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*This sample letter-to-the-editor is intended for local or regional newspapers. If you want to submit a letter to a national newspaper, you should write one that can be submitted as an exclusive.*

*The easiest way to contact a newspaper editor is to search online for local newspapers. Visit the “Contact Us” section or search for an appropriate contact in the online directory. Contact them by email (it is best to copy and paste your letter-to-the-editor in the body of the email) or by sending a hard copy to their mailing address. Remember to include your email and/or phone number as contact information.*

*When your letter is published, be sure to share with your family and friends and post the link on social media using the hashtag* [*#RareDiseaseDay*](https://twitter.com/hashtag/RareDiseaseDay?src=hash)*. Your story will be part of Rare Disease Day conversations around the world. You can even take a picture of your name and letter as it appears in the newspaper and share the proud moment on social media, too.*

To the Editor:

February 29 is the rarest day on the calendar, and I invite your readership to do something meaningful to mark the day.

On the last day of February, millions of people around the world observe Rare Disease Day®. Each of us knows someone with a rare disease or disorder. In our country, more than 7,000 rare diseases affect over 25 million Americans, making them not so rare after all. Families often have trouble accessing life-saving medical treatment or other services because their insurance companies, physicians, elected and other officials may not be familiar with their diseases.

Some rare diseases, such as cystic fibrosis and Lou Gehrig’s disease (ALS), are well known to the public. Many others are not, and you can imagine the loneliness of having a disease most people have never heard of, has no treatment, and is not even being studied by medical researchers.

Raising public awareness truly makes a difference. It gives families hope and can lead to new, life-saving treatments. NORD’s “Show Your Stripes” campaign offers ideas on how to get involved. One very easy thing people can do is to wear stripes on Rare Disease Day to show their support, then post a picture on social media with a message about Rare Disease Day (hashtags to use are #ShowYourStripes and #RareDiseaseDay). I encourage everyone reading this to get involved by visiting the US website ([rarediseaseday.us](http://www.rarediseaseday.us/)) on or before February 29 to learn about events in your area and other ways to get involved.

Sincerely,

[Insert your name]