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Hereditary Neuropathy Foundation Announces CMT Awareness Month 2024: “CMT Speak Out”

Throughout September, HNF encourages the CMT community to unite and speak out through a variety of initiatives:

NEW YORK, NY, UNITED STATES, September 4, 2024 /EINPresswire.com/ -- The Hereditary Neuropathy Foundation (HNF) is proud to announce the launch of [CMT Awareness Month 2024](), embracing the theme “CMT Speak Out.” This September, we are calling on the Charcot-Marie-Tooth (CMT) community to share their stories, advocate for better care, and raise awareness about one of the most common yet least-known neuromuscular disorders.

Charcot-Marie-Tooth disease affects millions of people worldwide, yet public awareness remains limited. This year’s theme, “CMT Speak Out,” is a powerful call to action for individuals affected by CMT to break the silence and foster understanding, support, and progress.

“Speaking out isn’t just about visibility; it’s about creating change,” said Allison Moore, Founder and CEO at HNF. “By sharing your journey, advocating for better care, and informing research, your voice can make a significant impact in the fight against CMT.”

Hereditary Neuropathy Foundation

Throughout September, HNF encourages the CMT community to unite and speak out through a variety of initiatives:

1. Speak Out & share your CMT support: Update your social media with the new “CMT Speak Out” Facebook Profile Photo Frame.

2. Speak Out about how CMT affects your life: Share your personal experiences on social media and tag HNF using #CMTSpeakOut and #CMTWeGotThis.

3. Speak Out to doctors about the care you need: Visit HNF’s Patient Resource section or CMT Centers of Excellence page for support and guidance.

4. Speak Out to yourself with kindness and compassion: Download HNF’s NEW CMT 30-Day Self-Care Journal, available as a free PDF or on Amazon, with proceeds supporting CMT research and programs.

5. Speak Out to researchers: Contribute to the Global Registry for Inherited Neuropathies (GRIN) and provide critical data that can influence treatment development and clinical trials.

6. Speak Out & ask for help from friends and family: Educate your loved ones about CMT and seek the support you need. Listen to empowering conversations on the EmBrace IT Podcast.

7. Speak Out about CMT solutions, tips, and hacks: Share your best advice with the CMT community via social media or email.

8. Speak Out for disability accommodations and legal rights: Learn about your rights and available support through HNF’s CMT Connect webinars.

9. Speak Out to local community groups and businesses: Get involved by joining or hosting a Team CMT fundraiser and awareness campaign.

10. Speak Out with dollars and donate. Your SUPPORT strengthens our voices for urgent research & action!

The Hereditary Neuropathy Foundation invites everyone to participate in CMT Awareness Month 2024 and help amplify the voices of those living with CMT. Together, we can make a difference by ensuring that CMT is visible, understood, and prioritized in research and care.

For more information on CMT Awareness Month 2024 and how to get involved, please visit https://www.hnf-cure.org/awareness/cmt-speak-out/

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