



Greetings All –

As the world celebrates the 7th annual **LGMD AWARENESS DAY** on **September 30, 2021**, we invite you to help us Advocate • Educate • Celebrate!

There is great strength in awareness, understanding and unity. The LGMD community demonstrates global connectivity each year when we campaign together and gain recognition for limb-girdle muscular dystrophy (LGMD). With over 30 different genetic types of LGMD, the act of collaborating globally makes us stronger than we could ever be alone. Whether you are a long-time community member, or new to the scene, your participation in the 2021 LGMD Awareness Day activities is important. Awareness can spread much faster with more individuals, from all parts of the world, sharing their spirit remotely through reposts, shout outs and snaps of the LGMD Awareness sticker to your favorite platforms. There is power in action.

### **TOGETHER WE ARE STRONGER!**

Take a moment to shine a light on the importance of LGMD Awareness today!

#### **ADVOCATE: 2021 GIRDIE STICKER CAMPAIGN**

Upload a picture of you and your Girdie sticker to social media on or around September 30. Please include your location, the hashtag **#LGMDawareness** and don't forget to tag **@LGMDawareness** so we can see where in the world Girdie is spreading LGMD awareness!

#### **EDUCATE: KNOW THE FACTS ABOUT LGMD & HELP RAISE AWARENESS**

Help Girdie educate the world about LGMD. Share these facts with family, friends, co-workers, and your community.

1. Limb-girdle muscular dystrophy (LGMD) are rare neuromuscular conditions that causes severe muscle loss and effects people all over the world.
2. Early symptoms of limb-girdle muscular dystrophy (LGMD) may include difficulty climbing stairs, frequent falls, difficulty rising from a seated position or even the inability to stand on toes.
3. Currently there is no cure, but every year, science is moving closer to a treatment for limb-girdle muscular dystrophy (LGMD) thanks to the members of the scientific community and the organizations who fund their research efforts.
4. There are over 30 different types of limb-girdle muscular dystrophy (LGMD), each caused by mutations in a different gene. Because the different forms of LGMD look very similar in clinical tests, genetic testing is required to confirm a diagnosis.

For more LGMD Facts, visit <https://www.lgmd-info.org/what-is-lgmd/lgmd-facts>

#### **CELEBRATE: LIME GREEN FOR LIMB GIRDLE AWARENESS CAMPAIGN**

As you celebrate, consider wearing lime green colored attire and wristbands to help raise awareness. When posting your pictures on social media, please include your location, the hashtag **#LGMDawareness** and don't forget to tag **@LGMDawareness**.

**If you have any questions or need more information,  
please do not hesitate to contact us @ [info@LGMD-Info.org](mailto:info@LGMD-Info.org)**

**Together We Are Stronger**  
**LGMD Awareness Foundation, Inc.**  
**and the consortium of LGMD Foundations**

Coalition to Cure Calpain 3  
CureLGMD2i Foundation  
Jain Foundation  
Kurt+Peter Foundation  
LGMD-1D DNAJB6 Foundation  
LGMD2D Foundation  
LGMD2i Research Fund  
LGMD2L Foundation  
McColl-Lockwood Laboratory for MD Research  
Stichting SpierKracht  
The Speak Foundation

**Our Advocacy Partners**

ADM Argentina - Grupo LGMD Argentina	Muscular Dystrophy Association
Asociación Proyecto Alpha	Muscular Dystrophy Association of NZ
Ayushkama Foundation	Muscular Dystrophy UK
Camronscure	Nationwide Children's Hospital
Conquistando Escalones ODV	Newcastle University
Daniel Ferguson LGMD Foundation Ltd	Russian LGMD Patient Group
GFB Onlus	Syneos Health
Groupe d'intérêt LGMD de l'AFM-TELETHON	TREAT-NMD Neuromuscular Network Ltd
Indian Association of Muscular Dystrophy	UILDM - Sezione Milano - Gruppo Cingoli
LGMD Network CAB	

**WE GRATEFULLY ACKNOWLEDGE**



**FOR GENEROUSLY UNDERWRITING THIS YEAR'S GIRDIE STICKER CAMPAIGN**



LGMD Awareness Day is a *project* of the **LGMD Awareness Foundation**, a 501(c)(3) advocacy organization dedicated to globally raising awareness of the rare neuromuscular diseases known as limb-girdle muscular dystrophy (LGMD). In collaboration with other LGMD foundations, our focus is to provide curated educational information and resources for the LGMD community and public. By increasing awareness of and advocating for individuals living with LGMD, we hope to assist in advancing diagnosis, care, and treatment for individuals around the world.

[LGMD-Info.org](http://LGMD-Info.org)    [@LGMDawareness](https://twitter.com/LGMDawareness)