

## A message from Kellie Martin...



We Are 50 Million. That's the theme of AARDA's public awareness campaign which was launched in 2010 and will continue into 2011—and perhaps beyond.

Statistics show that 50 million Americans are affected by autoimmune diseases. My sister Heather was one of those 50 million; but unlike many patients who are diagnosed in time to receive life-saving treatment, my vibrant young sister wasn't that fortunate. At the age of 19, she died of late-stage lupus, an autoimmune disease which had gone undiagnosed despite repeated trips to doctors and emergency rooms. For Heather and the millions of other autoimmune disease sufferers, and for my little daughter Maggie who was born into an autoimmune family but remains autoimmune-free at present, I am volunteering my support as National Spokesperson for AARDA.

What does a National Spokesperson do? I am privileged to speak out on a national level—radio and television public service announcements, television talk shows, and the print media. One especially effective press release was “Do you know your family AQ (Autoimmune Quotient)?” which formed the basis for a PSA that was picked up by TV stations across the country.

I've also joined AARDA staffers and other volunteers in visiting offices on Capitol Hill to advocate for support of autoimmune research dollars. We know that autoimmune research must continue, and yet researchers and research institutions are scrambling for dwindling funds. We can't let autoimmune research programs disappear!

You know someone among the “50 Million” who has an autoimmune disease. Perhaps it's YOU. I urge you to join all of us in the fight against autoimmune disease. Please contact your representatives...spread awareness (brochures are available through AARDA)...lend your financial support.

You're already on the autoimmune team? Great! If not, why wait? The “50 Million” and AARDA need you—NOW. For everything you are doing—and will do—THANK YOU.

Kellie Martin  
AARDA National Spokesperson  
and dedicated AARDA Volunteer

## AARDA FY 2010: View from the Top

### Chairman of the Board Stanley M. Finger, Ph.D. President and Executive Director Virginia T. Ladd

As leaders of an AARDA team spread across the United States and into other countries, an organization collaborating with 29 national autoimmune disease-specific groups in the National Coalition of Autoimmune Patient Groups (NCAPG), we have seen promising developments in past years, including 2010. We are proud to know that AARDA has lent significant support to those developments that have included **advancements** in research findings, awareness, and treatments. Specific AARDA “**Major Accomplishments for Fiscal Year 2010**” are listed in this report. Let's take a quick overview.

**Research and Scientific Education—** Thanks to generous individual donors and corporate giving (see “**Major Contributors in Fiscal Year 2010**”), we have continued support of research at the Johns Hopkins University, the University of California at Davis, and Massachusetts General Hospital, to name a few. In addition, significant research findings have been published in peer-reviewed journals.

We have supported scientific meetings in the U.S. and abroad, e.g., a major meeting cosponsored by AARDA entitled “Immunodeficiencies and Autoimmune Diseases: A Scientific Colloquium.” Out of that meeting evolved an article, “The odd couple: A fresh look at autoimmunity and immunodeficiency,” that was published in the *Journal of Autoimmunity*.

AARDA also sponsored the “Autoimmune Diseases Summit: The Global State of Autoimmunity Today,” which gathered researchers and other medical professionals from several different disciplines. Discussion was lively and valuable. At that meeting, *A Briefing Report on Autoimmune Diseases and AARDA: Past, Present, and Future* was distributed and is currently being used as a valuable resource.



AARDA President and Executive Director Virginia T. Ladd and AARDA Chairman of the Board Stanley M. Finger, Ph.D.

One encouraging aspect of AARDA's work has been sponsoring students in the Summer Diversity Internship Program at Johns Hopkins University. This program is sparking interest in autoimmune research careers for the future.

**Patient Education and Awareness—** Education empowers a patient, and the empowered patient becomes a force for his/her own good. **Awareness** goes hand in hand with education: it leads the way to learning and early diagnosis—and, thus, life-saving treatments. The educated patient, no longer a victim, works with the disease and the medical professionals. To that goal, AARDA sponsors free public forums across the country concerning “What Every American Needs to Know About Autoimmune Disease.” Also, AARDA continues to provide educational grants to autoimmune disease-specific organizations for their own highly informative meetings.

**Resource Development—**In financial aspects of **Resource Development**, we have been able to keep our administrative costs much lower than the majority of nonprofit agencies and lower than the allowance for nonprofits. This is due not only to careful management but also to our utilization of **In-Kind Resources**. This has enabled us to stretch donor dollars to maintain—and, in some cases, increase—our expenditures in research, awareness, advocacy, and patient services, even in these tight economic times. In fact, research funding in FY 2010 is the highest in our history!

