*This sample letter-to-the-editor is intended for local or regional newspapers. If you want to submit a letter to a national newspaper, do not use a template or sample – you must write and customize 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 by email and follow their submission guidelines – generally to copy and paste your letter-to-the-editor in the body of the email. 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, as well as* [*NORD*](https://rarediseases.org/contact-us/)*. Don’t forget to 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.*

To the Editor:

February 28 is the rarest day on the calendar, and I invite your readership to do something meaningful to mark this important day.

Every year, on the last day of February, millions of people in over 80 countries around the world observe Rare Disease Day®. Everyone knows someone with a rare disease. In our country, more than 7,000 known rare diseases affect over 25 million – or 1 in 10 – Americans. Rare diseases are not so rare, but the challenges patients and families face can be complicated, frustrating and a daily recurrence.

Families often have trouble accessing life-saving medical treatment or struggle to travel to a distant because their insurance companies, physicians, elected and other officials may not be familiar with their diseases.

Some rare diseases, such as cystic fibrosis, sickle cell disease 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, or has no treatment, or 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. Rare Disease Day is sponsored in the United States by the National Organization for Rare Disorders (NORD®), the leading independent, nonprofit organization committed to the identification, treatment, and cure of rare diseases.

NORD’s “Show Your Stripes®” campaign offers ways to get involved – from posting on social media (#ShowYourStripes and #RareDiseaseDay) to advocating in your community to hosting an event online. As a member of this community, I encourage everyone reading this to learn more and get involved. Visit [rarediseaseday.us](http://www.rarediseaseday.us/) on or before February 28 to find events in your area and other ways to take action.

NORD’s motto is “Alone we are rare. Together we are strong.” And so, for the 25 million Americans throughout the country and for all the patients and families right here in our community, this Rare Disease Day, let’s be strong, together.

Sincerely,

[Insert your name]