Join us for Bike MS: Venture the Valley 2014, a fully supported two-day bicycle ride through scenic countryside and beautiful small towns in southwest Ohio. The innovative route starts, finishes, and overnights at Camp Kern in Oregonia.

Be a part of Bike MS - and get ready for the ride of your life. Whether it’s your first year, or your 34th, together we will raise money, have fun, and make a difference in the lives of people living with MS. Please visit BikeMSVentureTheValley.org to register.
Dear Friend of the National MS Society,

I would like to introduce myself as the new President of the Ohio Valley Chapter. I am extremely excited and humbled to provide leadership for our chapter. I grew up in the Cincinnati suburb of Deer Park, graduated from the University of Cincinnati, and currently live in Symmes Township with my wife and two sons. My career with the National MS Society began in 2006, and I’m passionate about changing the world for people living with multiple sclerosis.

This is a very exciting time for me, and everyone at the Ohio Valley Chapter. Why?

- We just completed 11 successful Walk MS events, and are on pace to reach our $650,000 fundraising goal – which if attained, would be our highest total ever!

- May 28th was World MS Day. Share your “One Day” wish at www.worldMSday.org.

- The National MS Society recently committed another $29 million to support an expected 83 new MS research projects and training awards. We have committed to a record $50 million of research funding in our current fiscal year.

- Researchers, funded in part by the National MS Society, report success in stimulating the repair of nerve-insulating myelin in mouse models of MS.

- There are currently more potential MS therapies in the pipeline than at any other time in history.

That’s why we’re so excited! The National MS Society continues to be THE VERY BEST investment in driving solutions and changing the world for people with MS. Our team is committed to building on our momentum. We will continue to need the help of each of our volunteers, fundraisers, donors, and event participants to fulfill our mission. Together, we will connect people living with MS and their families to the resources they need to move their lives forward.

I welcome advice, feedback, and suggestions as we move forward. You can reach me directly at eddie.rauen@nmss.org, or phone at 513-956-4110, extension 60102.

Thank you for everything you do to help create a world free of multiple sclerosis.

Eddie Rauen has been with the National MS Society for over 7 years. Reach him at eddie.rauen@nmss.org.

THANK YOU TO OUR SPONSORS!
ADVOCACY

THE ACA MAKES A DIFFERENCE

BY BETH VANDIVER

As anyone living with multiple sclerosis knows, having good health insurance is important. My name is Beth Vandiver, and because of the Affordable Care Act (ACA), I now have access to the health care I need.

I was diagnosed with MS in 2010. I was teaching second grade and on my way driving to work one day in August, I thought I was having a stroke. My left side went numb and I had trouble staying in my lane. I made it to the classroom, but my students and coworkers knew something was wrong. I went to a neurologist and had an MRI, then received my MS diagnosis.

Since then, I have experienced many relapses. My vision is affected, and I have painful back spasms. Stress really exacerbates my MS symptoms, so I eventually had to quit teaching school. Once my COBRA ran out, I tried to get an individual plan, but was refused because my MS was considered a pre-existing condition. Without health insurance, I often went without treatment because I couldn’t afford visits to the doctor or medicine. I just tried to pull through as best I could.

The ACA changed all that for me. Insurance companies are no longer allowed to refuse to cover someone because of a pre-existing condition, so I was able to get health insurance from the same company that had initially refused to cover me. In addition, my premiums are half of what they were on COBRA. And I found out at www.healthcare.gov that I qualify for premium and co-pay assistance.

I am not going to let MS overtake me, and now that I have access to health care, I can afford the drugs that help keep me active and healthy. I am currently studying to be a paralegal; I also work four days a week substitute teaching. Laws like the ACA impact everyone living with MS, and lawmakers need to understand that state and federal legislation relating to health care affect real people like me. I am going to get involved in MS activism and share my story with my elected officials, so they understand why access to affordable health insurance is so important.

For information on how you can become an MS activist, visit www.nationalMSsociety.org/advocacy.

Originally published in South Central MSConnection.
EVENTS

AN EVENING WITH DREW HASTINGS

Come to the Drew Hastings MS Comedy Benefit! All proceeds benefit the National MS Society.

Drew is a veteran stand-up comedian who has performed on Comedy Central, The Tonight Show, and The Bob & Tom Radio Show. Drew lives in Hillsboro, Ohio, where he was elected Mayor in 2012.

