



Myositis
Association Australia

Keeping in touch

We Understand Myositis

The Myositis Association - Australia Inc is a registered charity, run by volunteers, who have Myositis.

You are not alone with us. We are here to support and advocate for you, whether you are living with Myositis or you are a carer, family member or friend.



Connect

Join us and connect to a strong network of support wherever you are in Australia.



Know More

Stay up-to-date on research, clinical trials, health management tips, group activities and upcoming events through our regular newsletter and online learning sessions.



Get Support

Meet others who know what life is like with Myositis, at one of our group events, conferences or over the phone for a confidential chat.



Find Help

We have a panel of medical and allied health professionals who have experience in advising people living with Myositis.

Learn more: www.myositis.org.au



"I have severe muscle loss and I'm completely wheelchair bound. But that doesn't stop me!!"

- Jo, 31, Brisbane

What is Myositis?

It's a group of rare conditions where the body's immune system turns against itself and destroys healthy muscle tissue instead of building new muscle tissue.

Usually, the first sign of trouble is weakened thigh muscles making it hard to:

- stand up from a chair
- get up from the floor
- walk any distance
- go up the stairs.

Many other muscles can also be impacted like:

- the heart
- lungs
- swallowing muscles
- hands and fingers
- lower legs (causing foot drop).

Over time, Myositis can cause significant muscle loss with comparable decline in strength, dexterity and mobility. In extreme cases, Myositis can be fatal when the heart and lung muscles are involved.

The primary forms of Myositis in adults are:

- Inclusion Body Myositis
- Polymyositis
- Dermatomyositis
- Overlap Myositis
- Necrotising Autoimmune Myopathy or Immune-Mediated Necrotising Myopathy.

Myositis can also affect children in the forms of:

- Juvenile Dermatomyositis
- Juvenile Polymyositis.



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