MID SOUTH CHAPTER
MS CONNECTION

National Multiple Sclerosis Society / 214 Overlook Circle, Suite 153 / Brentwood, TN 37027 / Summer 2012

Gold Strike Sponsors the Bike MS: FedEx Rock-n-Roll

The Mid South Chapter is proud to announce that Gold Strike Casino and Resort has joined the Bike MS: FedEx Rock-n-Roll event as a presenting sponsor. Gold Strike Casino Resort is located 20 minutes south of Memphis in Tunica, Mississippi.

The resort recently completed the largest renovation and remodeling project in its history. The multi-million dollar upgrade included all of Gold Strike's 1,100 oversized rooms and 133 suites, the 30,000 square foot
conference and convention center, and the high-limit gaming and lobby area. The casino features contemporary custom-designed flooring, fresh modern wall coverings, and a completely reconfigured 50,000 square foot state-of-the-art gaming floor, including 55 table games and more than 1,200 slot machines.

Guests of Gold Strike Casino Resort are familiar with the resort's wide array of restaurant offerings, including the award-winning Chicago Steakhouse, Atrium Café, Courtyard Buffet, and the variety of options available in the food court. With an array of restaurants, an 800-seat entertainment facility and Vegas-style casino floor all under one roof, some guests rarely leave the Gold Strike Casino Resort once they arrive.

Cyclists will pedal their way from Landers Center to Gold Strike Casino and Resort where they will enjoy finish-line festivities, world class accomodations and a celebration party in the Casino's ballroom.

Bike MS

Calling all cyclists! Make plans to ride with us at this year's **Bike MS: FedEx Rock-n-Roll** on **September 8-9**. The ride takes place over two days and is the most fun you'll have on two wheels! So roll the dice and cycle with us from Landers Center to Gold Strike Casino Resort and back.

Visit our website at: www.biketns.nationalmssociety.org to register as an individual or form a team. Questions? Contact Emily Cavezza at 615-690-5333

BOARD OF TRUSTEES

James Armistead

The Board of Trustees welcomes new members James Armistead, CEO, Tree House Ventures, LLC, Chris Brown, Director of Strategic Alliances, Gaylord Entertainment, John Crawford, Healthcare Executive and Mayor Kim McMillan, Mayor of the City of Clarksville, Tennessee.

Chris Brown

If you have someone to nominate to the Board of Trustees, please contact Stacy Mulder at stacy.mulder@nmss.org or 615-690-5355. Your nomination(s) will be reviewed by the Governance Committee and vetted by the full Board of Trustees. Board members are required to attend four board meetings per year as well as the Annual Meeting and to support the chapter financially by raising and/or giving a minimum of $1,000 per fiscal year.

John Crawford

Kim McMillan

MID SOUTH CHAPTER

www.msmidsouth.org

OFFICES

Main Office
214 Overlook Circle, Suite 153
Brentwood, TN 37027

5341 Estate Office Park Drive, Suite #2
Memphis, TN 38119

STAFF

Stacy Mulder
Chapter President

Sherry Bramucci
Manager, Client Programs/Services

Emily Cavezza
Development Manager

Deanna Jones
Director, Client Programs/Services

Lauren Looser
Development Coordinator

Leslie Morton
Manager, Information Systems

Diane Payne
VP, Finance & Administration

Katie Turner
Development Coordinator

TELECONFERENCES

These free, informative calls are held on the 2nd Tuesday of each month at 6:30 p.m. CST, 7:30 p.m. EST and feature MS experts from around the country. To register, call 1-800-344-4867 and select option 1 or go to www.msmidsouth.org , select Programs & Services, and go to the corresponding date on the calendar.

Tuesday, July 10th
Multi Tasking: Living with MS While Parenting Young Children

Parenting wasn't easy before MS: learn tools to balance parenting young children while managing your MS. Explore the concept of mindfullness in parenting and living with MS to embrace both roles.

Tuesday, August 14th
Vitamin D & MS

Learn the importance of Vitamin D and why it is crucial for people with MS to check their Vitamin D levels.

EDUCATION PROGRAMS

Newly Diagnosed & Living with MS

Have you been diagnosed with MS within the last three years? Do you still have unanswered questions about MS? If so, join us at one of our informative newly diagnosed programs and learn more about MS treatements, symptom management, and receive answers to your questions. Reservations are required so reserve your seat today by calling 1-800 344-4867 and press option 1.

