



### Mary and Caroline: Two Sisters' Journey

Sisters Mary Dowdle and Caroline Easterling both live with myotonic dystrophy type 1, as did their father, grandfather and great grandfather. The sisters are very active with MDF and play a vital role within the Myotonic Dystrophy Foundation's community. We spoke with them recently about their experiences with DM. [Read more...](#)

### Nominate Your Caregiver!

Novemember is **National Family Caregivers Month** and we'd like you to share with us why your caregiver is special. Send us your caregiver's picture and story, and we'll feature him or her on our website throughout the month of November! Additionally, each submission we receive will be entered to win an MDF Care Package. [Click here](#) to learn more or submit your caregiver's information.



Los Hechos

### "The Facts" Now Available in Spanish, Italian and Portuguese!

Dr. Peter Harper wrote what many community members believe is the best lay overview of myotonic dystrophy in existence, in a book entitled "The Facts: Myotonic Dystrophy". Thanks to a translation project undertaken by community leader Shannon Lord last year with a very generous team of translators, "The Facts" is now available in Spanish, Italian and Portuguese via the MDF website. [Click here](#) to learn more and access the translations.

### 2013 MDF Annual Conference is Around the Corner!

- If you have not yet registered and would like to attend, please register now. There are less than 50 spots available and the conference sells out every year. [Click here](#) to learn more and register.
- And, we're pleased to share that, in honor of this year's western theme, we've scheduled a voluntary interactive Adaptive Line Dancing lesson with Sheila "Happy Feet" Brown! Be sure to pack your western wear so you can join the fun at the Welcome Reception Friday night!



The last day to book your hotel room at the group rate of \$92.00 per night is October 17. The room block at the Hilton Houston North is also almost full so book now by calling (866) 577-1154 or by visiting [Hilton Houston North](#).



## Recommend a Medical Professional and Be Entered to Win

Please help us grow our Medical Professionals Referral List. This community-generated list of physicians, nurses and other medical professionals is designed to help community members find a doctor or medical professional who is familiar with DM. Please submit any medical professionals with whom you've had a good experience. When you do, you'll be entered to win a great gift from MDF! We'll hold three random drawings through October and you can enter as many times as you like. [Learn more here...](#)

### Don't Forget to Update Your Gmail!

Due to a recent Google update, your Inbox settings have Changed! To avoid missing an email from MDF: drag this email to your "Primary" tab and click "yes" to ensure that future emails go to your Primary Inbox.



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