



Kaila's Komfort was founded in 2015 by then 14-year old Kaila Mellos. What started out as a Girl Scout Silver Award Project turned into a passion for touching the lives of others who have been affected by a rare auto inflammatory disease she has. Chronic Recurrent Multifocal Osteomyelitis (CRMO) is a painful auto-inflammatory bone disease. This diagnosis is rare - 1 in a million - it typically is diagnosed in childhood, and by the time people are diagnosed, they have gone through a lot of pain, a lot of testing, and a lot of poking and prodding. Many also have additional secondary diseases - Arthritis, Psoriasis, Crohn's, IBS, as well as others, and they endure a lot of pain. Kaila's project idea was to create care packages for children and adults around the world that were recently diagnosed with CRMO. After the Award Project was completed, she decided that she wanted to continue with her newfound passion. "I hope to continue to be able to make a difference in the lives of CRMO patients by providing comfort with items that will help relieve pain, provide distractions during medical treatments, help make treatment easier and less painful, and also let them know they are not alone. Since I have personally gone through this, I know firsthand what can bring comfort while traveling this lonely path."

To date, Kaila's Komfort has sent out over 140 care packages. They would like to continue sending care packages, and donations play a big role in allowing them to continue this mission. They are so thankful that care package recipients have offered to pay it forward, either through donations, fundraising, or other means of support. It feels good to be given a gift; and it feels even better to at some point be able to provide that same feeling to someone else walking a similar path.

### What Is CRMO?

Usually, inflammation is a normal process. It causes pain, redness, and swelling. It is the way our immune system protects itself from infection and germs. In CRMO, however, there is no infection. Instead, the immune system wrongly attacks normal bone. This causes inflammation. Chronic recurrent multifocal osteomyelitis (CRMO) is a rare (1:1,000,000), systemic, noninfectious, inflammatory disorder that is characterized by recurrent, multiple osteolytic bone lesions. It comprises periodic severe bone pain, fever, and the appearance of multiple bone lesions that can occur in any skeletal site. The origin of this disease is unclear, but genetics appears to play a role. The clinical and radiological features of the disease are variable and the diagnosis can be difficult. This disease is rare, and often affects children, more commonly girls than boys. The peak age of incidence is around 10 years, with the range being four to 55 years. Adults can be affected. The number of affected areas varies from 2 to 18. Children experience pain, deep aching pain, limping, and may also present a fever. The lesions are lytic (destroys cells) and destructive in the early phase, and sclerotic (hardening of body part) and reactive in the late phase, occurring in any bone. A large number of drugs and treatments have been tried with variable success in recurrent or unresponsive cases.

For additional information on Kaila's Komfort:

**Website:** [www.kailaskomfort.org](http://www.kailaskomfort.org)

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