Tuesday, July 10, 2012
presented by Dr. Christopher Pendola
12:00 p.m.
Chop House
1704 N. Eastman Road
Kingsport, TN
A light lunch will be served.

Advances in MS and Current Therapies

Please join us for dinner and hear Dr. Randall Trudell, neurologist with Cole Neuroscience Center, discuss the latest advances in MS. Reservations are required for these programs, so make sure you reserve your seat by calling 1-800-344-4867 and press option 1.

Tuesday, July 17, 2012
6:00 p.m.
Halcyon Days
2444 Genesis Road
Crossville, TN

Wednesday, August 8, 2012
6:00 p.m.
Rickard Ridge BBQ
131 Goose Lane
Caryville, TN

National Multiple Sclerosis Society

Treatment Strategies for MS Exacerbations

Join us for lunch and hear Dr. David Brandes with Hope Neurology discuss strategies for treating MS exacerbations.

Tuesday, August 7, 2012
12:00 p.m.
Copper Cellar
7316 Kingston Pike
Knoxville, TN

Tuesday, August 14, 2012
11:30 a.m.
Peerless
2531 N. Roan St.
Johnson City, TN

MS & Men

Join us for one of two special "men's only" programs and hear Dr. Harold Moses, neurologist with Vanderbilt Multiple Sclerosis Center, or Dr. Christopher Pendola, neurologist with Mountain States Medical Group, discuss men's issues specific to MS.

Thursday, August 16, 2012
6:00 p.m.
with Dr. Harold Moses
Peerless Restaurant
320 North Peters Road
Knoxville, TN

Wednesday, September 12, 2012
6:00 p.m.
with Dr. Christopher Pendola
Peerless Restaurant
Chop House
1704 North Eastman Road
Kingsport, TN

Social Security & MS

Come and hear information on Social Security Disability and benefits from Ann Clifton with the Social Security Administration.

Thursday, July 19, 2012
2:00 p.m.
Carriage Court Assisted Living
1645 W. Massey
Memphis, TN

To register for any of the above listed programs, call 1-800-344-4867 and select option 1. Space is limited so reserve your spot today! Check our website regularly for programs in your area.

http://www.nationalmssociety.org/chapters/tns/programs

MS WE JOINED THE MOVEMENT

WOMEN'S DAY OUT

Saturday, September 29th
9 AM - 3 PM

Join us for a fun, stress free day filled with important tips on how to make your life more enjoyable and easier. Connect with other women, enjoy lunch, win a door prize, and visit with our vendors at this special **"women only"** event.

Registration and Exhibits will start at 9:00 a.m. with our great list of speakers starting at 10:00 a.m.:

Overcoming Stress with Mind-Body Skills
Dr. Ragi Doggweiler
UT Medical Center

What in the World is Advocacy?
Mary Littleton
Attorney at Law

The Importance of Health & Wellness
Shelley Lott
Nurse Practitioner
Hope Neurology

Making Smart Financial Decisions
Susan Williams
Certified Financial Planner
The Trust Company

Simple Solutions to Become Clutter Free & Organized
Mary C. Pankiewicz
Professional Organizer
www.clutterfree.biz

There is a $5.00 registration fee/donation to help cover costs of the event. Reservations are required. To register, please call 1 800 344-4867 and select option 1 or go online to www.msmidsouth.org > Programs & Services> Calendar.

The program will be held on September 29, 2012 at Parkwest Medical Center, 9352 Park West Blvd. in Knoxville in classrooms 1-4. Parking is available in the Physicians Parking Lot next to Patient Discharge.

STAY CONNECTED

Make sure you receive communications from the Mid South Chapter! Please send your updated email address to leslie.morton@nmss.org. To receive MS Connections via email and help direct more money to financial assistance and programs, ask Leslie to add you to the e-distribution list. Thank you!

SAVE THE DATE

The **Memphis Women Against MS Luncheon** will be held on **Thursday, July 26th,** from **11:00 a.m. - 1:00 p.m.** at the **Holiday Inn, University of Memphis**. Tickets are $50 per person / $500 per table of ten. For more information or to make an advanced reservation, contact Sherry Brammuci at 901-755-0994 or **sherry.brammuci@nmss.org**.

