



CONNECTION

MOVING TOWARD A WORLD FREE OF MS

Winter 2008

Arizona Chapter

MS Awareness Week is March 10-14, 2008

March 10-14 marks MS Awareness Week. Across the country, the National Multiple Sclerosis Society will be involved in activities dedicated to raising awareness about this disease and the hundreds of thousands of people who live with it each day. We are committed to building an MS movement that will engage as many people who want to do something about MS now. We hope that you will join us in this movement.

How "Aware" Are You About MS? Test Your Knowledge:

1) How many people in Arizona have MS? In the United States? In the World?

It is estimated that over 8,000 people in Arizona have MS. Approximately 400,000 Americans acknowledge having MS, and every week about 200 people are diagnosed. Worldwide, MS may affect 2.5 million individuals.

2) Which of the following is the most common form of MS at the time of initial diagnosis? A) Relapsing-Remitting B) Primary-Progressive C) Secondary-Progressive D) Progressive-Relapsing

The most common form of MS at time of initial diagnosis is Relapsing-Remitting. (Approximately 85%.) People with this type of MS experience clearly defined flare-ups. These are episodes of acute worsening of neurologic function. They are followed by partial or complete recovery periods (remissions) free of disease progression. The rarest form of MS is Progressive-Relapsing. (Approximately 5%.)

3) True or False: There are currently six approved drugs for different forms of MS.

TRUE. Although there is still no cure for MS, there are various strategies available to modify the disease course, treat exacerbations, manage symptoms, and improve function and safety. Until 1993 there were no medicines that could alter the underlying disease, and now there

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Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The National MS Society recommends that all questions and information be discussed with a personal physician. The National MS Society is dedicated to ending the devastating effects of MS.

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Arizona Chapter

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FROM COVER

are six FDA-approved disease-modifying agents. Because MS is so variable, each individual's treatment needs are best identified in an ongoing collaboration with a knowledgeable physician and other members of the treatment team.

4) At what age has the youngest person been recorded to have an MS diagnosis?

Initial symptoms of MS have been seen as early as 13 months old, with diagnosis as young as 2 years of age. MS historically has been viewed as an adult-onset disease, but since 1980, over 400 cases of childhood MS have been recorded in over 25 medical publications. Largely because of new technology, the numbers of children and adolescents diagnosed with MS are steadily growing.

5) True or False: Everyone diagnosed with MS will eventually end up in a wheelchair.

FALSE. Many people with MS remain able to walk without help. However, the likelihood

of needing a mobility device increases the longer someone has MS. In addition, people who are still able to walk may use a wheelchair, cane, scooter, or other device to conserve energy or prevent injury from falls. Only 25% of people with MS use a wheelchair or stay in bed because they are unable to walk, according to a well-designed survey completed before the new disease-modifying drugs became available.

Ask your friends, family and co-workers these questions to test them on their MS Awareness. But knowing about MS is only the first step toward finding a cure. MS Awareness Week is the perfect time to take action. Sign-up for a program/event in your area, make a donation, volunteer your time and encourage others to get involved. **Get started by visiting the Arizona Chapter website at <http://aza.nationalMSSociety.org> or call us at 1-800-344-4867 today!** MS stops people from moving. You can help make sure it doesn't.

Tell Your Favorite MS Health Care Professional About:

MS 2008: Maximizing Care Strategies
Saturday, May 3, 2008
Hyatt Regency Phoenix



The National MS Society, Arizona Chapter is proud to announce our first multi-disciplinary, continuing medical education conference. This one-day conference provides an opportunity to bring together and educate physicians, nurses, occupational therapists, physical therapists, social workers, and others involved in the search for answers to the complex problems of multiple sclerosis. 6 hours of CEUs and CMEs will be offered.

See the complete agenda and register online at: <http://nationalMSSociety.org/ms2008>

A Message from the President

The Cost of Multiple Sclerosis.

Regardless of whether you are buying a candy bar or filling your car with gas, clearly things cost more today than they did in 1994. To many of us, this increase means tightening our belts on things we 'want'. But to someone living with MS, the increases in everyday items and the things needed to help to manage the disease can be devastating.

