



## Join the Movement - February 27 - March 5, 2017

For the third year in a row, the **Julia's Wings Foundation** is kicking off its **Operation Wear Red** Campaign to help raise awareness of Aplastic Anemia during the first week of March. We hope you will join us by turning yourself, your home, school or business **RED!**

### ***Ways to Participate***

#### **Wear Red**

Hats, shirts, armbands, hair bows, stickers, sport laces, nails, hair, face paint - be creative!

#### **Go Social**

Grab our social media graphics at [www.juliaswings.org](http://www.juliaswings.org), change your social media profiles red, post informational updates or pictures of your activities. Participate in our **I wore red - will you?** video campaign. Use the social media tags #juliaswings and #operationwearered. Share and like our facebook, twitter and instagram posts and pages. Start dialogue about A.A.

#### **Conduct a Fundraiser or Donate**

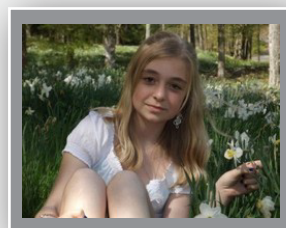
Bake sale, fun run, crazy hat day, fund collection, dress down day, etc. Donate money at [www.juliaswings.org/contribute](http://www.juliaswings.org/contribute)

#### **Display Red Ribbons**

Display a red ribbon in your business office, lobby or on your front door, mail-box or light post to show support for those who live with aplastic anemia. To find out where to get your free ribbon visit [www.juliaswings.org](http://www.juliaswings.org).

#### **Light it Up Red!**

Light your home red for the week by purchasing red light bulbs or gels and replace your indoor or outdoor lighting. Or, ask the manager of your office building, house of worship or community landmark if they can light up the building in red for the week or just one day.



# About Aplastic Anemia & the Julia's Wings Foundation



*Julia Malsin of Sherman, CT bravely battled aplastic anemia for a year before passing away at the young age of 13. Julia's parents Mike and Heather Malsin established the Julia's Wings Foundation, a 501(c)(3) non-profit organization. JWF has partnered with the AA& MDS International Foundation to create 2 Julia Malsin Research Funds. A portion of Julia's research funds of \$120,000 have begun funding research specifically for aplastic anemia. Raising awareness of this disease is key and joining the National Bone Marrow registry is the 1st step to finding a possible cure for patients with bone marrow failure.*



## What is Aplastic Anemia?

Aplastic Anemia is a rare and serious disease. It happens when your bone marrow fails to make enough blood cells. Low blood counts will lead to anemia, bleeding and infection.

## Who Gets Aplastic Anemia?

Each year, between 600 and 900 americans learn that they have aplastic anemia. This disease can strike people of any age, race, or gender, but is more common among children, teenagers and young adults.

## How is the Disease Diagnosed?

Your doctor will test samples of your blood and bone marrow.

## What Causes Aplastic Anemia?

Most experts believe that aplastic anemia happens when your immune system attacks and kills your bone marrow stem cells. These are required for blood cell production. When bone marrow stem cells are killed, your blood counts fall, often to very low levels.

## What are the Symptoms?

The symptoms of aplastic anemia depend on which type of blood cell is affected. Low red blood cell counts cause fatigue, low white blood cell counts increase the risk for infection, and low platelet counts cause bleeding and bruising.