Client Lunch Program
Sponsored by Bayer
September 27, 2012
Check www.msmidsouth.org for more information on this event.

HANNAH'S STORY

by Pam Baggott

Kissing our 16 year old daughter good night, she told me that her right leg was "asleep". I smiled and said it would wake up in the morning. The next afternoon, she called me from school and said that her right arm was now "asleep" as well. I immediately called her pediatrician.

After being admitted to Vanderbilt Children's Hospital the following day, Hannah Baggott's world was shaken and overcast with gloom. The terrifying words of "multiple sclerosis" were announced to us and immediately visions of her future disintegrated our dreams for her. For Hannah, just three days before her junior prom, she was more upset about being in the hospital at the time than what her future might entail.

After three days of steroids, Hannah was discharged in time to attend the prom and, most importantly, with no body parts "asleep". The steroids had worked and our prayers answered! Her diagnosis was to inject a weekly interferon, Avonex. She learned how and gave herself the first injection with the help of a knowledgeable, caring nurse in Dr. Moses' office.

Hannah finished high school along with learning how to handle the symptoms associated with MS and overcoming them. She was accepted to Belmont University and continued her weekly injections and battling the MS symptoms along the way. During this time, one odd decision, for us as parents, was to find out that Hannah wanted and got a tattoo. The tattoo had a deep meaning for

Ainsley, Tommy, Hannah and Pam Baggott

Hannah and is actually a heartwarming testimony. She chose a jellyfish. Hannah's reasoning was because the jellyfish is beautiful and yet has no nervous system. MS strikes the nervous system. I totally agree with her now. Hannah is a beautiful young lady that has been stricken by a disease that is affecting her nervous system.

With tattoos apparently in fashion these days, Hannah's sister, Ainsley, surprised us with one as well. Again, the deep meaning came into play, and so for Ainsley her love and admiration that she has for her big sister gave her the idea of getting a Hannah tattoo. And now, Ainsley is inspired to go to college where her sister goes as well and hopes to attend Belmont next year.

This life changing event for Hannah gave her father a new mission (not a tattoo)...to cycle and raise money for MS research. Tommy was not a cyclist before Hannah's diagnosis in 2007 but he wanted to help our daughter in any way that he could. So with the drive and desire to help find a cure for MS, Tommy sold his car and bought a Trek. He signed up for his first Jack & Back ride (150 miles) and placed 2nd in the amount of donations collected. Tommy formed his own bike team and named it "Team Jellyfish" in honor of our daughter. He continues to raise money each year for MS by cycling in the Jack & Back ride.

This summer, prior to her senior year of college, Hannah will travel to London for a study abroad opportunity. She will be an English major, Public Relations minor. She will be staying at Kings College campus where they will accommodate the need for her refrigerated medication. She will take courses such as King Arthur and British Media Systems. She plans to visit Scotland, Stonehenge and Salisbury.

At 21 years old, Hannah will graduate from Belmont University in December, a semester early, and will have made Dean's List all four years. I am sure that a lot of students will graduate having made Dean's List and I applaud them; however, we will applaud, stand up, and cry with pride that Hannah did as well, except she had to fight MS all along the way.

Hannah never lets MS get her down. She has her bad days (i.e. extreme fatigue, spasticity, and trying to dodge Tennessee heat) but she still keeps a positive attitude and a smile on her face. Sometimes she says that MS has even made her a "better" person.

Team Jellyfish

A NEW FACE

Our new Development Coordinator for East and Middle Tennessee is Katie Turner. Prior to joining the Mid South Chapter, she worked in the online media industry as a marketing manager and event coordinator at CBS Interactive. Katie will be responsible for East and Middle Tennessee Walk MS Events, the Bob Mueller MS Celebrity Golf Scramble and the Chattanooga Women Against MS Luncheon. Welcome Katie!

2012 MID SOUTH CHAPTER SCHOLARSHIPS

The National Multiple Sclerosis Society, Mid South Chapter is thrilled to provide six scholarships this year to high school seniors who live with MS or have a parent or guardian living with MS.

