Becoming an Advocate

The Whittemore Peterson Institute (WPI) is building an international network of advocates who are dedicated to finding a cure for neuro-immune diseases (NID). We are all working together to advance the search for a cure faster and more effectively.

When it comes to understanding and advocating for those with NID, WPI's strength lies in the community it has built and the ability of our "Advocates 4 Answers" to work together to create strong relationships with the world wide community, as well as with our members of Congress. These relationships strengthen our community, provide support for those who are living with NID and deliver our message–the need for a cure–faster and more effectively.

What it Means to Advocate for Neuro-Immune Disease (NID)

The term neuro-immune disease refers to a group of complex multi-symptom diseases characterized by acquired dysregulation of both the immune system and the nervous system which may result in lifelong disease and disability. Included in this definition are similarly presenting illnesses such as ME/CFS, fibromyalgia, Gulf War illness, and post Lyme disease. "Advocates 4 Answers" are helping by supporting a variety of issues that are critical to our search for answers such as:

- Requesting that neuro-immune diseases be defined and sub grouped by biological markers of disease
- Increasing National Institutes of Health (NIH) funding of neuro-immune diseases (NID)
- Request biological research across multiple institutes of health with leadership from the National Institute of Allergy and Infectious Diseases (NIAID)
- Designate funding for medical research “Centers of Excellence” for those with NID

Things You Can Do Each Day to Show Your Support

Throughout the month of May, WPI will be hosting our first annual awareness month in support of NID. A list of ideas and activities are below and can also be found at www.anida.co beginning May 1.

- Wear your blue butterfly pin all month: Wear blue to represent all neuro-immune diseases
- Change your Facebook profile picture to the *Advocate Icon* which is also attached to the original email
- Change your signature file in your email to be an Advocate for Neuro-Immune Disease Awareness
- Use blue font in all of your emails
- Upcoming events

  Mondays– Write your congressperson a personal letter asking for their support.
  Tuesdays – Cook 4 A Cure - Each Friday we will post a delicious recipe on Facebook you can cook in honor of NID awareness month.
  Wednesdays– Ask your family and friends to support NID awareness and research.
  Thursdays – Pay It Forward - help someone with NID by taking them groceries, taking them to a doctor appointment, bringing them flowers, cooking them dinner, etc.
  Fridays – Distribute flyers about NID to local libraries, bookstores, cafes, etc. A flyer you can download and print will be available at www.anida.co and WPI advocacy starting May 1.
  Social Saturdays – Educate your family, friends and doctors about NID by writing letters, making phone calls or using social media.
  Sundays – Plant flowers, a bush or a tree in memory of someone affected by NID.

- Purchase your "Advocates 4 Answers" t-shirt beginning May 1st at www.anida.co.

The Whittemore Peterson Institute is the first institute in the world dedicated to Neuro-Immune Disease integrating: patient treatment, basic and clinical research, and medical education.