February is Turner Syndrome Awareness Month!

Throughout the month we have many things planned to help you get involved in raising awareness of TS. Raising awareness is so important because the lack of knowledge of TS leads to delayed diagnosis, inadequate health care, and social challenges. If we all do our part, we can spread the word so that outcomes for TS women and girls will improve.

Whether you are affected by TS personally, or just want to get involved as an advocate, there are options for everyone! It's not about doing it all, it's about doing what you can.

What you'll find in this packet
1. FACEBOOK PROFILE PICTURE FRAME
2. PARTICIPATE IN TWITTER CHATS
3. TS PSA
4. SHAREABLE INFOGRAPHICS
5. WEBINARS
6. PERSONAL FUNDRAISER

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1 Facebook Profile Picture Frame

Throughout February, our customized profile picture frame will be available on Facebook! It's a great way to spark people's interest as they may be wondering, "what's Turner Syndrome?" Here is a preview:

How to:
1. Go to your Facebook profile picture or click the link.
2. Click "Update", then "Add Frame"
3. Search "Turner Syndrome Awareness"
4. Select the frame published by TSF

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### Attend a Twitter Chat

A Twitter chat is an alternative to an in-person live event. Every Wednesday in February, we will be hosting a Q and A with our community. We want everyone to participate in the conversation about TS! The topics will be different every week.

#### Schedule:

- **Sharing Personal Stories** - February 5; 8 PM EST
- **Health and TS** - February 12; 8 PM EST
- **Taking Action for Change** - February 19; 8 PM EST
- **Topic TBD** - February 26; 8 PM EST

#### How to:

1. Make sure you have an active Twitter account
2. Get online at the scheduled time
3. Follow @TeamTSF
4. TSF will pose questions with a number (Q1, Q2, etc)
5. Respond to each question with its respective number (A1, A2, etc)
6. Use the hashtag #turnersyndromeawareness so that your response will be added to the conversation
7. Read and respond to others!
Join the TS PSA

We are creating an Awareness Month PSA video! We want our community of advocates to grow, and the first step is for people to recognize the need. You can help us achieve this goal! Tell us why Turner Syndrome awareness is important to you from your unique perspective.

See a Sample Video

**How to:**

1. Take a short selfie video of yourself responding to the prompt "I support Turner Syndrome awareness because..."
2. Email it to Liz at lcarmines@tsfusa.org

Don't forget to follow us on Facebook to watch yourself in the final video! Be sure to share it on your profile for your friends and family to see.

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Fact-Share on your Social Media

We have created a variety of fact-sharing images ready to be posted on social media, specifically for Awareness Month 2020! They cover many aspects of life with TS so you can post what is most impactful to you. Personalize your post in the caption and share your story if you feel comfortable.

Examples:

How to:
1. View the 10 images on the last page of this packet.
2. Copy the photos, or click to download the one(s) you'd like to post.
3. Share them on your social media all at once, or spread out. One post a week is a great goal!
Webinars

Every month we host a free webinar. Our January webinar talked about how to get involved in Awareness Month, giving an overview of this packet and sharing experiences from TSF volunteers. Our February webinar will talk about how to raise awareness through legislative advocacy.

How to watch the January recording:
1. Click this link to visit our website.
2. Click "Access the Webinars" and fill out the form.
3. You will see a list of all past webinars. Select "Taking Action this Awareness Month" to view the recording.

How to attend in February:
1. Click this link to visit our event calendar.
2. Select the event titled "Legislative Advocacy for Turner Syndrome".
3. Fill out the registration form.
4. You will receive an email with the date and time, and instructions to log-in to the webinar.

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Online Fundraiser

An online fundraiser is a great way to raise awareness of TS and support our mission. When you set-up a fundraiser through our website, you are able to share it on your social media along with your personal story, so people will learn about TS and be able to take an action.

**How to:**

1. Click this [link](#) to sign-up for your personal fundraiser.
2. You will receive a confirmation email and a follow-up with instructions to set-up your page.
3. Personalize your page by sharing your story.
4. Share your fundraiser and goals on your social media so your friends and family can support you!

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Bonus: If you do an in-person fundraiser like a bake sale, you can still set-up an online fundraising form. This way people can support you from afar even if they can't attend the event, or they can make a donation for your goods with a credit card if they don't have cash.
What will your one action be?

If you could only do one thing to raise awareness this February, what would it be? We've provided many options, now it's your turn to take action!

We can't wait to see the change that our advocates make!

Awareness doesn't just happen in February! Find out more ways to keep your efforts going all year round by downloading our Awareness Toolkit.

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#TURNERSYNDROME

**Average female height**

5'4"

4'8"

**Average Turner Syndrome female height**

**Females affected by TS are more likely to have autoimmune diseases...**

- Anemia
- Diabetes
- Celiac Disease
- Rheumatoid Arthritis
- Hashimoto Thyroiditis
- Inflammatory Bowel Disease

...and more.

Turner Syndrome can affect a female’s entire physiology in many ways.

**Up to 10% will have difficulty getting or staying pregnant**

**Up to 98% will have difficulty getting or staying pregnant**

**Total Population**

- Up to 13% live with heart disease

**Turner Syndrome Patients**

- Up to 50% live with heart disease

**Average age of diagnosis is 15.1 years old**

This is past the recommended age for growth hormone treatment and estrogen replacement therapy, among other tests and treatments.

Early diagnosis is KEY for the best health outcomes

**99% of conceptions with Turner Syndrome will not survive to birth**

**Turner Girls are Miracles!**

**80,000**

Females in the U.S. have Turner Syndrome

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