In addition to the emotional toll that MS can have on a family, there is a substantial financial impact as well. The direct and indirect costs of MS, including lost wages – even for those with health insurance – are estimated at more than $70,000 annually per household. This makes funding a college education that much harder. Nationwide the Society received 839 eligible applications and awarded 409 new scholarships. Total scholarships awarded for 2011-2012 were $1,136,175.00

We are excited to be able to make an impact in the lives of our clients through this program. Funding is received through events such as the Bob Mueller Golf Tournament, grants and individual giving. If you would like to contribute to our 2013 Scholarship Fund, please visit our website and select donate or mail a check to our Brentwood office. Congratulations to all six of our recipients from West, Middle and East Tennessee and good luck in the fall!

The first time I heard the words, "you have multiple sclerosis (better known as MS)," I am sure I did not have the typical adult reaction. I am sure of this for two reasons – I am not an adult and I had absolutely no idea what MS was. The more I think about this disease and what I have endured in the short amount of time that I have had it, the more I am encouraged to give back to the MS community. People will never fully understand what I go through on a daily basis, but it is the compassion in their hearts that drives me. Scholarship Recipient

Since I was a little girl, I have always wanted to "change the world," but I never knew how. I believe now that someday my MS is going to help me do just that.

Crystal – 18 years old
2012 Mid South
Jackson, TN

Health & Wellness

Saturday, September 22
9:30 a.m. – 2:00 p.m.

The Health & Wellness Seminar is an event devoted to the enrichment and education of people with MS. This event will provide resources, support and dialogue to enable participants to more effectively manage the impact of MS on their lives. *Registration and Exhibits start at 9:30 a.m. with our speakers starting at 10:00 a.m.*

The Importance of Health & Wellness
Dr. Chris LaGanke
Neurologist with North Central Neurology/
Joanne P. LaGanke MS Center

Goodwill Assistance Dog Academy
Ramona Nichols
Assistance Dog Program Director

Assistive Technology for Independence
Sarah Mak
Director, Assistive Technology – Signal Center

Call 1-800-344-4867 and press option 1 by September 14 to reserve your seat for this great event. A $5 donation is being requested to help cover costs of the event. Thank you **Bayer Pharmaceuticals** for sponsoring lunch.

Siskin Hospital, One Siskin Plaza, Chattanooga, TN, Second Floor Conference Center

TRY ON MS

At the 2012 Walk MS sites, participants were given the opportunity to "Try on MS". To simulate foot drop, they walked with one high heel. For balance, flippers were given. To create spasticity, a wide, tight belt was placed around the waist. Numbness? Participants were asked to button up a shirt wearing rubber kitchen gloves. Vision problems were simulated by wearing blurry high-prescription glasses and fatigue with wearing weights while trying to perform various activities.

Each participant was asked how it felt and if they could imagine living with these symptoms. While these "symptoms" were only temporary, the hope was that trying on MS, even for a minute, might connect w alkers with those for whom they walk.

A brave Knoxville MS Walk Participant Trying on MS!

GET INVOLVED

Whether you only have a few minutes or want to make a commitment, YOU can be an MS Activist.

To receive news and updates on health policies, help find solutions to MS issues, and take action on legislation that matters, get involved today by signing up to receive Action Alerts. All you need to do is go to the National MS Society website: www.nationalMSsociety.org, click on the Government Relations & Advocacy tab and then click on Be an MS Activist and sign up. It's easy to get involved!

We also invite you to take a moment to visit our chapter's new Facebook Activism page: www.facebook.com/MSactivists (please make a note to click on "LIKE" to receive the latest updates from our page).

Visit us on Facebook

Twitter fan? Follow our tweets at www.Twitter.com/TennMSactivist .

Follow Us On twitter

On Pinterest, folks can log on to www.Pinterest.com and search for us by our profile name, "Tennessee MSactivist".

One more way to locate us is at www.MSconnection.org and search for us by our profile name "TN activists for MS".

D.I.Y.

Do It Yourself Fundraising is an opportunity for people with a deep commitment to the MS cause to raise awareness and critical funds for the MS Movement in new and creative ways. Activities can include golf tournaments, dinner parties, bake sales, endurance events, simply asking your friends, and more! Countless creative "Do It Yourself" events have already been held this year! If you are interested in hosting a "Do It Yourself" Event please contact Lauren Looser at lauren.looser@nmss.org.

Heidi Newfield Concert

Please join us in thanking Heidi Newfield and Friends for donating their time for the "We are our brothers keeper" Music for MS concert held on April 19th at Third & Lindsley.

