



NOVEMBER 2025

MYOSITIS INDIA

INTRODUCTION TO CLINICAL TRIALS

WHAT IS A CLINICAL TRIAL AND WHY DOES IT MATTER IN MYOSITIS?

A CLINICAL TRIAL IS A CAREFULLY PLANNED RESEARCH STUDY THAT HELPS DOCTORS AND SCIENTISTS LEARN WHETHER A NEW TREATMENT IS SAFE, EFFECTIVE, AND GENUINELY HELPFUL FOR PATIENTS. FOR PEOPLE LIVING WITH MYOSITIS, CLINICAL TRIALS HOLD SPECIAL IMPORTANCE. BECAUSE MYOSITIS IS A RARE AND OFTEN UNPREDICTABLE CONDITION, RESEARCHERS NEED THE REAL-LIFE EXPERIENCES OF PATIENTS TO UNDERSTAND WHETHER A DRUG TRULY MAKES A DIFFERENCE.

WHAT TYPICALLY HAPPENS IN A MYOSITIS CLINICAL TRIAL?

TYPICALLY, IN A MYOSITIS CLINICAL TRIAL, FIRST DOCTORS HAVE TO DETERMINE IF PATIENT IS ELIGIBLE FOR CLINICAL TRIAL BY DOING EXAMINATION OF THE PATIENT AND FEW TESTS. IF PATIENT IS ELIGIBLE, THEN PATIENTS RECEIVES EITHER A NEW DRUG OR PLACEBO ALONG WITH THEIR ONGOING STANDARD OF CARE MYOSITIS MEDICATION (AS PER THEIR PHYSICIANS) FOR SEVERAL MONTHS DEPENDING ON DURATION OF THE TRIAL. DOCTORS CONTINUE TO MONITOR HOW PATIENT'S ARE DOING THROUGH OUT THE CLINICAL TRIAL BY EVALUATING THEIR MUSCLE STRENGTH, RASHES, JOINT PAINS, FATIGUE, PAIN, OR HOW THE DISEASE AFFECTS YOUR DAILY LIFE.

IS PARTICIPATING IN A CLINICAL TRIAL SAFE AND VOLUNTARY?

PARTICIPATING IN A CLINICAL TRIAL IS ALWAYS VOLUNTARY, AND EVERY STUDY IS DESIGNED WITH STRICT SAFETY MEASURES, ETHICAL GUIDELINES, AND CLOSE MEDICAL MONITORING. THESE PROTECTIONS EXIST TO ENSURE THAT PATIENTS FEEL SUPPORTED, RESPECTED, AND CARED FOR THROUGHOUT THE PROCESS.

WHY DOES PARTICIPATION MATTER?

WHEN MYOSITIS PATIENTS CHOOSE TO JOIN A TRIAL, THEY ARE NOT JUST HELPING RESEARCHERS—THEY ARE HELPING THE ENTIRE MYOSITIS COMMUNITY. EACH PERSON'S INVOLVEMENT BRINGS US ONE STEP CLOSER TO MORE EFFECTIVE TREATMENTS AS WELL AS BETTER UNDERSTANDING OF THE DISEASE. YOUR PARTICIPATION IS AN ACT OF COURAGE AND GENEROSITY, OFFERING HOPE NOT ONLY FOR YOURSELF BUT FOR COUNTLESS OTHERS PATIENTS.

OUR SOCIAL MEDIA REACH

2,497 FOLLOWERS
ON INSTAGRAM

4 MILLION PLUS
VIEWS ON A
SINGLE POST IN
THREE MONTHS

WE
COLLABORATE
WITH MYOSITIS
SUPPORT GROUPS
ALL OVER THE
WORLD

ACTIVE AND
ENGAGING
WHATSAPP
GROUP OF
DOCTORS AND
PATIENTS.

WE WOULD LIKE
TO THANK
ASTRAZENECA
FOR THEIR
CONTINUED
SUPPORT



Myositis India x

MYOSITISINDIA.ORG

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HEAR FROM OUR PATIENT - NARESH PYAPILI

MR. NARESH PYAPILI, AFTER GETTING DIAGNOSED WITH DERMATOMYOSITIS (ALPHA-BETA +VE) IN OCTOBER 2022, WITH GREAT STRENGTH, GRIT AND DETERMINATION, CONTINUED TAKING STEPS AND SUCCESSFULLY CLIMBED THE STEPS OF TIRUPATI PILGRIMAGE.

