



**UNITED PORPHYRIAS**  
ASSOCIATION

Advancing Awareness, Research & Therapies

## GLOBAL PORPHYRIA DAY IS HERE!

**Dear Member,**

Today we're joining our porphyria friends from around the world to raise awareness and promote understanding of porphyria!



**GLOBAL PORPHYRIA DAY**

**APRIL 19, 2023**

#porphyria

### HERE'S WHAT'S GOING ON

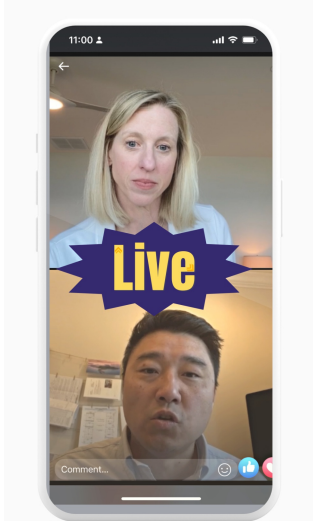
**1**

#### ASK YOUR PORPHYRIA QUESTIONS!

Porphyria Expert Dr. Bruce Wang and UPA President Kristen Wheeden will be live on **Porphyria Together** today at **11 am ET** to discuss porphyria and answer your questions.

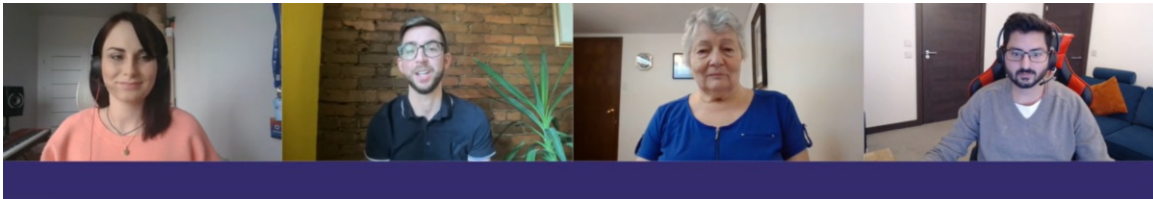
Join in to ask your questions or watch the recording after.

[Join the Livestream](#)

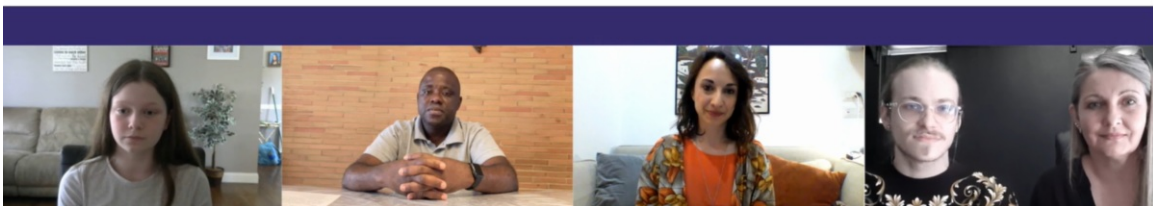


# 2

## WATCH AND SHARE THE PREMIER #MYPORPHYRIA VIDEO



These are some of the incredible people who live with porphyria.



Every patient knows that the list of porphyria symptoms doesn't really capture the realities of living with porphyria.

In the first video of the #MyPorphyria campaign, meet some of the patients from around the world who shared their stories.

Be sure to like, share and subscribe to @GlobalPorphyria to see future campaign videos!

[Watch the video](#)

# 3

## SHARE YOUR #MYPORPHYRIA STORY

You can be a part of the #MyPorphyria campaign too! Customize your social media posts using Global Porphyria Day [templates, sample posts and printable resources](#).

Read about the #myporphyria campaign in [Porphyria News](#).

**This is #myporphyria**  
**TO-DO LIST**

- 1 Share campaign videos and posts
- 2 Post your **#MyPorphyria** experience

Templates at [porphyria.org](http://porphyria.org)

I have Acute Intermittent Porphyria  
Wanted: Belly pain  
But it's more than that  
The pain, worse than that too.  
This is #myporphyria

f i t v in

**DONATE**

**Thank you to Mitsubishi Tanabe for supporting Global Porphyria Day**



Mitsubishi Tanabe Pharma

For more information on Porphyria, Global Porphyria Day, and the United Porphyrias Association, visit [www.porphyria.org](http://www.porphyria.org).



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