How to Call Your U.S. Senators’ Offices

And Suggested Talking Points to Guide Your Request That They Support FSHD Research

**Step 1:** Call U.S, Capitol Operator - (202) 224-3121 – Ask To Be Connected To Your U.S. Senator’s Office. *Don’t worry if you don’t know who your Senators are, tell the operator the state you are calling from and they will connect you. Remember that you have two U.S. Senators.*

**Step 2:** You will speak to a Staff Assistant who works for the Senator or have an opportunity to leave a voice mail.

**Step 3:** Here are a few suggested talking points. These calls can last up to 5 minutes.

* My name is Jane or John Doe and I am an FSHD Society advocate from YOUR HOMETOWN.
* I’m calling to request the Senator’s support for the inclusion of facioscapulohumeral muscular dystrophy (FSHD) research in the Fiscal Year 2026 Senate Department of Defense Appropriations bill as a condition eligible for funding under the Peer-Reviewed Medical Research Program (PRMRP).
* FSHD is one of the most prevalent forms of muscular dystrophy, affecting approximately 1 in 8,000 people globally, or nearly one million individuals worldwide. This genetic muscle-wasting disease leads to significant challenges, including loss of mobility, difficulty with essential functions such as eating and smiling, and progressive, life-long impacts. Despite its devastating effects, FSHD currently has no FDA-approved treatments or cure.
* Veterans and active-duty military personnel are particularly vulnerable to the impacts of FSHD. Many enter service with undiagnosed symptoms, and over time, the physical demands of military duties can exacerbate the condition. This can lead to misdiagnoses, improper discharges, and a loss of veterans' benefits, adding to the personal and financial burdens they face.
* Expanding research into FSHD will have wide-reaching benefits for both military personnel and civilians. Peer-reviewed research funded through the Congressionally Directed Medical Research Programs (CDMRP) is an essential step toward alleviating the burden of this underfunded and serious genetic disorder.
* **I respectfully urge the Senator to support the FSHD Society’s request for inclusion in the FY26 PRMRP. Please let me know in writing within the next two weeks if the Senator will support this request.**

**Step 4:** Make sure you share your mailing and email address with the Senate office so they can contact you.

**Step 5:** Call your 2nd Senator’s office.

**Step 6:** Let the FSHD Society staff know that you made the call.

**Step 7:** If you don’t receive written replies within two weeks, please call them back to respectfully remind them you expect a reply.

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