AFTER HIS DIAGNOSIS, HIS MUSCLES BECAME WEAK, HIS SKIN COLOUR CHANGED, HE COULDN'T EVEN TAKE A STEP FORWARD, BUT HE CONTINUED HIS RECOVERY PROCESS VERY BRAVELY AND NEVER LET MYOSITIS STOP HIM FROM DOING ANY ACTIVITY THAT OTHERS AROUND HIM COULD DO. HIS RECOVERY DIDN'T HAPPEN OVERNIGHT BUT IT TOOK HIS PERSISTENT EFFORTS DAY IN AND DAY OUT WHICH HELPED HIM OVERCOME MYOSITIS.

INSPIRATION IS CONTAGIOUS. CONSISTENCY DEFEATS PERFECTION.

BY SHARING HIS STORY, HE SHOWS OTHERS LIVING WITH MYOSITIS THAT LIMITATION DOESN'T EQUAL FINALITY. HE VERY RIGHTLY SAYS THAT NOTHING IN LIFE IS PERMANENT AND TO NEVER LOSE HOPE IN ANY SITUATION OF LIFE. PEOPLE WITH MYOSITIS CAN DO ANYTHING AND EVERYTHING THAT OTHERS AROUND THEM CAN AS WELL. HIS JOURNEY IS A POWERFUL REMINDER THAT WE SHOULD NEVER LET OUR CHALLENGES STOP US FROM LIVING A FULL AND VIBRANT LIFE.



1. WHAT IS THE ROLE OF MYOSITIS-SPECIFIC ANTIBODIES (MSAs) IN PREDICTING DISEASE COURSE?

MSAs ARE KEY BIOMARKERS THAT HELP PREDICT THE SPECIFIC FEATURES AND COMPLICATIONS A PATIENT MAY FACE. FOR INSTANCE, THE ANTI-MDA5 ANTIBODY IS STRONGLY LINKED TO RAPIDLY PROGRESSIVE INTERSTITIAL LUNG DISEASE (RP-ILD), WHICH REQUIRES URGENT TREATMENT. IN CONTRAST, ANTIBODIES LIKE ANTI-MI-2 TYPICALLY INDICATE A MORE FAVORABLE PROGNOSIS IN DERMATOMYOSITIS. TESTING FOR THESE ANTIBODIES ALLOWS DOCTORS TO CREATE A MORE ACCURATE PROGNOSIS AND TAILOR INITIAL THERAPY.

2. WHAT ARE THE MOST PROMISING EMERGING AND EXPERIMENTAL TREATMENTS FOR MYOSITIS?

THE MOST PROMISING NEW TREATMENTS FOCUS ON ACHIEVING AN "IMMUNE RESET" RATHER THAN JUST SUPPRESSION. CAR T-CELL THERAPY IS AN EXPERIMENTAL TREATMENT THAT ENGINEERS A PATIENT'S OWN T-CELLS TO DESTROY SPECIFIC HARMFUL B-CELLS, SHOWING ENCOURAGING RESULTS TOWARD LONG-TERM REMISSION IN SOME TRIALS.

ADDITIONALLY, TARGETED BIOLOGICS IN LATE-STAGE TRIALS ARE AIMING TO BLOCK SPECIFIC INFLAMMATORY PROTEINS, SUCH AS THOSE RELATED TO INTERFERON PATHWAYS, WHICH DRIVE THE DISEASE.

3. HOW ARE THE COMMON LONG-TERM SIDE EFFECTS OF PRIMARY MYOSITIS MEDICATIONS MANAGED?

THE LONG-TERM USE OF CORTICOSTEROIDS (LIKE PREDNISONE) IS MANAGED BY REDUCING THE DOSE AS QUICKLY AS POSSIBLE USING STEROID-SPARING AGENTS (IMMUNOSUPPRESSANTS). TO COMBAT BONE LOSS FROM STEROIDS, PATIENTS ARE ROUTINELY MONITORED FOR OSTEOPOROSIS AND GIVEN CALCIUM/VITAMIN D SUPPLEMENTS. PATIENTS ON IMMUNOSUPPRESSANTS ALSO REQUIRE VACCINATIONS AND SOMETIMES PROPHYLACTIC ANTIBIOTICS TO MANAGE THE INCREASED RISK OF SEVERE INFECTIONS.