We hope that you will read this **Annual Report for your own “View from the Top.”** And please accept our THANK YOU for your interest in AARDA and your loyal support, past and future. You and we have done our best in 2010. Now, 2011, here we come!



Summer Diversity Internship Program participants, Johns Hopkins University, including six students supported by AARDA

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**AMERICAN AUTOIMMUNE  
RELATED DISEASES ASSOCIATION, INC.**  
*Virginia T. Ladd, Executive Director*

*National Office*

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The American Autoimmune Related Diseases Association, Inc., (AARDA), DBA Autoimmune Diseases Association, is a 501(c)(3) national voluntary health organization founded in 1991. AARDA is a member group and meets all standards of the National Health Council, in Washington DC, and of the Health & Medical Charities of America. As a Better Business Bureau Accredited Charity, AARDA meets the 20 Better Business Bureau Standards for Charity Accountability. AARDA also carries the seal "Best in America," certified by the Independent Charities of America, and has a Four Star Charity rating from Charity Navigator.



AMERICAN AUTOIMMUNE  
RELATED DISEASES ASSOCIATION, INC.

# 2010

## ANNUAL REPORT



*Dedicated to the  
eradication of  
autoimmune  
diseases and  
the alleviation  
of suffering  
through  
education,  
public  
awareness,  
research, and  
patient services*

## Major Accomplishments for Fiscal Year 2010

### Research

- Established O'Leary-Wilson Autoimmune Disease Fellowship (three-year commitment), Johns Hopkins University, Baltimore, MD
- Provided grants for autoimmune research, University of California, Davis; Johns Hopkins University, including ongoing autoimmune liver disease research and crosscutting autoimmune disease research; and Massachusetts General Hospital
- Continued support of Johns Hopkins University Center for Autoimmune Disease Research, Baltimore, MD
- Sponsored six interns, Summer Diversity Internship Program, Johns Hopkins University, Baltimore, MD
- Published *A Briefing Report on Autoimmune Diseases and AARDA: Past, Present, and Future*, written by Larry Tobias, MSc, MBA
- Saw article (by Ian Mackay, Natasha Leskovsek, and Noel Rose) published in the *Journal of Autoimmunity*, "The odd couple: A fresh look at autoimmunity and immunodeficiency," inspired by AARDA symposium

### Education (Patient, Public, and Scientific)

- Sponsored "Immunodeficiencies and Autoimmune Diseases: A Scientific Colloquium," Baltimore, MD
- Cosponsored with the United Nations NGO, "The Global State of Autoimmunity Today," New York, NY
- Sponsored the "Autoimmune Diseases Summit: The Global State of Autoimmunity Today," Washington, DC
- Provided support for FOCiS (Federation of Clinical Immunology Societies) Annual Meeting, Boston, MA
- Provided support for the Resource Center for Autoimmune Diseases, Lupus Foundation of Pennsylvania, Scranton
- Sponsored the 12th Annual Autoimmunity Day, Johns Hopkins University Center for Autoimmune Disease Research, Baltimore, MD
- Sponsored AARDA Autoimmune Public Forums, "What Every American Needs to Know About Autoimmune Disease," Orlando, FL; Boston, MA; St. Louis, MO; Houston, TX; Cherry Hill, NJ; Cleveland, OH
- Provided support and/or speakers, International Vasculitis Patient Symposium, Long Beach, CA; Graves' Disease Foundation Patient Education Conference, San Diego, CA; 13th International Congress on Antiphospholipid Antibodies, Galveston, TX; 7th International Congress on Autoimmunity, Ljubljana, Slovenia; American Society for Reproductive Immunology Conference, Pittsburgh, PA

- Supported 20th Anniversary Scientific Symposium and Celebration, Foundation for the NIH, Office of Research on Women's Health, Bethesda, MD
- Supported "Autoimmunity and the Environment Workshop," National Institute of Environmental Health Sciences, Durham, NC
- Assisted more than 400,000 inquirers approaching AARDA via telephone, e-mail, postal service, Web site, and personal contacts at meetings and conferences, by supplying information and referrals
- Made available for purchase a DVD: Dr. Noel R. Rose, "What Is Autoimmunity?" and Rita Baron-Faust, "Women and Autoimmunity"

