#duradash is a two-week activity challenge from May 29–June 12, 2021, sponsored by the Spinal CSF Leak Foundation. During these two weeks, we are encouraging people to aim to accomplish a total of 150 minutes of activity, to be done at any time over the course of those two weeks. Our goal is to have 100 people participate, for a grand total of 15,000 collective minutes by the end of #duradash, all to raise awareness and support research into intracranial hypotension and spinal CSF leak.

WHAT IS SPINAL CSF LEAK?
Cerebrospinal fluid (CSF) is a special fluid that bathes and supports the brain and spinal cord. When the dura mater, a tough membrane that holds this special fluid in around the brain and spinal cord, has a hole or tear, cerebrospinal fluid can leak out. Thus our tagline: because your dura maters®

WHAT DOES IT MEAN TO START WHERE YOU ARE?
The physical activity recommendation for those with chronic health conditions or disability is to aim for at least 150 minutes a week of moderate intensity movement or exercise. But that isn’t always possible. Luckily, the latest research shows that any amount of movement or activity is better than none. For many people living with spinal CSF leak, being upright is a challenge. That’s why it’s so important to start where you are and do the amount and type of activity that is appropriate for you.

WHAT KIND OF MOVEMENT OR ACTIVITY COUNTS?
Any movement or activity that is appropriate for your current state of health counts towards your #duradash goal. That could include:

- Meditation
- Relaxation
- Self-care
- Gardening
- Sitting
- Standing
- Tai Chi
- Walking
- Biking
- Hiking
- Being in a pool
- Cooking
- Knitting
- Painting
- Drawing
- Journaling
- Reading
- Listening to music
- Bird-watching

And literally any other kind of “everyday life” activity you might do in the course of a day.
WHAT WILL YOUR CAMPAIGN SUPPORT?
The money raised by your campaign will support the Spinal CSF Leak Foundation’s mission and research goals. Your campaign will help us:

- Award more research grants to advance the understanding, diagnosis, and treatment of intracranial hypotension
- Raise awareness among medical professionals by educating physicians and others about intracranial hypotension and spinal CSF leak
- Connect and strengthen our online patient community

HOW CAN I PARTICIPATE?
- Sign up by clicking on the “JOIN THE CAMPAIGN” button on our page at duradash.causevox.com
- Create an account and personal fundraising page. Use the provided appeal or share your personal story and connection to spinal CSF leak.
- Either CREATE A TEAM and share the page directly with team members or JOIN A TEAM and search for your team name. If you do not know the team name, contact the team leader.
- Share your personal and team fundraising pages with friends, family, and coworkers to raise money and awareness for the Spinal CSF Leak Foundation.
- Track progress and post updates on your personal and team fundraising pages.

ABOUT SPINAL CSF LEAK FOUNDATION
Spinal CSF Leak Foundation was established as a 501(c)3 non-profit organization in 2014 by individuals affected with intracranial hypotension or spinal cerebrospinal fluid (CSF) leak. We strive to close information gaps, to raise awareness, to educate both medical professionals and laypeople, and to stimulate and fund research such that people affected by intracranial hypotension or spinal CSF leak will experience shorter diagnostic delays, receive more timely and appropriate diagnostic testing and treatments, and have better long-term outcomes. Our mission is to reduce the suffering of persons affected by intracranial hypotension or spinal CSF leak.