



What is an Autoimmune Disease?

**ACUTE DISEASE:
IMMUNE SYSTEM =
BODYGUARD VS. GERMS**

**AUTOIMMUNE DISEASE:
IMMUNE SYSTEM =
MISTAKEN IDENTITY →
ATTACKS OWN BODY**

An autoimmune disease happens when the body's immune system — meant to defend against viruses and bacteria — mistakenly attacks healthy cells.

Symptoms vary from chronic inflammation, fatigue, pain and swelling, organ or tissue damage, flare-ups (periods of subtle to intense symptoms), and disease stability.

**SCAN THIS QR
CODE TO LEARN
MORE ABOUT
MYOSITIS:**



888-MYO-RARE (696-7273)



INFO@UNDERSTANDINGMYOSITIS.ORG



UNDERSTANDINGMYOSITIS.ORG

HOW TO FIND OUT IF YOU HAVE AN AUTOIMMUNE DISEASE?

1. WATCH FOR SYMPTOMS:

Fatigue, joint pain, rashes, digestive issues, fevers.

2. TRACK CHANGES:

Keep a simple symptom diary.

3. CONSULT A MEDICAL PROFESSIONAL:

Visit a primary care doctor or rheumatologist.

4. DO BLOOD AND MEDIAL TESTS:

Ask about ANA and other autoimmune panels including Myositis antibody blood panel.



Zebras: A Symbol for Rare Disease

Doctors are taught, "When you hear hoofbeats, think horses, not zebras," meaning common illnesses are more likely. For Myositis patients, they are a zebra — the rare and unexpected diagnosis.

The zebra reminds us that rare is real and awareness matters.

**Rare = Fewer
than 200,000
cases in the U.S.
(or equivalent
thresholds
globally)**

Myositis is a rare autoimmune disease. It affects a very small percentage of the population, often making it harder to diagnose and treat.