### Awareness

- Provided display and representatives, American College of Rheumatology Annual Scientific Meeting, Philadelphia, PA
- Provided awareness booth and representative at FOCiS 2009 meeting (Federation of Clinical Immunology Societies), San Francisco, CA
- Provided awareness booth and representative, 7th International Congress on Autoimmunity, Ljubljana, Slovenia
- Made available autoimmune information on the Web (social networking programs as well as its LinkedIn group)
- Designed (through an AARDA volunteer) an aarda.org marketing and communications plan with emphasis on eMarketing tools
- Reached nationwide audience through *Ladies' Home Journal* article
- Participated in an audio-streamed radio talk show, interview on "Coping Conversations," with Dr. Robert Phillips (nationwide distribution)
- Oversaw the development of an AARDA promotional video underwritten by Genentech
- Received media placements on the Fox News Web site



Attending 12th Annual Autoimmunity Day, Johns Hopkins University: Dr. Noel R. Rose, Director, JHU Center for Autoimmune Disease Research (center), with Summer Diversity Internship students supported by AARDA: (left to right) Lourdes Ramirez, Yolanda Ross, and Sophia Uddin



Virginia Ladd (right) receives Life Contribution Prize for Autoimmunity, from Aesku Company president Dr. Torsten Matthias (left) and Dr. M. Eric Gershwin (center), Chair, Scientific Committee, 7th International Congress on Autoimmunity, Slovenia

- Had on-air live interviews on Sirius Radio with Dr. Noel Rose and Dr. Betty Diamond
- Launched national awareness program, "We Are 50 Million"

### Advocacy

- Worked to increase significantly autoimmune research funding at the National Institutes of Health (NIH)
- Worked collaboratively with other patient groups through the National Coalition of Autoimmune Patient Groups (NCAPG) and the International Alliance of Patients' Organizations on issues of importance to patients
- Obtained designation of March as National Autoimmune Disease Awareness Month
- Provided testimony, "Moving Into the Future—New Dimensions and Strategies for Women's Health Research," Office of Research on Women's Health, Chicago, IL
- Advocated for various pieces of legislation having possible impact on autoimmune diseases

### Administration

- Conducted 10th Annual Victorian Tea fund raiser to realize a profit of \$53,865
- Continued to expand autoimmune education and awareness through publication of *InFocus*, AARDA's quarterly newsletter
- Maintained active involvement with the National Health Council and continued to meet all NHC standards
- Maintained status as a Better Business Bureau Accredited Charity
- Continued "Best in America" certification by Independent Charities of America,
- Maintained a Four Star Charity rating from Charity Navigator
- Contained administrative and fundraising costs combined at only 6 percent of total expenses (up to 25 percent considered acceptable for nonprofit organizations)
- Received \$1,996,174 in contributions and in-kind services, representing 96 percent of total support and revenue (65 percent, in-kind services)

## A commentary from AARDA Scientific Advisory Board Chair

Betty Diamond, M.D.



This year was another banner year for AARDA as it expanded its involvement in the international arena. AARDA hosted a conference on autoimmunity at the United Nations to help shape world health priorities over the next decade. It is clear that there is an increase in the incidence of many autoimmune diseases, in the developed world and in industrializing countries, such that the triggers to autoimmunity need to be addressed. Moreover, we need better therapies that are easier to administer, less costly, less toxic and more efficacious. Interestingly, the global picture of autoimmunity is becoming more and more a picture that needs to be painted. Actual assessments of the impact of autoimmune disease on different societies need to be performed, and more clinical studies and clinical trials need to be international in scope to determine how diseases and their therapies may differ in different parts of the world.

AARDA continues to forge collaborative research by bringing together investigators from multiple disciplines to address important clinical problems. The next AARDA conference will focus on pregnancy and its impact on autoimmune disease to address the paradoxical observations that some diseases become less active and others become more active during pregnancy. The insights that emerge should assist in management of patients during pregnancy but may also suggest new therapeutic targets.

Clinical trials in autoimmune disease continue to be plentiful and to advance the care of patients. Perhaps one of the most exciting is a vaccine study in multiple sclerosis to prevent autoreactivity. This approach is designed to prevent autoreactivity without compromising immunocompetence. It is gratifying that many pharmaceutical and biotech companies exhibit a growing interest in autoimmune diseases.

One major challenge remains and, in fact, appears to be a problem of increasing magnitude. Funding for biomedical research is threatened just when opportunities for risk assessment, prevention, and treatment are increasing. This should be of grave concern to patients and their families, all of whom know the inadequacies of current diagnostic tools and current therapies. We can only hope that this policy will be as short-lived as it is shortsighted and that the resources needed for medical progress will be available.

Once again, AARDA needs to be applauded for its creative scientific programs and its advocacy efforts.