Recently, new findings were released determined by a national insurance industry survey reflecting the increases in costs related to having MS in the US. In just 13 years, the costs more than doubled. Including the cost of disease modifying drugs--which figure an average of about \$23,000 annually--the survey found it costs about \$69,000 a year for a person living with MS. Considering the average American income is roughly \$32,000, people living with MS may often have to decide drugs or no drugs based solely on economics rather than other factors. Among the sources of these costs are lost wages directly related to the disease, informal care giving, hospital and physical costs, special equipment or alterations to the home or automobile, and retraining should it become necessary to find a new career or job when MS advancement makes the person's current job impossible.

The National MS Society is working hard to help lighten this burden in a number of ways. Our Emergency Financial Assistance program, now in its second year, helps people with MS in crisis situations.

Administered by our care manager, Linda Jakpor, individuals fill out an application and if the situation fits our criteria, we can often help avert a disaster by paying for groceries, providing care, or helping with utilities.

Philip Carll, program director, is working with an impassioned group of volunteers to structure priorities for our MS advocates. This group is aiming to influence governing bodies who create laws and guidelines to help disabled people. One of the priorities this group is working on is to get MS added to the list of situations in which utilities may not be shut off for nonpayment.

Care management is another way we help find a variety of assistance opportunities for those clients experiencing financial, medical, emotional or social issues. Linda Jakpor works personally with Maricopa County clients to help them navigate the many agencies providing help.

MS has the potential to cost a person many things. As we move forward finding varied ways to help our clients deal with their disease, we want to continue to find more dollars to help more people in these ways. People living with MS lose enough from this disease; their financial independence should not be lost as well.

Striving to help people with MS in more ways than ever before,



Sheryl Keeme, Chapter President

Navigator Nook

The National Multiple Sclerosis Society, Arizona Chapter wants assist people living with MS now by providing financial assistance when there are needs that can not be met by other community resources. Learn more about the Emergency Financial Assistance Program by contacting:

Linda Jakpor, MSW
Care Manager
480-968-2488 X 223
ljakpor@aza.nmss.org.



Advertisement

Great News! You can now obtain an **inexpensive benefit** for long term care needs by simply adjusting a portion of your 401k, IRA or savings. This benefit provides 36 months of added financial support for a Long Term Care Facility, Home Health Care, Adult Day Care, or Nursing Care **without spending your own money.**

There is **No Personal Medical Questionnaire** and the benefit is available to people between the ages for 40 and 75 as long as they have not been confined to a nursing home or assisted living facility or received care services for the 12 months prior to the effective sign up date.

Call or email now for your personal information about this unique concept which helps offset the financial burden of Health Care Services.

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602.241.1601

gtrue1@cox.net

Oriole Financial Services Inc

Jonathan D. Haley

480.252.1173

JDHaley103@msn.com

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bike MS: Round Up Ride 2008

March 29-30, 2008

Starts and ends at Heritage Park in Florence, AZ

Registration: \$75

Join us on March 29-30 as a Round Up Ride cyclist or volunteer! This year's ride takes place in historic Florence and includes several mileage options for cyclists of all ability levels. Route options include:

- 35 miles
- 75 miles
- 1-day 100 miles
- 2-day 150 miles

As always, Bike MS is fully supported with rest stops, medical personnel, SAG (support and gear) vehicles to help along the way, and an overnight party with food and entertainment.

Register today at <http://bikeaza.nationalMSsociety.org> or 1-800-344-4867.

walk MS: Tucson Walk on the Wild Side 2008

Saturday, March 15, 2008

8:00 a.m. – 10:00 a.m.

Route Options: 1 mile or 3 miles

Starts and ends at Reid Park Soccer Field (22nd Street and Randolph Way, between Country Club and Alvernon)

Tucson Residents: Walk to create a world free of MS on March 15th!

Encourage your friends and family to become part of the movement. Walk in the **Tucson Walk on the Wild Side** to keep us moving toward a cure and raise money to directly help people impacted by MS. It's a move that makes a difference!

Register online at <http://walkaza.nationalMSsociety.org> or call 1-800-344-4867.

bike
MS

Round Up
Ride 2008

presented by
**DISCOUNT
TIRE**

walk
MS

Tucson Walk
on the Wild Side
2008

presented by

**DESERT DIAMOND
CASINO**



Women Against MS Luncheon 2008 Now in the Spring!

Wednesday, April 23, 2008
11:30 a.m. – 1:00 p.m.
Arizona Biltmore Resort & Spa
Tickets: \$75



Join the National MS Society, Arizona Chapter and other outstanding women for an afternoon of inspiration, motivation and empowerment as we move towards a world free of MS. Guests will enjoy a catered lunch and hear from an acclaimed guest speaker.

