is no cost for evaluations and medical tests, or for inpatient hospitalization at the NIH Clinical Center in Bethesda, Maryland.
- No medications and/or therapies are provided **except** for those enrolled in the FAST for DM Study.
- Compensation for each study will be provided.
- Housing **may** be provided for qualified study volunteers at the NIH Clinical Center in Bethesda, Maryland.
- Healthy individuals may enroll in The Natural History of Myositis Study as control subjects for the research, or in some cases, as unaffected family members.