### AMERICAN AUTOIMMUNE RELATED DISEASES ASSOCIATION, INC. STATEMENT OF ACTIVITIES For The Year Ended September 30, 2010

#### Support and Revenue:

Fundraising income	\$ 75,374	
Contributions	645,599	
Contributions in-kind	1,350,575	
Net investment return	5,796	
<b>Total Support And Revenue</b>		<b>\$2,077,344</b>

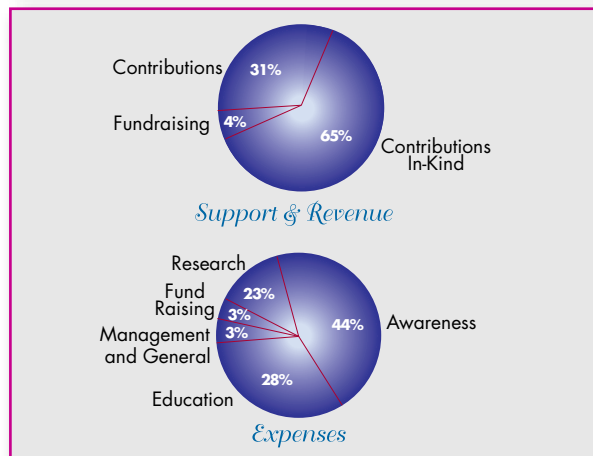
#### Expenses:

Program services:		
Education	595,780	
Public awareness	953,086	
Research	496,387	
<b>Total program services</b>		<b>2,045,253</b>
Supporting services:		
Management and general	58,566	
Fund raising	59,933	
<b>Total supporting services</b>		<b>118,499</b>
<b>Total Expenses</b>		<b>\$2,163,752</b>

#### Change in Net Assets (Note 11)

Net Assets, Beginning of Year	841,372
<b>Net Assets, End of Year</b>	<b>\$ 754,964</b>

Note 11 - Board Decisions: . . . , the change in net assets of (\$86,408) includes discretionary grants made during the year of \$174,000.



### Major Contributors in Fiscal Year 2010

#### Major In-Kind Contributors

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#### In-Kind:

Services \$1

#### Expenses:

Wages  
Professional fees  
Postage and shipping  
Public relations  
Printing and stationery  
Office supplies  
Operating supplies  
Dues and subscriptions  
Filing fees  
Equipment rental and maintenance  
Telephone  
Insurance  
State and national meetings  
Travel  
Depreciation  
Payroll taxes  
Insurance-health  
Fund raising  
Board expenses  
Professional training  
Grants  
Repairs and maintenance  
Utilities  
Retirement plan contributions  
Miscellaneous  
**Total Expenses**  
**Total Functional Expenses** \$2

IBM Employee Services Center  
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**AMERICAN AUTOIMMUNE  
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**STATEMENT OF FUNCTIONAL EXPENSES**  
**For The Year Ended September 30, 2010**

<u>Total</u>	<u>Program Services</u>			<u>Supporting Services</u>	
	<u>Education</u>	<u>Awareness</u>	<u>Research</u>	<u>Management and General</u>	<u>Fund Raising</u>
350,574	\$ 302,768	\$ 750,911	\$ 243,789	\$ 29,217	\$ 23,889
289,781	166,067	105,178	-	9,182	9,354
15,416	1,250	1,250	2,500	10,416	-
15,011	8,221	5,812	-	176	802
54,019	22,499	25,738	-	-	5,782
14,945	5,517	8,619	535	8	266
4,805	1,860	1,803	905	164	73
573	429	60	-	83	1
5,502	2,734	1,993	700	75	-
4,007	594	525	-	1,499	1,389
3,815	1,868	1,464	-	101	382
5,121	2,407	2,407	-	205	102
5,099	832	832	-	832	2,603
85,081	27,104	13,900	43,681	199	197
44,277	14,716	6,951	21,438	889	283
7,732	2,895	1,952	2,369	284	232
24,869	9,947	7,212	5,720	995	995
13,907	6,809	5,873	-	740	485
12,469	-	-	-	-	12,469
2,263	-	-	-	2,263	-
11,695	2,875	2,875	5,750	195	-
174,500	5,500	-	169,000	-	-
1,432	778	508	-	73	73
4,313	2,027	2,027	-	173	86
12,280	5,950	5,076	-	784	470
266	133	120	-	13	-
<u>813,178</u>	<u>293,012</u>	<u>202,175</u>	<u>252,598</u>	<u>29,349</u>	<u>36,044</u>
<u>1,163,752</u>	<u>\$ 595,780</u>	<u>\$ 953,086</u>	<u>\$ 496,387</u>	<u>\$ 58,566</u>	<u>\$ 59,933</u>

