

A Journey
to Understand
My Dermatomyositis



What is Dermatomyositis?
(Dur-mah-toe-my-oh-SY-tis).



Dermatomyositis is a condition that causes a skin
rash and muscle weakness.

WAIT!

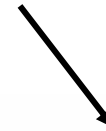
Before we learn more about Dermatomyositis, we need to learn more about our skin and muscles.



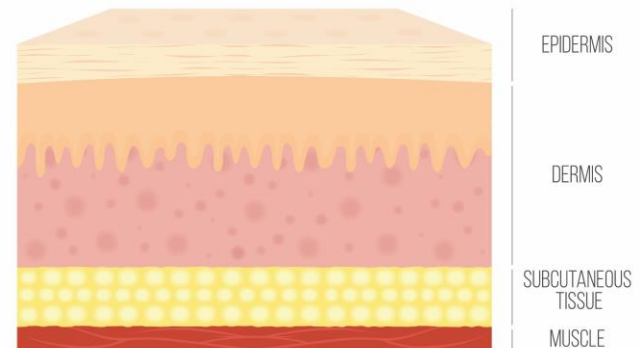
Let's talk about **skin**!

Your skin is an important part of your body! Its job is to protect your body from things in the outside world.

Skin has layers that protect the body. When something tries to get in, skin says no! and doesn't allow it inside.

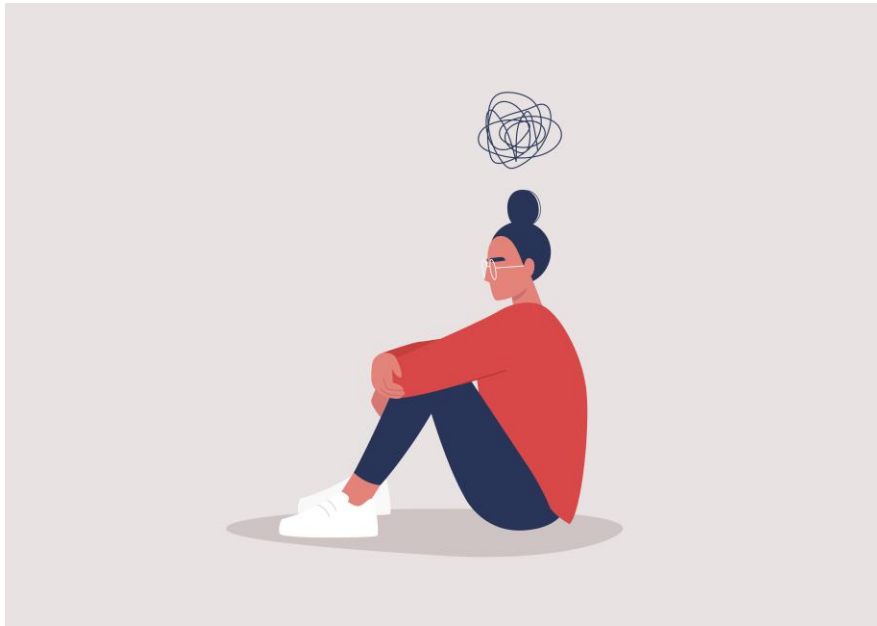


THE LAYERS OF SKIN



WAIT!

I don't like the sound of all that! I want my skin to be okay!



Well there's good news! You can help your skin heal by taking medicine that your doctor recommends. This medicine can come in many different ways such as pills and lotions, and sometimes pokes.



PHEW! That was a lot of information. Let's take a break before we talk about muscles.



Muscles also have an important job for your body. You can control some of your muscles. Muscles work with your bones to give your body power and strength.



Some kids with Dermatomyositis have weak muscles. They might not be able to use their legs very much, sit up or stand up, because their muscles are not strong enough.



Oh man! This doesn't sound good.

This can sound a little scary. By taking regular medication and doing **LOTS** of therapy, your body can improve.

REMEMBER!!!

Dermatomyositis is not your fault!

The doctors don't know why this happens, but with good treatment they can help manage your symptoms.