Learn more about WAMS and purchase tickets online at:
<http://nationalMSsociety.org/azwams2008>

Upcoming Programs

To register for a program or for more information, please call 1-800-344-4867 or visit <http://aza.nationalMSsociety.org>

Cognition & MS

Saturday, March 22, 2008
11:00 a.m. - 1:00 p.m.
Prescott, AZ
Cost: Free

Gentle Yoga

Saturday, March 22
12:00 p.m. – 2:00 p.m.
Glendale, AZ
Cost: Free

Self-Advocacy: A Teleconference

Tuesday, April 1
7:00 p.m. – 8:30 p.m.
Statewide
Cost: Free

6-Week Adaptive Aquatics

Thursdays, April 3 – May 9
1:00 p.m. – 2:00 p.m.
Tucson, AZ
Cost: \$10.00, includes all sessions

Nutrition & MS

Tuesday, April 8
6:30 p.m. – 9:00 p.m.
Tucson, AZ
Cost: Free

Coming Soon:

Details on the following programs will be announced soon. Check the Arizona Chapter website for the latest details on these upcoming programs:

Boys Night Out, Phoenix

Tuesday, April 8

20s/30s Squad, Phoenix

Thursday, April 17

MS Self Help Groups in Arizona

Ahwatukee

David: 480-460-0722

Gary: 520-560-1071

Bullhead City

Edward: 928-758-3561

East Valley

Deb: 480-890-1488

Flagstaff

Thais: 928-214-0037

Fountain Hills

Connie: 480-326-0755

Glendale

Hazel: 623-931-1503

Glendale / Peoria

Marci: 602-938-9635

Lake Havasu City

Jesse: 928-453-8605

Maricopa

Lynn: 520-868-6674

Page

Jane: 928-645-2267

Payson

Stacy: 928-476-4425

Phoenix (Central)

Chuck: 602-956-8129

Phoenix (North)

Karen: 602-788-5488

Prescott / Prescott Valley

Christina: 928-775-6688

Safford

Edie: 928-428-4481

Scottsdale (North)

Eldene: 480-860-9359

Show Low / Pinetop

Mary: 928-537-7023

Sierra Vista / Cochise County

Judie: 520-378-9698

Springerville

Clinton: 928-333-2620

Sun City

Judy: 623-972-3941

Sun City Grand

Al: 623-374-3251

Sun City West / Surprise

Bill: 623-975-2157

Tempe

Laurie: 480-580-1621

Tempe: Working MS'rs

Laura: 480-225-3182

Tucson

Terri: 520-749-9008

Tucson (Northwest)

Carol: 520-797-0405

Cindy: 520-887-8905

Yuma

Dorothy: 928-783-3650

If you are interested in becoming a self help group leader, please call the Arizona Chapter at 1-800-344-4867.

Looking Good

By Madeleine Prince

Beauty is only skin deep, but feeling attractive can lift your spirits and help you face the world. So whether the staff at Frédéric Fekkai salons knows you on sight or you're a "wash-n-go" type, here are some tips for looking your personal best.

■ **Start with the basics.**

Eating right and getting enough sleep are the foundation for looking good. Not even fashion models can get away with dark circles

under their eyes.

- **Take care of your smile.** An MS diagnosis doesn't mean you can skip going to the dentist—don't you wish! A great smile can go a long way in brightening your day, so keep those appointments. And check out energy-conserving devices like electric or battery-operated toothbrushes.
- **Pamper yourself.** Take time to do something nice for yourself, out of your usual routine: a massage, a good haircut, a bright scarf or new cap.
- **Get tips and tricks from the pros.** "Occupational therapists can help you



with ideas and little tricks, such as how to shave safely or hold your hairbrush if you're having numbness in your hand," said Gail Hartley, a nurse practitioner with Neurology Consultants in Arcadia, California.

- **Accessorize!** Turn assistive devices into great-looking accessories. Decorate devices with colorful fabrics. Splurge on a carved cane. "Men in particular like hiking sticks, because they look cooler than canes," Hartley told **MSConnection**. But first consult a physical therapist to make sure you're using the safest and most appropriate device and using it properly.

