

Myositis India



March 2025

Myositis India Appreciation Note

Myositis India extends its heartfelt gratitude to the following volunteers for their invaluable contributions. Your dedication and efforts have played a significant role in supporting our mission. We sincerely appreciate your commitment and the positive impact you have made. As you move forward, we wish you all the best in your future endeavors. May you continue to inspire and make a difference!

With gratitude,
Myositis India

Dr. Saloni Haldule

Dr. Rutvik Savaliya

Dr. Namratha Edpuganti

Dr. Dinakar Sai Velagala

Our Social Media Reach

2,341 FOLLOWERS
ON INSTAGRAM

4,276,396
ACCOUNTS
REACHED IN ONE
POST

CLINICOINFOGR
APHIC PEARLS
POSTED
REGULARLY ON X.

ACTIVE AND
ENGAGING
WHATSAPP
GROUP OF
DOCTORS AND
PATIENTS.



We would like to thank
Ipca laboratories for
their continued support.

Myositis India x

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WEBINAR UPDATE - NAVIGATING MYOSITIS ANTIBODIES

Myositis India successfully hosted a physician webinar titled “Navigating Myositis Antibody Accuracy: Challenges and Advances” on March 13, 2025. The session featured Dr. Sarah Tansley, an expert in myositis autoantibodies, and Dr. K.G. Chengappa, a leading rheumatologist. The event drew over 100 rheumatologists from around the world, fostering a truly global discussion. The speakers covered advances in antibody testing, challenges in interpreting serological results, and their clinical relevance in diagnosing and managing myositis. The webinar was well-received, highlighting Myositis India's commitment to promoting education, collaboration, and improved patient care. We would like to thank CPC Diagnostics for supporting this webinar.

Frequently Asked Questions

WHAT ARE THE APPROPRIATE EXERCISES FOR MYOSITIS PATIENTS?

Appropriate exercises for myositis patients include low-impact activities like stretching, gentle yoga, and water-based exercises, which help improve flexibility and reduce muscle stiffness. Strengthening exercises under professional supervision can also maintain muscle function and prevent deconditioning. It is essential to tailor exercises to individual needs and perform them in consultation with a healthcare provider or physical therapist. For further information, do follow our social media platforms for details on the Yoga Webinar held multiple times a month.

DOES MYOSITIS INCREASE THE RISK FOR CANCER?

Yes, myositis, particularly dermatomyositis, is associated with an increased risk of cancer, especially in adults. This risk is highest within the first few years of diagnosis,

Frequently Asked Questions

and common cancers linked include ovarian, lung, pancreatic, and stomach cancers. Regular cancer screenings and close monitoring are essential for early detection and management in myositis patients. For further information, please refer to our Instagram reel - <https://www.instagram.com/reel/C6lplbXQI5f/?igsh=MTUOaDhwMjBkZnYwbG==>

HOW IS MRI USED IN MYOSITIS?

MRI is a valuable tool for diagnosing and monitoring myositis, as it detects inflammation, edema, and muscle damage. It provides detailed imaging, allowing for non-invasive identification of affected areas. Additionally, MRI helps track disease progression and assess treatment effectiveness over time.

For further information, please refer to our Instagram reel - <https://www.instagram.com/reel/DBu9eK2vIqL/?igsh=YmV2MzhvdzMOcHgZ>

Our Volunteers

Gokulkrishna Nambiar



Hello everyone, I am Dr. Gokulkrishna Nambiar, an MBBS graduate from B.J. Medical College, Pune, with a passion for digital outreach and patient advocacy. As the Head of Social Media and Content Distribution at Myositis India, I have had the privilege of leveraging digital platforms to amplify awareness about myositis and connect individuals across the globe. Joining Myositis India has been an immensely rewarding journey, as it has allowed me to work on impactful initiatives and ideas that educate, empower, and engage our community of myositis patients, healthcare professionals, and the broader public. Through my efforts, I strive to foster an inclusive online space where patients, caregivers, and medical professionals can come together to share knowledge and find support. It is truly inspiring to witness how our digital initiatives have positively impacted so many lives, and I look forward to continuing this work with unwavering commitment.

Rutvik Savaliya

Rutvik is a medical graduate passionate about neurology, with hands-on experience in the U.S. healthcare system. Beyond clinical work, he serves as Director of the Webinar Team at Myositis India, organizing educational sessions for patients and physicians. A former competitive chess and soccer player, he values resilience, teamwork, and strategic thinking. With a strong foundation in neurology, leadership, and patient advocacy, he aims to advance the field through clinical care, research, and education.



Kshitij Kanuga



I am an intern from NHL Municipal Medical College, Ahmedabad. Medicine and public health have always interested me and since my first year I have tried to be part of organizations that focus in disseminating healthcare and awareness to those segments of the population that are deprived of it. I have been with Myositis India for almost a year now contributing in various areas like organizing webinars and creating content in vernacular languages for our social media platforms. It has been extremely fulfilling and it gives me a sense that I could help someone in a way that we unfortunately cannot in our hospitals and make a positive impact in their lives at a personal level. Outside of medicine I have been very much involved in music which has always been food for my soul.

Hear From our Patient - Mr. Sunil Kumar

Living with Myositis: A Journey of Strength and Awareness

My journey with myositis began with unexplained muscle pain, weight loss, and fatigue—symptoms I initially ignored. A long road of misdiagnosis led me to a rheumatologist, and after multiple tests, I was diagnosed with TIF1 gamma-positive myositis and thrombocytopenia. Financial and emotional struggles made the journey harder, but with the support of my loved ones, I pushed through.

Early diagnosis is crucial, and raising awareness can change lives. I now contribute to Myositis India, sharing my story to help others seek timely medical advice. My message is simple: Adapt, persevere, and never give up. You are not alone in this fight.



Let's continue to stand strong and support one another.



Our Medical Advisory Board Member - Dr. Narendra Bagri

Dr. Narendra Kumar Bagri is a highly accomplished Pediatric Rheumatologist with extensive experience in clinical practice, research, and medical education. He currently serves as an Additional Professor in the Department of Pediatrics, Division of Pediatric Rheumatology and Clinical Immunology at the All India Institute of Medical Sciences (AIIMS), New Delhi.

Dr. Bagri completed his MBBS and MD in Pediatrics from the prestigious Institute of Medical Sciences, Banaras Hindu University (BHU), Varanasi. His commitment to advancing pediatric rheumatology led him to pursue the Pediatric Rheumatology European Society (PRES) EMERGE Fellowship at the Bristol Royal Children's Hospital, UK, under the mentorship of Prof. A.V. Ramanan. This specialized training enhanced his expertise in managing complex autoimmune and inflammatory disorders in children.

Throughout his career, Dr. Bagri has held significant academic positions, progressing from Assistant Professor to Associate Professor and now Additional Professor at AIIMS, New Delhi. Prior to this, he served as an Assistant Professor at BHU and as a Senior Resident at Dr. Ram Manohar Lohia Hospital, New Delhi. His dedication to medical research and education has earned him a prominent role as Co-Chair of the APLAR JIA (Juvenile Idiopathic Arthritis) Working Group and a Member of the Academic Board of Myositis India, contributing significantly to the advancement of pediatric rheumatology in India and beyond.

Apart from his professional pursuits, Dr. Bagri is passionate about badminton, human rights, and ethical values. His multifaceted contributions to clinical care, research, and medical education continue to shape the future of pediatric rheumatology, improving the lives of children with rheumatic diseases.

Thank you for reading!

OUR TEAM

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