Heidi Newfield (center)

Heidi invited many of her friends to join her. Among the songwriters were Danny Myrick, Paul Overstreet, Bobby Pinson and Stephony Smith. The songwriters kicked off the night by performing some of their well-known hits. Heidi joined them on stage and wowed the crowd with her new single "Why'd You Have To Be So Good". The first annual "Do It Yourself" event, orchestrated by Kathy White, raised over $2,500!

Casey's Cause Farm Event

The first annual Casey's Cause Farm Event was a huge hit! This family friendly event hosted approximately 500 attendees and raised over $10,000. This year Casey and his family are hosting the 2nd Annual Casey's Cause Event and it is promising to be hugely successful with a goal of over 1,000 attendees! This year's event will be hosted on October 13, 2012 from 10 am-4 pm at The Home Place Farm in Antioch, TN. Donations will be accepted. Interested in attending or have questions? Contact Casey at caseycause@gmail.com.

Casey (second from left) and his family

Walk MS 2012

This year, the Mid South Chapter hosted a total of eleven Walk MS events throughout the state of Tennessee. Thousands of amazing participants and extraordinary volunteers alike "joined the movement" to raise funds in effort to create a world free of MS. Through this participation at our Walk MS events, the hard work and dedication of these individuals helped spread MS awareness throughout the region. Together, both the participants of this event and our generous chapter wide and community sponsors have raised a committed total of nearly $500,000!

We would like to take a moment to recognize our top Walk MS fundraisers:

Top 10 Individuals:
Bradley Peterson of the Chattanooga Walk: **$15,042**
Cathi Maynard of the Nashville Walk: **$8,450**
Becky Walton of the McMinnville Walk: **$6,625**
Terri Tighlman-Douglas of the Clarksville Walk: **$5,759.69**
Rachelle Schaefer-Brodoski of the Nashville Walk: **$5,505**
Palmer Clemmer of the Gallatin Walk: **$5,415**
Heather George of the McMinnville Walk: **$5,204**
Michael Dobbs of the Nashville Walk: **$4,425**
Joyce Gunter of the McMinnville Walk: **$4,050**
Nancy Boriack of the Nashville Walk: **$3,950**

Top 10 Teams:

Garry's Girls of the Collierville Walk: **$16,807.50**
Team ECHO of the Nashville Walk: **$10,097**
Team 4 A Reason of the Clarksville Walk: **$10,049.09**
Truckin' For a Cure of the McMinnville Walk: **$9,588**
Buehler Bunch of the Nashville Walk: **$9,406**
Team Chad of the Gallatin Walk: **$7,996.19**
Smile Every Chance You Get of the Gallatin Walk: **$7,865**
Hedy's Heroes of the McMinnville Walk: **$7,119**
Team Trena of the Cookeville Walk: **$6,486**
Glenda's Go Getters of the Chattanooga Walk: **$6,060**

Additionally, we'd like to recognize our gracious top sponsors whose generous donations help send more funds to research throughout the state of Tennessee:

Saint Thomas Health, Thomas Lumber Company, Sam's Club, Pepsi, Biogen-Idec, EMD Serono, Pfizer, Pilot Travel Centers, The University of Tennessee Medical Center Brain & Spine Institute, EPB Fiber Optics, and Pure Protein

Thank you for making a difference in the lives of more than 8,800 people living with multiple sclerosis in the Mid South Chapter. Your outstanding work set forth brings us closer to achieving our mission to create a world free of multiple sclerosis.

As we plan ahead to our 2013 Walk MS event season, we look forward to reaching more goals and continuing in our mission. Thank you again for "joining the movement!"

Sam's Club Raises $1,534,375.76 for National Multiple Sclerosis Society

After six short weeks of fundraising, in over 600 Sam's Clubs across the country, and at the conclusion of an intense MS themed dodge ball tournament, Sam's Club presented a check to the Society for $1, 534,375.76. The Mid South Chapter would like to thank the sixteen Sam's Club stores in Tennessee who raised $40,137.57 for our chapter.

