

Dear Friends and Family,

This year I am participating in the ICP Care Virtual Walk/Run to Fight the Itch in support of Intrahepatic Cholestasis of Pregnancy. As many of you know, I was diagnosed with ICP during my pregnancy with [\(insert child's name\)](#). I am so fortunate for the medical care and the support from friends and family that I received during [\(this or that\)](#) difficult time. Thanks to all of the support from the ICP Care community, my [\(son or daughter\)](#) was born healthy at [\(insert number\)](#) number of weeks.

Pregnancy is one of the happiest times in your life, but every year 1-2 out of every 1,000 pregnancies is affected by cholestasis. Although rare, this disease can affect a pregnancy with just itching as a symptom. The risks associated with ICP include pre-term labor and delivery, fetal distress, meconium passage, respiratory distress syndrome, fetal asphyxia, maternal hemorrhage, and if untreated, even stillbirth.

After my own scary journey with cholestasis, I am doing everything I can to spread awareness for this disease. My hope is that by participating in June ICP Awareness Month and the Virtual ICP Walk/Run I can be a part of the national movement to increase awareness of ICP and help deliver healthy babies.

Please consider helping me reach my fundraising goal by making a charitable contribution to ICP Care. ICP Care is a 501(c)(3) volunteer run organization that supports pregnant mothers who experience Intrahepatic Cholestasis of Pregnancy. Their mission is to help mothers with ICP deliver healthy babies. They achieve this by providing patient support and education, raising public awareness of ICP, supporting the advancement of research, and improving health care practices. All donations are fully tax deductible and will go directly to helping the ICP community. You may donate online to my fundraising goal pledge page on the [event page](#) or directly on the [ICP Care website](#).

Please include a message indicating whom you are honoring with your donation. You may also donate via check by mailing the attached donation form to ICP Care at 18122 NW, 91 Court, Miami, FL 33018. Every donation makes an impact.

Thank you so much for your support of this very important cause. With your help, we can ensure that more women and babies receive the care they need during an ICP pregnancy.

Sincerely,

[INSERT NAME](#)