

DON'T OVERLOOK

THIS RESOURCE

AT YOUR

FINGERTIPS: QUEST

Quest, MDA's flagship publication, has been educating and empowering readers for more than 25 years. But did you know that Quest is much more than a magazine?

Now, our adaptive lifestyle content platform includes Quest magazine, the Quest blog, the Quest newsletter, and the recently launched Quest Podcast. Through all these channels, we tell stories from our community, promote engagement with MDA, and provide resources and information to empower the community.

For MDA Care Center providers, this means there is a treasure trove of information at your fingertips that you can use to help educate your patients on topics ranging from research to independent living. For example, consider sharing these recent pieces with your patients and their families:

- Quest magazine: [Addressing Vaccine Concern](#)
- Quest magazine: [How to Make a Decision About a Clinical Trial](#)
- Quest blog: [Alcohol and Neuromuscular Disease](#)
- Quest blog: [Online Therapy and Support Groups Are Good for Your Mental Health](#)
- Quest podcast: [The Beginning: Receiving a Diagnosis](#)

Quest content often features people from our community who live with a neuromuscular disease or have a family member who does. Reading the magazine, browsing the blog, and listening to our podcast will help you gain additional insight into the daily struggles, successes, and needs of individuals living with neuromuscular disease and their families. For example, check out these informative personal stories:

- Quest magazine: [Embrace Your Body](#)
- Quest magazine: [Claiming My Courage](#)
- Quest blog: [Talking About Your Child's Diagnosis Helps Build Your Support System](#)
- Quest podcast: [Access to the World: Air Travel](#)
- Quest podcast: [Access to the World: Accessibility in Our Homes](#)

In the coming year, which MDA declared the [Year of Independence](#), Quest will continue to be an essential tool to inform and empower our community. We'll cover important topics, including accessible transportation, accessible voting, adaptive sports, and how research leads to treatment breakthroughs. Visit mda.org/quest often to find the latest content.

Does your Care Center have Quest?

Is Quest magazine accessible to staff and patients at your Care Center? Take a brief survey to tell us if your Care Center receives Quest and who reads it at surveymonkey.com/r/carecenter2022.

Get Quest

Subscribe to Quest magazine and the Quest e-newsletter at mda.org/quest/subscribe.

If you'd like to receive additional copies of Quest magazine at your Care Center, contact Quest Editor-in-Chief Mindy Henderson at quest@mdausa.org.