City	Club	Fundraising
Bartlett	6260	$3,007.62
Chattanooga	8112	$2,062.89
Clarksville	6512	$901.31
Cookeville	4930	$2,086.36
Franklin	6249	$2,104.51
Jackson	6507	$1,874.33
Johnson City	8222	$2,340.46
Knoxville	6572	$5,851.80
Knoxville	8256	$2,614.02
Madison	8257	$1,919.98
Memphis	8258	$2,599.95
Memphis	6256	$1,418.58
Memphis	8292	$2,100.40
Murfreesboro	6501	$2,503.93

Through grass roots fundraising - i.e., donation jars, popcorn, caramel apple and hot chocolate sales, MS bracelet and sneaker sales to employees and customers in their parking lots, break room activities like bake sales, chili cook-offs, etc., Sam's Club raised a whopping amount to benefit the MS community.

This initiative truly exemplifies the profound impact the Society can achieve by working collectively with a national corporate partner to engage their local communities, employees and customers. The Mid South Chapter would like to thank the sixteen Sam's Club stores in Tennessee who raised $40,137.57 for our chapter.

A SAM'S CLUB FUNDRAISING EVENT

ONE OF THE MANY CARS AT THE SAM'S CLUB CAR SHOW FUNDRAISER

SELF-HELP GROUPS

The Mid South Chapter has a variety of monthly self-help group meetings throughout the state. For more information including date and time, please contact the group leader.

NORTHEAST:

Bristol
Sylvia: (276) 466-9189

Greeneville
Jan: (423) 639-1904
Judye: (423) 639-3743

Kingsport
Judy: (423) 357-6087

Knoxville - Night Group
Judy: (865) 922-2281

Knoxville Day Group
Victoria: (865) 851-7135
Jennifer: (865) 705-0589

Knoxville Cole MS Group
A.D: (865) 305-6740

Knoxville Hope For the Future
Mickey: (865) 617-3721

Knoxville Men's Only Group
Mickey: (865) 617-3721

Maryville
Debby: (865) 379- 9545

Morristown – Lakeway
Marilyn: (423) 235-6944

Jefferson City
Kelly: (865) 705-7593

Johnson City
Bonnie: (423) 467-2597

MIDDLE TN:

Brentwood
Sandie: (615)376-5395

Clarksville
Melba: (931) 552-1486 or
Mary: (931) 647-8904

Columbia
Cheryl: (931) 446-2439

Dickson
Lisa: (615) 423-2888

Gallatin
Katie: (615) 604-7423

Portland
Kathy: (615) 325-2196

Pulaski
Grefonda: (931) 363-4723

Tullahoma
Kathy: (931) 455-3568

Young Adults
Nashville Area
Colleen: (615) 879-3098

SOUTHEAST:

Chattanooga Dinner Club
Lynda: (423) 893-3230

McMinn, Meigs, Monroe County
Amy: (423) 263-5721

WEST:

