

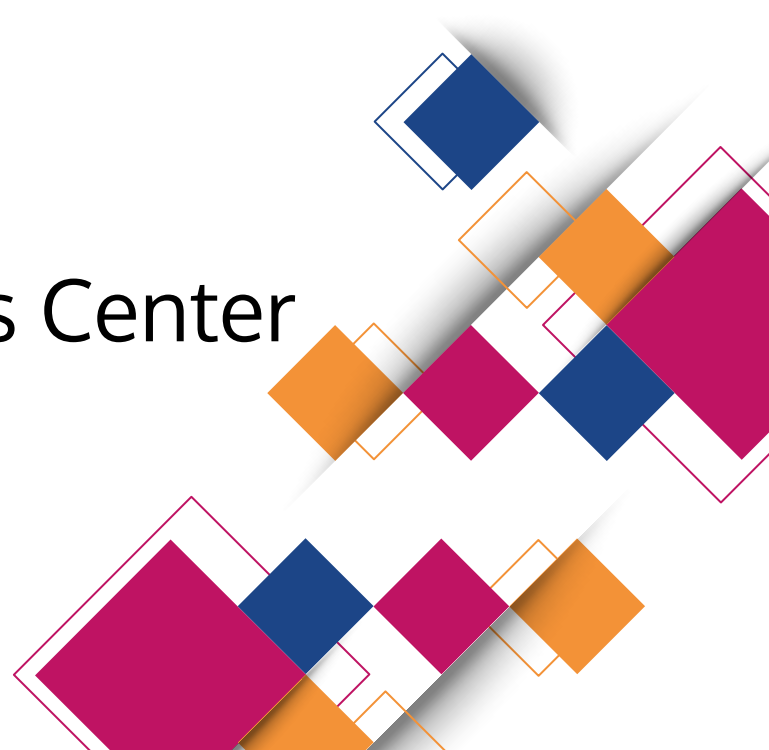
IBM

Hello! I'm Martha Arnold.



Martha Arnold – Person Living with IBM

- Member of the Board of Directors of TMA
- Retired consultant to the Life Science Industry
- Diagnosed 10 years ago
 - 17 years since initial symptoms
- Now followed at Johns Hopkins Myositis Center
- Part A of Abcuro 008 trial



“Look Mum – No Hands!”



- Significant, progressive loss of grip strength and finger dexterity
- Lower body and swallowing function preserved – so far.

I rely on my hands every hour of every day

Writing
Typing

Food prep
and eating

Driving

Around the
Home

Dressing and
Personal
Hygiene

While waiting for a treatment – I stay active

- Hand strengthening and stretching
- Indoor biking – 6 days a week
 - Gave up outdoors -- unsafe
- Swimming/aquatic exercise
- Strength training
 - Rely on Velcro hooks and straps
- Snowshoe rather than ski cross country
- Walk or easy hike
- Golf with accommodations



Sharing some thoughts

- IBMers tend to blame everything that develops on IBM
 - Engage to make sure something treatable isn't being missed
- Steady slow progression? Or discrete stepped losses?
- Uncertainty is incredibly stressful