CASE PRESENTATION COMPETITION

MYOSITIS INDIA CONDUCTED A CASE PRESENTATION COMPETITION FOR POSTGRADUATE STUDENTS AND FELLOWS, FOCUSING ON REAL-WORLD CLINICAL MANAGEMENT OF MYOSITIS PATIENTS.

A TOTAL OF 20 ABSTRACTS WERE RECEIVED, FROM WHICH THE MEMBERS OF OUR MEDICAL ADVISORY BOARD (MAB) SHORTLISTED 10 PRESENTATIONS. THESE CASES WERE PRESENTED ONLINE OVER THREE DAYS—16TH, 17TH, AND 23RD AUGUST.

THE PRESENTATIONS WERE EVALUATED BY MEMBERS OF THE MYOSITIS INDIA MAB: DR. ROHIT AGGARWAL, DR. NARENDRA BAGRI, DR. HIMANSHU PATHAK, DR. JUGAL KADEL, DR. PANKTI MEHTA, AND DR. SOURABH MALVIYA. BASED ON CLINICAL INSIGHT, CLARITY, AND MANAGEMENT APPROACH, THE PANEL SELECTED THE TOP 3 PRESENTATIONS.

MYOSITIS INDIA CONGRATULATES ALL PARTICIPANTS AND THANKS THE JUDGES FOR THEIR VALUABLE CONTRIBUTION TO THIS ACADEMIC INITIATIVE.

Dr Shakthi S (Winner) - JR medicine, AIIMS Delhi

Faculty mentor - Dr Siddharth Jain, Assistant professor AIIMS, Delhi

Topic- In the Shadow of Silence: Rediscovering voice in a cardiac arrest survivor

Vineetha K (1st Runner up) - DM 2nd year resident, PGIMER Chandigarh

Mentor - Dr Shankar Naidu, Additional Professor, PGIMER Chandigarh

Topic- When nerves speak for muscle: Unraveling a diagnostic challenge

Bodhibrata Banerjee (2nd Runner up) - DM SR Rheumatology

Mentor - Prof Varun Dhir

Institute - PGIMER, Chandigarh

Topic- In the Shadow of Peril: The gut's final cry amidst skin and muscle

Dr Chandrashekhar MN: PGIMER, Chandigarh

Dr Pavneet Kaur: AIIMS, New Delhi

Dr Israrul Haque: IPGIMER, Kolkata

Dr Mukul Preetam: IPGIMER, Kolkata

Dr Shriyansh Jain: Metro Hospital, Noida

Dr Nidhi Goel: Army Hospital Research and Referral, New Delhi

STUTI CHANDOLA (BEST ORIGINAL RESEARCH)

Fellow in pediatric radiology, AIIMS New Delhi

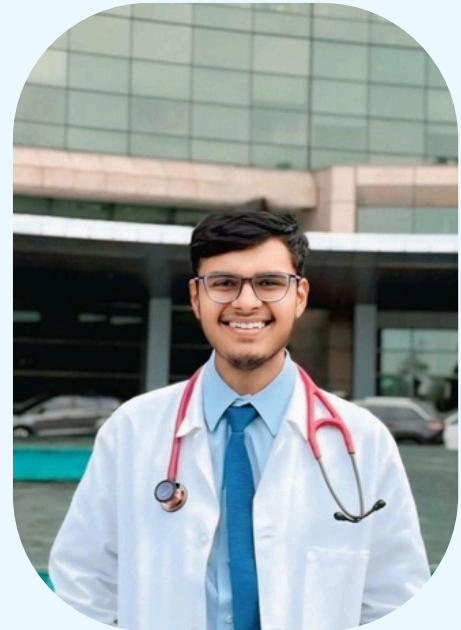
Moderator- Dr Manisha Jana,
Dr Narendra Bagri

Topic- Interstitial Lung disease in Juvenile Dermatomyositis: Clinical Correlates of Radiological Patterns