When: July 21, 2014 at 7:30 PM
Where: Go Bananas Comedy Club
8410 Market Place Lane
Cincinnati, OH 45242

Tickets: $20

This is an 18 and up show. Special Engagement: No coupons or passes accepted.

FUNDRAISING

TAKE A BOW

HAIR BOWS BENEFIT OHIO VALLEY CHAPTER LEADERSHIP CLASS

Leah Taylor Vensil is a member of the 2014 Ohio Valley Chapter Leadership Class, and owner of Taylor Made Hair Bows.

She is selling National MS Society themed bows for $5 each - and 100% of the proceeds will go towards her Leadership Class goal.

There are two styles of bows - the first is solid orange and black and named the Joanne, the second is solid back with orange polka dots on a white ribbon and named the Sandy.

Please email Leah at Ltaylorn@gmail.com. She accepts cash, check, Paypal, and major credit cards.
At the time of her diagnosis with multiple sclerosis in 1995, Perry Ann Jeveli was a 30-year-old graduate student looking forward to a bright career in business. Shocked by her inability to see clearly or walk unassisted during her initial exacerbation, she sought to understand the impact MS might have on her future. As she learned more about the disease, she became convinced that there must be other people with MS who were living active, healthy lives and benefiting from research advances.

“At that time, I knew there must be other sides to this disease. I wanted to understand what was possible,” reflects Jeveli. With her neurologist Stephen Hauser, MD, at University of California, San Francisco (UCSF), she worked to take advantage of one of the first therapies available for people with MS and formed a Walk MS team, “Pear’s Pack.” To date, Pear’s Pack has raised more than $500,000.

As she learned more about the National MS Society-funded research taking place at UCSF, Jeveli resolved to increase her volunteer efforts. In partnership with the Society and UCSF, she created the Jeveli Research Fellowship in 2013 supported by the funds raised by Pear’s Pack, whereby promising young doctors receive special training at UCSF to develop the complex skills involved in the design, implementation and analysis of MS clinical trials with the goal of accelerating much-needed treatments.

“With so much promising research taking place, alongside the critical need to attract outstanding MS researchers, it was important for me to further refine the focus of our fundraising. Donors to our Walk MS team appreciate the direct correlation that their donations have with exciting research advances,” Jeveli says. At the Society’s Leadership Conference in November, Jeveli met the first Jeveli Research Fellowship recipient, Dr. Sabeen Lulu, whose work focuses on pediatric MS.

Today, Jeveli’s commitment to MS is stronger than ever. Not only does she continue to grow her team’s fundraising to support focused research initiatives, she is also eager to lend her ear and heart to those newly diagnosed, sharing her hope for the future. ■
Thank you to our sponsors!

Western & Southern Financial Group

Thank you to our Walk MS national sponsor:
EVENTS

WOMEN ON THE MOVE

Presented by Performance Lexus.

What a show! Thank you to those who joined us at the 2014 Women on the Move Luncheon & Fashion Show. You made the event a huge success!

Together we raised over $66,400 towards a world free of MS. It just goes to show you that you can have fun and help a great cause...in style.

A special thanks to the committee, volunteers, and models who made this event possible. Your hard work goes a long ways in making a difference in the lives of people living with MS.

BARI THORNBERRY, CO-CHAIR, JULIE RALEIGH, BEN-GAL CHEERLEADER ALUMNA, HELEN BISDORF, CO-CHAIR, DAN KOMMETH OF PERFORMANCE LEXUS, JENNY GINOCCHIO, CO-CHAIR, AND DEBBIE AMBURGEY, BEN-GAL CHEERLEADER ALUMNA
THANK YOU TO OUR SPONSORS!

bike MS
Venture the Valley 2014

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BikeMSVentureTheValley.org
or 800.344.4867

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EVENTS

WALK MS

Thank you to all the volunteers, participants, sponsors, and donors that made our 11 community Walk MS events picture perfect!

VOLUNTEERS FROM CINCINNATI NORTH
PHOTOGRAPH BY BOB WYLLY.

KASEY'S TEAM KRUSHED IT IN CINCINNATI
PHOTOGRAPH BY MONICA SHIRK.

VOLUNTEERS FROM BUTLER COUNTY

WINGMEN TAKE FLIGHT IN DAYTON
PHOTOGRAPH BY DONALD JONES.

