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

Follow us on social media, including:

Facebook (www.facebook.com/Autoimmunity)  Twitter (@AARDATweets)  YouTube (www.youtube.com/AARDATube)

American Autoimmune Related Diseases Association, Inc.
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:

**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

**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:

- 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.