

5 FACTS

Everyone Should Know About Autoimmune Disease . . .

FACT #1:

50 MILLION Americans have an autoimmune disease comprising a major U.S. health crisis.

FACT #2:

There are 100+ **AUTOIMMUNE DISEASES** including, Crohn's disease, celiac disease, rheumatoid arthritis, vasculitis, & Addison's disease.

FACT #3:

Autoimmune diseases tend to "CLUSTER" in families so if your grandmother had lupus, you could be at greater risk for developing an autoimmune disease.

FACT #4:

LESS THAN 13% of Americans can name an autoimmune disease.

FACT #5:

Approximately 75% of autoimmune patients are women & autoimmune diseases are one of the **TOP 10 KILLERS** of women under the age of 65.



American Autoimmune Related Diseases Association (AARDA) is the nation's only non-profit organization dedicated to bringing a national focus to autoimmunity as a category of disease and a major women's health issue, and promoting a collaborative research effort in order to find better treatments and a cure for all autoimmune diseases. For more information, please visit www.aarda.org.

Learn more about autoimmune diseases and the 50 million at www.aarda.org



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American Autoimmune
Related Diseases Association, Inc.

25 Reasons to Support AARDA





Overall track record of success ...

- > Help tens of millions of autoimmune disease (AD) patients and their families around the globe with information, resources and referrals
- > Award nearly \$5 million in research grants, fellowships and medical school scholarships
- > Establish and facilitate the National Coalition of Autoimmune Patient Groups (NCAPG), a coalition of 39 AD patient support and advocacy organizations
- > Obtain designation of March as National Autoimmune Disease Awareness Month
- > Raise more than \$30 million

Impeccable history of financial responsibility...

- > Hold administrative costs at less than 10 percent consistently -- well below the industry average of 25 percent
- > Receive Charity Navigator’s highest, 4-star rating for the seventh time in the last eight years
- > Consistently comply with National Health Council’s Standards of Excellence standards
- > Meet all 20 standards of charity accountability for the Better Business Bureau’s Wise Giving Alliance
- > Participate in the Independent Charities of America, a Combined Federal Campaign, annually since 1994 and maintain its “Best in America” certification

Strong commitment to patients...

- > Sponsor or support more than 70 public forums in 28 U.S. states and five other countries
- > Institute and maintain toll-free 800# patient hotline for 25 years and a web site (www.aarda.org) since 1997
- > Develop and update more than 100 unique patient education brochures and materials
- > Establish, maintain and facilitate Facebook (www.facebook.com/autoimmunity); Twitter (@AARDATweets); and, YouTube (www.youtube.com/aardatube).
- > Host annual Autoimmune Walks in cities around the U.S. since 2012

For 25 years, American Autoimmune Related Diseases Association (AARDA) has yielded high-impact results for the 50 million Americans and their families who live daily with autoimmune disease. Here’s why sending a donation of \$25, \$2,500, \$25,000 or \$250,000 will help it continue its important work:

Drive of collaborative autoimmune research...

- > Initiate or fund more than 125 research grants and fellowships at prestigious research institutions and/or in partnership with various National Institutes of Health institutes
- > Sponsor, support or provide speakers for 155 research/scientific/clinical meetings and conferences in 23 U.S. states and 20 other countries
- > Fund research resulting in groundbreaking publications on epidemiology, environmental triggers, women, and the microbiome, etc.
- > Establish the Autoimmune Disease Patient Registry Research Network (ARNet), a patient-powered database to facilitate research
- > Maintain a 25-year research partnership with Johns Hopkins University Autoimmune Disease Research Clinic (JHADRC) and Dr. Noel Rose

Educate the general public about autoimmunity as a major disease category...

- > Conduct regular benchmarking research to gauge public awareness and understanding of ADs
- > Survey patients and physicians on key autoimmune disease issues, including health care reform and the Affordable Care Act, biosimilars, biologics and patient safety, fatigue and physician education,
- > Author publicly-available white papers on these issues
- > Maintain a 17-year long partnership with Emmy-nominated actress --and AARDA spokesperson -- Kellie Martin
- > Generate thousands of national and local print, television, radio and online news articles on ADs

How can you help AARDA achieve its next 25 years of success?

AARDA recently has spearheaded several strategic and big-picture initiatives to further understanding, diagnosing, treating and discovering a cure for autoimmune disease. All are in the beginning stages and require funding to reach fruition. Your generous support will help AARDA:

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| > Realize the creation of an Autoimmune Diagnostic Triage Clinic where patients may receive timely diagnoses by a team of experts | > Launch ARNet on a large scale -- one comprehensive, central database of anonymous patient information to be used by researchers | > Expand the Noel R. Rose Scientific Colloquium series on early promise research areas | > Increase overall research funding and support the Autoimmune Disease Young Mentored Investigator Research Grants program | > Permanently establish its Washington, DC Office to handle all patient advocacy initiatives | > Design an Autoimmune Disease Tool Kit for Women 35 and under that integrates traditional treatments with complementary approaches to address the whole person. |
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