Jackson
Carol: (731) 423-1656

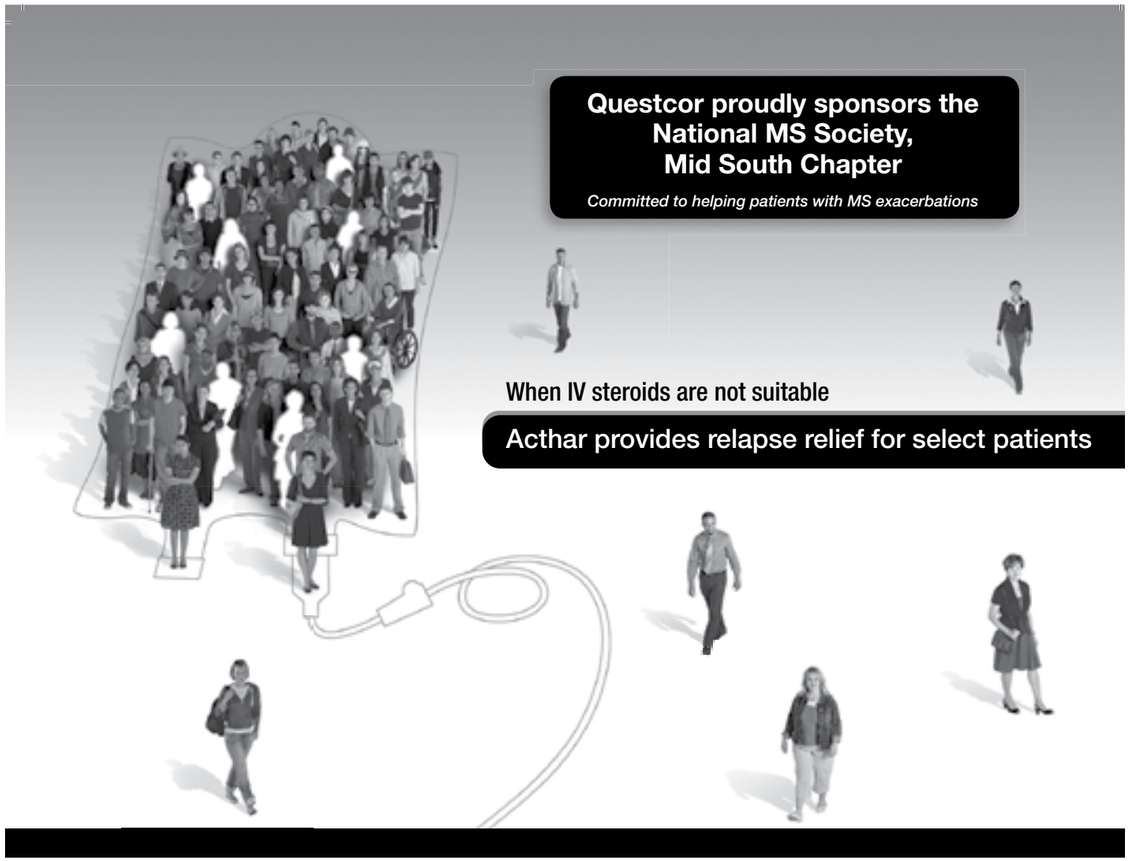
Memphis
Alan: (901) 767-6175

Adamsville
Brandi: (731) 632-0013

YAMS (Young Adults with MS)
Nicole: (901) 550-9242

NEW SELF HELP GROUP FORMING!

There is a new men's only self help group meeting monthly at 6:30 p.m. at the Bearden Library in Knoxville, TN. For meeting dates, please contact Mickey at (865) 617-3721.



Important Safety Information

Patients, parents, and caregivers should be aware of the important information about H.P. Acthar® Gel.

Acthar should never be given intravenously (into a vein). Acthar should not be used in patients with a skin condition called scleroderma, bone density loss (osteoporosis), infection throughout the body, eye infection called ocular herpes simplex, recent surgery, history of or a current stomach ulcer, heart problems, high blood pressure, or allergy to pig-derived proteins. Tell your doctor about any health problems or medicines.

Acthar may cause side effects similar to side effects that happen due to treatment with steroid medicines. Not all of these side effects have occurred with Acthar but they may occur. Acthar is a medicine that affects a patient's immune system, and therefore patients may be more likely to get new infections, or inactive infections may become active. Acthar has effects on the adrenal gland. When a patient is taking Acthar, their adrenal gland may produce too much of a hormone called cortisol. This can cause symptoms of Cushing's syndrome (upper body fat, rounded face, thin skin), which is more common in patients who take this medicine for a long time. When a patient stops taking Acthar after a long time, the body may not produce enough cortisol on its own (adrenal insufficiency). The doctor may prescribe a steroid medicine to protect the body until the adrenal gland recovers. Do not stop administering Acthar without talking to your doctor first. Blood pressure should be checked during treatment, and your doctor may instruct you to make some dietary changes. Patients should not receive certain vaccines during treatment with Acthar. Talk to your doctor about which vaccines are safe for use. Acthar may hide (or mask) symptoms of other conditions or diseases and it may be more difficult for your doctor to diagnose other conditions or diseases in you or your child during treatment. The person receiving Acthar has an increased risk for bleeding from the stomach or having a stomach ulcer. Inform your doctor about any pain in the stomach area, bloody vomit, or bloody or black stools. While on Acthar changes in mood and behavior such as irritability, depression, or trouble sleeping, may occur.

Other side effects are possible. Acthar may make certain other medical conditions worse, such as diabetes (may increase blood sugar); cause eye problems, such as cataracts, increased pressure in the eye (glaucoma), and possible damage to the optic nerve; and cause allergic reactions to Acthar (seen as skin rash, swelling of the face, tongue, lips, or throat, and trouble breathing). Acthar may affect growth and physical development after long term use. Long term use of Acthar may cause an increase in the size of the heart, but this condition usually goes away after Acthar is stopped.

