

eNewsletter

HISTIOCYTOSIS ASSOCIATION

-- October 2025

In this month's newsletter we will recap two great events hosted by Ambassadors, meet one of the new authors of our blog, and learn more about the new President for our partners at the Histiocyte Society.

Our Community: The Heart of Our Mission

We are continually inspired by the incredible creativity, passion, and dedication of our Histo community. The efforts you put forth to raise awareness and funds are not only vital to our mission - they are the lifeblood of our organization.


Each fundraiser, awareness campaign, and personal initiative helps drive research, education, and support for those affected by histiocytic disorders. And the best part? There's no limit to the creativity and heart our community brings to this work.

This month, Dena, an Adult LCH patient and Histo Ambassador, hosted a yoga and wellness event to raise both awareness and funds for the Histiocytosis Association. Events like this do more than support our mission - they also provide an empowering and meaningful outlet for those who organize them.

Here, Dena shares her experience:



What a truly beautiful day it was for Breathe and Believe a Histo Wellness Event! The park was filled with sunshine, smiles, and the healing energy of the community. From the gentle yoga session led by Spiritual Heart Yoga Center to the laughter and connection shared throughout the day, there was a magical feeling in the air.

Blue ribbons and butterflies fluttered as symbols of hope and awareness for Histiocytosis, reminding us of the strength that comes from coming together. I am deeply grateful for everyone who showed up - friends, family, fellow yogi's and supporters- to stand beside me on this journey. Your presence, encouragement and love made this day one I will never forget. Together, we continue to Breathe, Believe and Make a Difference - One Breath at a Time 

Donations for this event are still going on.



Support Dena's Event

Histio Ty-Fighters 5K

The 9th annual **Histio Ty-Fighter's 5K** was another incredible success! More than 25 participants came together — including four histio families and our new Executive Director, Jen — to run, walk, and celebrate the power of community. The Force was truly with them as they crossed the 5K finish line, racing toward a cure for histio.

Since launching the event in 2017, **Histio mom and ambassador, Michelle** has led this effort with passion and dedication. Over the past nine years, Michelle and her amazing community have raised more than **\$59,200** to support the fight against histiocytosis!



Fight Histio with Ty Fighters

Thank You to Our Amazing Event Hosts

We are so grateful to Dena and Michelle for their passion, creativity, and dedication to the Histio community. Through their efforts to raise awareness and critical funds, they're helping drive research, inspire hope, and strengthen connections across our community.

And to everyone who hosts events throughout the year in so many unique ways - thank you! Your commitment and creativity are the lifeblood of our mission and make a real difference in the lives of patients and families affected by histiocytic disorders.

Further Reading

Beyond the Diagnosis



Episode 084
Meet the New Histiocyte Society President, Vasanta Nanduri
Now Available!

In this episode we're introducing you to the brand-new President of the Histiocyte Society, Dr. Vasanta Nanduri. We talk about how she got involved in medicine, her history with the Society and her vision for the future. If you like keeping up on all things histio, this is an episode not to be missed!

[Listen to Episode 84](#)

The Histio Blog



Barbara Adams: Telling Her Story and Yours

“
The goal hasn't been to bring attention to ourselves, but to shine a spotlight on the common challenges of the Histio community: delayed diagnosis or misdiagnosis, physical and emotional burdens, treatment gaps, fear, anger, isolation and financial hardships.
”



This month, we premiered our new blog name and format, written by more of the community, about the community. Read as Histio Ambassador and author Barb Adams talks about raising a histio warrior, and how it inspired her to write children's books about histio.

[Read Barb's Story](#)

Share your story

Whether you are new to the histio community or have been involved for years. We want to hear your story.

Many people facing histio feel isolated - your experience can help them see that there are others going through something similar.

- [Record a video](#)
- [Submit your story](#) for our new community blog
- Or simply reply to this newsletter and tell us about your histio journey

Your story might even be featured on our social media or in a future newsletter!



Looking Ahead



Save the Date!

Mark your calendars for Tuesday, December 2nd! **The HopeCast is back!**

The time will be announced in the coming weeks.

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