BOB'S AVENGERS TO THE RESCUE

MANY JOINED THE MOVEMENT IN MIAMI COUNTY
LIVING WITH MS

HEAT AND COGNITION

BY JULIE STACHOWIAK, PhD

Results from a new study show a link between heat and impaired cognitive function in people with multiple sclerosis. I bet that many, if not most, of you reading this will think, “This is news? I could have told anyone that my thinking (along with other things) is impaired in hot weather.” However, this study actually is a big deal, because it is the first time that such a link has been formally demonstrated.

THE NUMBERS

Researchers from the Kessler Foundation, with funding from the National MS Society and the National Institutes of Health, compared cognitive functioning under different temperature conditions in 40 people with MS and 40 people without MS. The data showed that cognitive functioning in people with MS was more affected by hot weather than cognitive functioning in people without MS. On cognitive testing, people with MS performed significantly better on cooler days than they did on warmer days, while people without MS performed the same regardless of the outside temperature. For more information on the study, which was published in Neurology, visit www.nationalMSsociety.org/heatcognition.

This is important information for many reasons. The study scientists pointed out that this type of seasonality could affect clinical trial results. For instance, if people enrolled in a trial in the summer and were followed for six months through fall and into the winter, a drug to treat cognitive dysfunction (or many other MS symptoms, really) could seem like it was working, when in fact, some of the improvement might simply be due to temperatures dropping.

WHAT YOU CAN DO

That is interesting from a scientific perspective, but what does this information about heat and cognition mean for people with MS? There are no treatments that are effective
for cognitive dysfunction, but there are some things we might be able to do to help ourselves. Many of us have strategies we use to stay cool and avoid overheating. Here are a few additional tips you may want to consider:

**ASK FOR ACCOMMODATIONS AT WORK**

You may want to explain to your employer that the hot weather makes things a little harder for you and that you want to do a good job, but need a little help. Be specific in what you want, such as asking for a fan or cooler working area, and why you need it. You could also ask for people to communicate with you in writing, so that you wouldn’t miss anything that might be mentioned in passing – document requests in email or using a shared online calendar might help. For more information about accommodations at work, visit [www.nationalMSsociety.org/accommodations](http://www.nationalMSsociety.org/accommodations) or call an MS Navigator® at 1-800-344-4867.

**FIX YOUR WORLD**

I think many of us are our own enemy when it comes to cognitive dysfunction. We try to multitask while living in a world with constant noise and clutter, which leads to stress and frustration when we can’t get everything done or we forget things. Try this: Clean up your house. Turn off the television. Focus on one thing at a time. When you talk on the phone, just concentrate on the conversation – don’t simultaneously fix dinner, surf the Internet and keep an eye on your toddler. You may think you have no time for only doing one thing at a time – trust me, you will get more done and it will be done better if you don’t try to do it all at once.

**BE PATIENT**

Treat yourself kindly. Yes, I get mad at my brain for slowing down in the summer and I have gotten frustrated that my work doesn’t get done and I forget things and on top of it, I feel lousy for a good chunk of the year. Guess what? That hasn’t helped me one bit. In fact, it makes everything worse when I let myself get flustered. When I feel these emotions coming on, I try to slow down my reactions and figure out how to make my immediate situation better. Sometimes, dropping everything and having a big cold glass of iced tea is enough to derail the negativity. Other times, it may take a little more effort, like taking a cool shower or making a phone call to a friend.

For more tips on how to beat the heat, visit [www.nationalMSsociety.org/beattheheat](http://www.nationalMSsociety.org/beattheheat).

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Diagnosed with MS in 2004, Julie Stachowiak is the author of The Multiple Sclerosis Manifesto and [www.ms.about.com](http://www.ms.about.com). Originally published at blog. [nationalMSsociety.org](http://nationalMSsociety.org).
GOOD CAUSES

BLEED FOR A CAUSE

Save lives while helping the Ohio Valley Chapter of the National MS Society!

This July, Hoxworth Blood Center is hosting Bleed for a Cause!

If the National MS Society wins the recruitment contest - the Ohio Valley Chapter receives $10,000!

How does it work? Ask your friends, family, and co-workers to join you in donating blood this July. When you give blood and mention the National MS Society, you earn points.

Point System

- Whole Blood donation = 1 point
- Double Red donation = 2 points
- Platelet donation = 3 points
- 1st time donor will receive “bonus” = 2 points

Be certain to mention you are donating on behalf of the National MS Society!

Get your July appointment online at http://www.hoxworth.org or phone 513-451-0910 to donate blood.

