



LETTER TO THE EDITOR

Sending a letter to the editor of your local newspaper is an effective way to increase awareness about rheumatic diseases in your local community. Click [here](#) to send a pre-drafted letter directly to your hometown newspaper! Or, download and submit the letter below to the Letters editor at your local newspaper via email. If sending via email, be sure to include your home address and a contact phone number.



[Sample Letter to the Editor](#)

To The Editor:

Many community members might be surprised to learn that rheumatic diseases are the nation's leading cause of disability. In fact, nearly one in four Americans – young and old – live with a painful, debilitating, and chronic rheumatic disease. Arthritis is the most well-known rheumatic disease, but there are more than 100 conditions – including lupus, gout, Lyme disease, and juvenile idiopathic arthritis – that fall under this umbrella term.

Although the lifelong effects of these conditions can be devastating, the good news is that early intervention and prompt treatment by a rheumatologist can help patients manage pain and avoid long-term disability.

Unfortunately, it is not uncommon for people living with rheumatic diseases to experience pain and other mysterious symptoms for years before seeking treatment or receiving a correct diagnosis. As we recognize Rheumatic Disease Awareness Month this September, I encourage anyone experiencing persistent, chronic pain to learn more about rheumatic disease symptoms and whether you might benefit from visiting a trained specialist. The American College of Rheumatology offers a clearinghouse of useful information on its Simple Tasks (www.SimpleTasks.org) website.

Through better public awareness, we can help more people get the timely and effective care they need to manage pain and maintain a normal quality of life.

[Insert Your Full Name]

[Insert Your City of Residence]



SPONDYLITIS
 lupus GOUT
 JIA Sjögren's
 OSTEOARTHRITIS
 temporal arteritis
 Behçet's Disease