



**UNITED PORPHYRIAS**  
ASSOCIATION

Advancing Awareness, Research & Therapies

## GET READY FOR GLOBAL PORPHYRIA DAY!

**GLOBAL PORPHYRIA DAY**

**APRIL 19, 2023**

#porphyria

**Dear Member,**

Global Porphyria Day is only a week away- on Wednesday April 19th! We need your help to build awareness and bring attention to porphyria.

### HERE'S HOW YOU CAN PARTICIPATE

**1**

#### **SHARE YOUR #MYPORPHYRIA STORY**

Porphyria is so much more than a list of symptoms.

On Global Porphyria Day, we're joining partners from around the world to launch the #myporphyria awareness campaign.

Watch for videos and posts with patient stories, and get ready to share your own #myporphyria experiences.

# This is #myporphyria

## TO-DO LIST

1

Share campaign videos and posts

2

Post your **#MyPorphyria** experience

Templates at  
porphyria.org



Get your templates, sample posts and printable resources [here](#).



The #myporphyria campaign was also featured in a Porphyria News column this week. Read more [here](#).

# 2

## CONTRIBUTE TO OUR STEP UP CAMPAIGN

Leading up to Global Porphyria Day, UPA is raising raise awareness and funds for porphyria. The Step UP campaign focuses on connecting patient stories with a fundraising campaign.

All donations support the porphyria community.



[Donate now](#)



## JOIN THE LIVESTREAM ON PORPHYRIA TOGETHER

On April 19th we'll have a porphyria specialist join us live on the [Porphyria Together Facebook group](#) for a special Q&A.

Join the group for more details and to ask your questions during the live stream!



## GRAB YOUR PURPLE SWAG

Grab your purple gear or order some from our [new online store](#) and get ready to share porphyria information with your friends, family, doctors and workplaces.

### READY TO TURN #PURPLEFORPORPHYRIA?



[Visit our Store](#)

The United Porphyrias Association is committed to improving the quality of life of the porphyria patient community and is relentlessly focused on advancing disease awareness, research, and therapies in all the porphyrias.

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



Phone number: 800-868-1292  
Email: [info@porphyria.org](mailto:info@porphyria.org)



**DONATE**

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