Remember to bring a valid I.D. (such as a driver’s license, government I.D. or student I.D.) to your donation site.

Please give one hour (or more) of your time to donate blood in July. You’ll be helping patients in local hospitals - plus, you may help the National MS Society win $10,000! THANK YOU!

2nd Annual Bleed for a Cause is sponsored by Montgomery Inn and Toyota Motor Engineering & Manufacturing North America. Thanks to their generosity and commitment to the community, this competition will reward the top three charities with direct financial support.
If you want to love more, argue less, and communicate better in your relationship, you are not alone. Please join us July 19th, 8:30 a.m. to 3:30 p.m., for Relationship Matters.

Relationship Matters is an innovative program which successfully addresses how multiple sclerosis impacts a couple beyond the physical. The program is proven to help couples improve relationship satisfaction, mental health, and quality of life. You and your partner will learn a common language for resolving conflicts, solving problems, and general communication.

Dr. Amy Sullivan will lead Relationship Matters. Her qualifications include:

- Director of Behavioral Medicine, Training and Research at the Cleveland Clinic’s Mellen Center for Multiple Sclerosis
- Lead Psychologist for the National Football Association Players Association, Cleveland Clinic Concussion Program
- Consortium of Multiple Sclerosis Centers member, and co-founder of the special interest group for mental health providers.
- BS in chemistry and psychology from St Bonaventure University in NY (where she also played Division I basketball)
- Doctorate in clinical psychology from Argosy University-Atlanta
- Completed pre-doctoral internship at The University of Cincinnati and her post-doctoral fellowship at the Cleveland Clinic’s Section of Pain Medicine

Dr. Sullivan’s specialty interests include consultation-liaison work, individual and family chronic disease management, pain management, depression, and adjustment to phases of life. In addition to her clinical work, she has written and presented extensively in the field of pain medicine, psychology, and MS.

Please email or phone Kristin Barnes (kristin.barnes@nmss.org or 513-956-4110, extension 60106) right away to register for Relationship Matters, July 19th in our Blue Ash, Ohio office. $20 per couple includes the workshop and lunch. Space is limited, so please don’t wait.

If you would like hotel accommodations, a limited number of rooms at Embassy Suites (0.2 miles from our office) are available.
After the Society’s webcast, *Promising MS Research to Repair, Protect and Restore the Nervous System* (www.nationalMSsociety.org/webcasts), we sat down with Dr. Rhonda Voskuhl, MS program director at the University of California, Los Angeles, to discuss the work her lab is doing in the area of neuroprotection.

**Could you explain how neuroprotective therapies would be different from the therapies we have now?**

The therapies we have now were designed based on our understanding of the immune attack that occurs in multiple sclerosis, where immune cells attack the brain and spinal cord. They have been successful in that they reduce relapses by half or more, but they don’t halt permanent disability accumulation.

Neuroprotective therapies would target cells in the brain and spinal cord, namely neurons, oligodendrocytes and astrocytes (important cells in the brain) to build up their resistance to or protection from an immune attack. The neuroprotective therapies may have minimal effect on relapses, but would likely have a great impact on permanent disability accumulation – and they may even cause some reversal or improvement in disability.

We’ve studied several mechanisms involved in neurodegeneration (nerve destruction), as well as cells related to that process. We also have focused a lot on sex hormones. Estrogen (in females) and testosterone (in males) can be very neuroprotective and directly affect brain cells. We’ve completed several preclinical studies as well as two clinical trials in sex hormones, and we have two additional ongoing trials, with another trial planned.

**We’d love to hear more about the research exploring sex hormones in men.**

Eventually, there may be a common theme between women and men in the sense that testosterone is naturally converted to estrogen in the brain. Therefore, if you treat women with estrogen and men with testosterone, you could end up in the same place – binding to estrogen receptors in brain cells to cause protective effects.

Specifically related to testosterone in men, we’ve done extensive preclinical work and
have seen much improvement in both walking and cognitive outcomes, which included neuroprotective mechanisms. In a small pilot clinical trial, we gave testosterone to men with MS and found a 67 percent reduction in the whole brain atrophy rate, as well as an improvement in their cognitive testing. In a paper published this year in *Neuroimage Clinical*, our collaborator Dr. Allan Mackenzie-Graham found that the slowing of brain atrophy in this trial was due to both a halting of cerebral cortical gray matter atrophy and also some gray matter gain or restoration during testosterone treatment.