The most common side effects of Acthar in infants include: infections, increased blood pressure, irritability and changes in behavior, changes in appetite and weight, diarrhea, and vomiting. Other adverse reactions reported in adults and children over 2 years of age included: abdominal bloating, anxiety, asthma, chest discomfort, congestive heart failure, dizziness, shortness of breath, redness of the face, fluid retention, flushing, headache, injection site pain, tiredness, muscle weakness, nervousness, rapid heart rate and lack of energy. Tell your doctor if there is any side effect that bothers you or your child or that does not go away. These are not all of the possible side effects of Acthar. For more information, ask your doctor, nurse, or pharmacist, go to www.acthar.com, or call 1-800-465-9217.

You may report side effects to the FDA at 1-800-FDA-1088.

QUESTCOR®

H.P. Acthar® GEL
(repository corticotropin injection) 80 U/mL

Relapse relief for select patients

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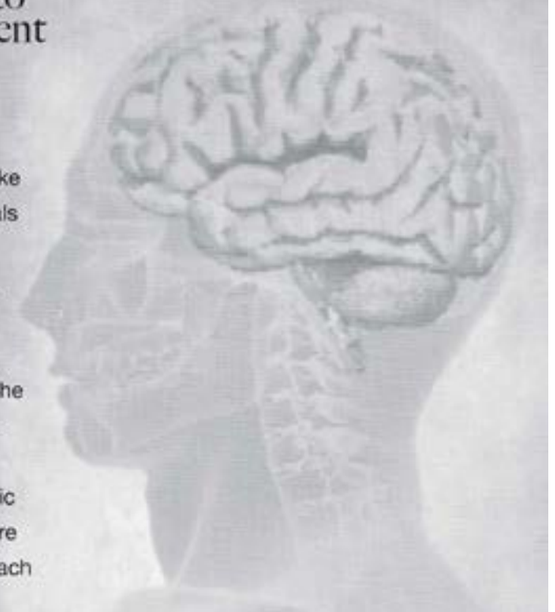
using our resources to treat each patient individually.



At the Saint Thomas Center for MS, we make a positive difference in the lives of individuals and their loved ones living with Multiple Sclerosis. Utilizing a full range of therapies, treatments and support services, our team of neurologists, radiologists and therapists provide the care necessary to live life with the highest level of independence and the best health possible. Our multidisciplinary team has access to the most advanced diagnostic and treatment therapies available and we are dedicated to providing an integrated approach to compassionate, individualized care.

Dr. Robert Fallis is Director of the Saint Thomas Center for MS.

He has been named to the National Multiple Sclerosis Society's National Council of Clinical Advisory Committee (CAC) Chairs and is a member of the National Multiple Sclerosis Society Mid South Chapter Board of Trustees.

Center for MS

A member of Saint Thomas Health

www.sths.com/neurosciences

Saint Thomas Health is proud to be the presenting sponsor for the National Multiple Sclerosis Society Mid South Chapter.

National
Multiple Sclerosis
Society
Mid South Chapter
214 Overlook Circle, Suite 153
Brentwood, TN 37027

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You CAN Beat the Heat!

Overheating can aggravate MS symptoms, so what are you to do when the temperature climbs up to (and over) 100 degrees?

Drink plenty of fluids. Cold water is the fluid of choice as drinking cold water can help keep you cool. Avoid caffeine as this acts as a diuretic. Leaving the house? Take a frozen bottle of water with you to sip on as it thaws.

Use fans, air conditioning, even hand-held spray bottles. Air conditioners can be tax-deductible with a document from your physician. Limited funds? Contact the chapter for financial assistance at 1-800-344-4687.

Wear commercial cooling garmets such as vests, head and neck bands. For a list of retail suppliers, call the chapter at 1-800-344-4867. In the meantime, a damp towel, light-colored and loose clothing can be helpful.

Try "pre-cooling" to decrease body temperature. Get into a bathtub of cool water. The bathtub should be comfortably lukewarm to start. Continue adding cooler water over a period of 20-30 minutes. Submersion of the upper body will provide the optimal benefit.

For more helpful tips, request the booklet "You Can . . . Beat the Heat" from your chapter or go to www.nationalmssociety.org/living-with-multiple-sclerosis/you-can-beat-the-heat

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