Adult Warrior Op-Ed Templates for Pause with the GFPD 2026

Instructions:

- Choose an Op-Ed template that matches the type of peroxisomal disorder you have
- Copy it into your own document and customize it.
- Submit it to your local newspaper (usually via their website).
- Notify GFPD when it runs by emailing Katie at katie@thegfpd.org and/or Margaret at margaret@mcrbranding.com.

Glossary of Terms:

- **PBD-ZSD** = Peroxisomal Biogenesis Disorder – Zellweger Syndrome Disorder (this includes the historically described Zellweger's, NALD, IRD, and Heimler)
- **DBPD** = D-Bifunctional Protein Deficiency
- **ACOX** = Acyl-CoA Oxidase Deficiency
- **AMACRD** = 2-Methylacyl-CoA racemase Deficiency

Templates Available:

Adult with PBD-ZSD 2

Adult with DBPD 3

Adult with ACOX 4

Adult with AMACRD 5

Template for an Adult Living with a
Peroxisome Biogenesis Disorder in the Zellweger Spectrum (PBD-ZSD)

To the Editor:

October 5th is a special day for me and my family as we celebrate *Pause with the GFPD*, the annual awareness day of The Global Foundation for Peroxisomal Disorders (GFPD). I invite the NEWSPAPER NAME readership to join me and PAUSE for the families like mine, in more than 40 countries around the world, who are impacted by peroxisomal disorders.

I am one of fewer than 1,000 individuals living worldwide with a peroxisome biogenesis disorder in the Zellweger spectrum (PBD-ZSD). TELL 1-3 SENTENCES ABOUT YOURSELF AND HOW PBD IMPACTS YOUR LIFE. PBD-ZSD is a rare, genetic, condition affecting multiple organ systems in the body, and is generally fatal in childhood.

Pause with the GFPD is a day that brings me hope. The GFPD is a 501(c)(3) nonprofit public charity founded in Tulsa, Oklahoma in 2010 to support families affected by peroxisomal disorders and to directly fund medical research.

On October 5th, I am celebrating all that the GFPD has accomplished in the last 16 years in moving towards a cure for peroxisomal disorders. I invite you to help the GFPD – and our global community of patients, families, caregivers, scientists, and medical professionals – raise awareness about the need for treatments and cures for this rare, genetic, and terminal disease.

Raising public awareness makes a difference. It gives families hope and can lead to new, life-saving treatments. I encourage everyone reading this to get involved by visiting the GFPD website: http://www.thegfpd.org, or find us on Facebook, Instagram, or X @thegfpd to learn about *Pause with the GFPD* celebrations in your area, ways you can help make a difference, and to learn more about the groundbreaking work the GFPD is doing around the world.

Sincerely,
YOUR
NAME
YOUR CITY, YOUR STATE

Template for Adult(s) Living with
D-Bifunctional Protein Deficiency (DBPD)

To the Editor:

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I am one of only a few in the world who are living with a peroxisomal disorder called d-bifunctional protein deficiency (DBPD). TELL 1-3 SENTENCES ABOUT YOURSELF AND HOW DBPD IMPACTS YOUR LIFE. DBPD is a rare, genetic, condition affecting multiple organ systems in the body, and is generally fatal in childhood.

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Sincerely,
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Template for Adult Living with
Acyl-CoA Oxidase Deficiency (ACOX)

To the Editor:

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I am one of only a few in the world who are living with a peroxisomal disorder called Acyl-CoA Oxidase Deficiency (ACOX). TELL 1-3 SENTENCES ABOUT YOURSELF AND HOW ACOX IMPACTS
YOUR LIFE. ACOX is a rare, genetic, condition affecting multiple organ systems in the body, and is generally fatal in childhood.

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YOUR CITY, YOUR STATE

Template for Adult Living with
2-Methylacyl-CoA racemase Deficiency (AMACRD)

To the Editor:

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I am one of only a few in the world who are living with a peroxisomal disorder called 2-Methylacyl-CoA racemase Deficiency (AMACRD). TELL 1-3 SENTENCES ABOUT YOURSELF AND HOW AMACRD IMPACTS YOUR LIFE. AMACR Deficiency is a rare, genetic, condition.

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