We are now hoping to follow that study with a larger study we just submitted to the National Institutes of Health. With up to 25 sites across the U.S., this would be a much larger study of 110 men with MS and will be placebo controlled. We will be looking for improvements in outcomes that are very important for disability and cognition in men with MS.

Testosterone may have several other positive side-effects in men with MS – it’s known to improve muscle mass and muscle strength, improve bone density, decrease fatigue, and improve cognition in older men going through andropause. In addition, this trial will provide valuable information about the safety of testosterone supplementation for men with MS.

**Are you seeing similar results related to cognition in women with estrogen supplementation?**

We have an ongoing trial of estriol, the safest of the estrogens, which is present during pregnancy. We are still enrolling participants in this trial with sites at University of California, Los Angeles, Colorado, New Mexico and University of Pennsylvania. This study is very similar to the study of testosterone in men – however it will have cognition as the primary outcome.

We also have another study exploring estrogen’s potential effect on relapses in women with MS. Preclinical data has shown that, in addition to being neuroprotective, estriol is also anti-inflammatory. On the other hand, testosterone appears to be only modestly anti-inflammatory, but appears to be more dramatically neuroprotective.

**What excites you most about this area of research?**

We know that pregnancy is good for MS, and that estrogen is high during pregnancy. We also know that men don’t get MS as often, and when they do, it is often later in life when their testosterone has begun to drop. So we’re taking something that we know is clinically significant and relevant to people with MS, and then trying to figure that out. It’s a different approach that starts with people with MS and then asks, “What phenomena are going on here that we don’t understand? Can we figure it out? And can we capitalize on it?” It will involve many molecules and many mechanisms because it’s a dramatic clinical effect that we’re trying to understand. And I think that’s why treatments using this approach will work – they’ll work through many mechanisms rather than one.

Originally published on [www.MSconnection.org/blog](http://www.MSconnection.org/blog).
EVENTS

NMSS NIGHT WITH THE CINCINNATI REDS

We’re proud to continue our great partnership with The Cincinnati Reds!

The Cincinnati Reds have invited us to National MS Society Night with The Cincinnati Reds, September 24, 2014. The Milwaukee Brewers visit Great American Ball Park to take on the Reds at 7:10pm. It should be a great late-season division game!

Here’s how you can participate in this great opportunity:

1. Tell us how many tickets you or your team would like to sell for National MS Society Night with The Cincinnati Reds, September 24, 2014. Tickets are available in packs of 10/20/30/50/75/100+ (no worries - you can always ask for more). To order, please send an email to Steve Niemann, or phone 513-956-4110 x-60105.

2. The National MS Society will provide you tickets to sell. We will make arrangements with you for pick-up or delivery. You will be required to complete and sign a transaction agreement.

3. You or your team sell the tickets for $18 (Mezzanine face value is $27). $9 from each ticket you sell benefits your fundraising. If you’re a Bike MS participant - sell just 34 tickets, and you’ll reach your fundraising minimum! It’s also a great fundraiser for Walk MS, Leadership Class, and more!

4. Please turn in your ticket sales money (and unsold tickets) to the National MS Society no later than September 17th, 2014.

5. We’ll see you September 24th, 2014 for National MS Society Night with The Cincinnati Reds!

BIKE MS PARTICIPANT, PAUL BISSMEYER (RIGHT), THREW OUT THE FIRST PITCH AT LAST YEAR’S NATIONAL MS SOCIETY NIGHT. CATCHING FOR PAUL WAS DONOR, NEAL GELLENBECK (LEFT)
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- Mr. Smith

8050 Hosbrook Road, Suite 406 - Cincinnati, OH 45236
Kristin Barnes, RN, BA and Programs Manager for the Ohio Valley Chapter of the National MS Society is hosting a monthly call for those who are newly diagnosed or new to the Chapter.

She will discuss relevant topics and answer questions, Noon to 1 p.m., on the last Wednesday of each month.

To join the call, please phone 1-888-279-3775, then 6003# (must hit # sign).

Please email or phone Kristin Barnes (kristin.barnes@nmss.org or 513-956-4110, extension 60106) if you have any questions.

Anyone living with MS who is interested in cycling to support the MS movement can join the program, enjoy special day-of-event benefits and receive a complimentary “I Ride with MS” jersey. Genzyme and MS One to One, and Primal Wear are proud supporters of the I Ride with MS program.

Please contact Steve Niemann (steven.niemann@nmss.org or 513-956-4110, extension 60105) if you have any questions or to register.