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\$1,000 to \$4,999**

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Nishad Pai  
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Company Utility  
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Michelle Diehl  
Alex & Iris Wagman  
Sara Ward  
Karen Watkins  
Wheel & Sprocket, Inc.  
Mr. & Mrs. G. Howard Willett III  
Charles Wofford  
Donald & Linda Worman

**Other Contributors and Friends**

Space does not allow us to include the names of all the persons and organizations who gave their financial support to AARDA, but we want to say "Thank you" again as we give this recognition in honor of their generosity.

**Memorials and Tributes**

Since it is our policy not to release amounts given for these donations, we take this opportunity to express our appreciation again to those kind donors. Every contribution has been acknowledged to the donors, to those persons honored, and to the families of those held in memoriam.

GODFREY HAMMEL, DANNEELS & COMPANY, P.C.  
Certified Public Accountants & Business Consultants

INDEPENDENT AUDITOR'S REPORT

To The Board Of Trustees

American Autoimmune Related Diseases Association, Inc.

We have audited the accompanying statement of financial position of American Autoimmune Related Diseases Association, Inc. (a Michigan not-for-profit corporation) as of September 30, 2010, and the related statements of activities, functional expenses, and cash flows for the year then ended. These financial statements are the responsibility of the management of American Autoimmune Related Diseases Association, Inc. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with auditing standards generally accepted in the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of American Autoimmune Related Diseases Association, Inc. as of September 30, 2010, and the changes in its net assets and its cash flows for the year then ended in conformity with accounting principles generally accepted in the United States of America.

Godfrey Hammel, Danneels & Company, P.C.  
St. Clair Shores, Michigan

December 29, 2010

21420 GREATER MACK AVENUE • ST. CLAIR SHORES, MICHIGAN 48080

**AMERICAN AUTOIMMUNE  
RELATED DISEASES ASSOCIATION, INC.  
STATEMENT OF FUNCTIONAL EXPENSES  
For The Year Ended September 30, 2010**

	<u>Program Services</u>				<u>Supporting Services</u>	
	<u>Total</u>	<u>Education</u>	<u>Awareness</u>	<u>Research</u>	<u>Management and General</u>	<u>Fund Raising</u>
<b>In-Kind:</b>						
Services	\$1,350,574	\$ 302,768	\$ 750,911	\$ 243,789	\$ 29,217	\$ 23,889
<b>Expenses:</b>						
Wages	289,781	166,067	105,178	-	9,182	9,354
Professional fees	15,416	1,250	1,250	2,500	10,416	-
Postage and shipping	15,011	8,221	5,812	-	176	802
Public relations	54,019	22,499	25,738	-	-	5,782
Printing and stationery	14,945	5,517	8,619	535	8	266
Office supplies	4,805	1,860	1,803	905	164	73
Operating supplies	573	429	60	-	83	1
Dues and subscriptions	5,502	2,734	1,993	700	75	-
Filing fees	4,007	594	525	-	1,499	1,389
Equipment rental and maintenance	3,815	1,868	1,464	-	101	382
Telephone	5,121	2,407	2,407	-	205	102
Insurance	5,099	832	832	-	832	2,603
State and national meetings	85,081	27,104	13,900	43,681	199	197
Travel	44,277	14,716	6,951	21,438	889	283
Depreciation	7,732	2,895	1,952	2,369	284	232
Payroll taxes	24,869	9,947	7,212	5,720	995	995
Insurance—health	13,907	6,809	5,873	-	740	485
Fund raising	12,469	-	-	-	-	12,469
Board expenses	2,263	-	-	-	2,263	-
Professional training	11,695	2,875	2,875	5,750	195	-
Grants	174,500	5,500	-	169,000	-	-
Repairs and maintenance	1,432	778	508	-	73	73
Utilities	4,313	2,027	2,027	-	173	86
Retirement plan contributions	12,280	5,950	5,076	-	784	470
Miscellaneous	266	133	120	-	13	-
<b>Total Expenses</b>	<u>813,178</u>	<u>293,012</u>	<u>202,175</u>	<u>252,598</u>	<u>29,349</u>	<u>36,044</u>
<b>Total Functional Expenses</b>	<u>\$2,163,752</u>	<u>\$ 595,780</u>	<u>\$ 953,086</u>	<u>\$ 496,387</u>	<u>\$ 58,566</u>	<u>\$ 59,933</u>