OUR VOLUNTEERS

ISHAN TUNGAR

HELLO EVERYONE! I'M DR. ISHAN TUNGAR, A MEDICAL GRADUATE FROM BJ GOVERNMENT MEDICAL COLLEGE AND SASSOON GENERAL HOSPITAL, PUNE. I'VE HAD THE OPPORTUNITY TO WORK CLOSELY WITH A WONDERFUL TEAM DEDICATED TO SPREADING AWARENESS AND SUPPORTING PATIENTS WITH MYOSITIS. I'VE BEEN INVOLVED IN ORGANIZING EDUCATIONAL WEBINARS, COORDINATING WITH HEALTHCARE PROFESSIONALS, AND MANAGING DIGITAL OUTREACH THROUGH LINKEDIN. THIS EXPERIENCE HAS BEEN INCREDIBLY FULFILLING, AS IT HAS ALLOWED ME TO CONTRIBUTE TO A CAUSE THAT BLENDS MEDICINE, COMMUNICATION, AND COMMUNITY SERVICE. OUTSIDE OF MY CLINICAL WORK, I'M DEEPLY INTERESTED IN MEDICAL EDUCATION, RESEARCH, AND MENTORSHIP, AND I ENJOY GUIDING STUDENTS PREPARING FOR EXAMS LIKE THE USMLE. I BELIEVE THAT EMPATHY, AWARENESS, AND COLLABORATION ARE THE CORNERSTONES OF BETTER HEALTHCARE, AND MY WORK WITH MYOSITIS INDIA CONTINUES TO REMIND ME OF THAT EVERY DAY.



JANAHABI GIRI

I AM DR JANAHABI GIRI. I COMPLETED MY MBBS FROM B.J GOVERNMENT MEDICAL COLLEGE, PUNE. I HAVE BEEN A VOLUNTER AT MYOSITIS INDIA FOR MORE THAN A YEAR, CREATING INFORMATIVE VIDEOS THAT BREAK DOWN COMPLEX ASPECTS OF MYOSITIS, INCLUDING ITS SYMPTOMS, TREATMENT OPTIONS, AND COPING STRATEGIES. IN ADDITION, I'VE CONDUCTED YOGA WEBINARS AIMED AT HELPING INDIVIDUALS MANAGE THE PHYSICAL CHALLENGES OF LIVING WITH MYOSITIS. I AM PROUD TO BE PART OF MYOSITIS INDIA AND CONTINUE WORKING TOWARDS MAKING A POSITIVE IMPACT ON THE LIVES OF THOSE AFFECTED BY THIS CONDITION.





OUR MEDICAL ADVISORY BOARD MEMBER - DR. BIMLESH PANDEY

DR. BIMLESH DHAR PANDEY IS A DISTINGUISHED RHEUMATOLOGIST SERVING AS THE DIRECTOR OF RHEUMATOLOGY AT FORTIS HOSPITAL, NOIDA, BRINGING OVER 23 YEARS OF EXTENSIVE MEDICAL EXPERIENCE. HE HOLDS AN MBBS AND AN MD IN INTERNAL MEDICINE, COMPLEMENTED BY ADVANCED FELLOWSHIPS IN RHEUMATOLOGY FROM THE UNIVERSITY OF LEEDS, UK, AND A SPECIALTY CERTIFICATE EXAMINATION IN RHEUMATOLOGY, UK.

DR. PANDEY'S PROMINENT WORK INVOLVES THE COMPREHENSIVE DIAGNOSIS AND ADVANCED MANAGEMENT OF COMPLEX AUTOIMMUNE AND MUSCULOSKELETAL DISORDERS. HE SPECIALIZES IN CONDITIONS SUCH AS RHEUMATOID ARTHRITIS, ANKYLOSING SPONDYLITIS, LUPUS, PSORIATIC ARTHRITIS, AND VARIOUS FORMS OF VASCULITIS. HIS EXPERTISE EXTENDS TO ADVANCED PROCEDURES, INCLUDING INTRA-ARTICULAR INJECTIONS AND SPECIFIC BIOPSIES.

DR. PANDEY IS A RESPECTED FIGURE IN THE FIELD, EVIDENCED BY HIS EXECUTIVE ROLE IN THE DELHI RHEUMATOLOGY ASSOCIATION, AND CONTINUES TO MAKE SIGNIFICANT CONTRIBUTIONS TO THE CARE AND TREATMENT OF CHRONIC INFLAMMATORY DISEASES, HELPING PATIENTS MANAGE DEBILITATING CONDITIONS AND IMPROVE THEIR QUALITY OF LIFE.

Thank you for reading!

OUR TEAM

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Content Design: Rutvij Tope, Ishita Aglave