- **Ask for help.** Hartley remembered a person with MS who showed up to each appointment perfectly groomed. Her stylist? Her husband, who learned to do all of her makeup. Ask partners, friends, or family to help with hair, makeup, nails or clothes. They like it when you look good.

- **Be who you are.** If pedicures weren't part of your life before your diagnosis, then don't feel obliged to have them now if you won't really enjoy them. As Hartley said, "You are the same person today that you were before you got the diagnosis."

Madeleine Prince is a freelance writer and editor.



600 Walks /100 Rides ... and some are right here!

It's Walk MS and Bike MS season again. Time to train, time to plan. Our chapter Walk and Bike events welcome movers of every kind.

- Hard to move? Ask us about an accessible walk, a route that's friendly to wheelchairs, baby carriages, and slow walkers.
- Less than Olympic cycling skills? You may be able to consider electric bikes, recumbent bikes, or tandems, those bicycles built for two.
- Training is a bore? Ask us about starting a team—and get the spirit that gets you going.
- Getting pledges is a chore? Ask us about easy online fund raising—with just a few clicks!
- Just coming out helps us move. Call our office about volunteering to greet finishers with ribbons, medallions, and thank-yous. (Oh yes, and water and bananas.)

Bike MS and Walk MS events are not one-shot deals. They take preparation and practice—and they grow team spirit. If you have MS, talk to your health-care provider about what you can do.

A DOUBLE DESTINATION ←

With nearly 600 Walks and 100 Rides all over the country, many people are planning a double destination—raising money to fight MS and having a reunion with family or far-flung friends. For information on events where and when, visit mapmyride.com.

NEWS Flash

• Success!

The President signed the Defense Appropriations funding bill (H.R. 3222) on November 13, 2007, in response to the voices of more than 100,000 MS activists urging Congress to increase federal funding for MS research. MS research is now eligible for funding under the Department of Defense (DoD) for the first time ever. Get the full story at nationalmssociety.org/advocacy.

• MS films available on YouTube

View five short films by and about people living with MS shown in the first annual “Moving Forward Film Festival” sponsored by the Society. Go to youtube.com and search for “Moving Forward Film Festival.”



• Proof that the MS drugs delay disability

There's been ample proof that Avonex, Betaseron, Rebif, and Copaxone decrease both the number of active MS attacks and “silent” damage in the brain or spinal cord as seen on MRI for people with relapsing forms of MS. Now a team of Canadian researchers has published a review of clinical experience over more than 20 years, before and since DM drugs came

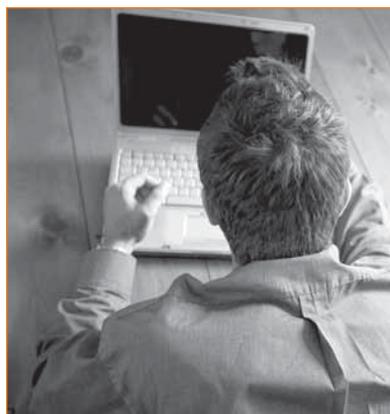
into use. According to their estimates, these drugs also delay disability—significantly. Visit nationalmssociety.org/bulletins.

• **The MS Technology Collaborative survey results**

People with MS may not take advantage of features that could make their computers and electronic devices easier to use. Even so, technology plays a vital and increasingly important role in their lives. These are some of the key facts that surfaced in an important survey this spring. Read the results at mymsmyway.com/survey.html.

• **Take a personal tech snapshot**

Get a quick pic of solutions to problems, such as reading text on the screen or using a mouse. Visit mymsmyway.com and answer a few simple questions on the Snapshot quiz. You'll get customized information detailing solutions—including many that are low cost.



• **International MS meeting reports on new therapies**

Last October the European Committee for Treatment and Research in MS (ECTRIMS) met in Prague and reported on studies in MS development that are building a better picture of the differences between progressive and relapsing forms of MS. The meeting also reported on new drugs just beginning their trip through the long process of testing. Among them

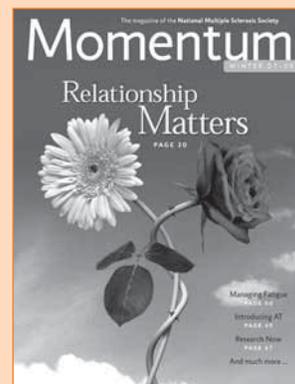
are MS vaccines, monoclonal antibody treatments, blood or bone marrow transplantation, and a drug composed of a synthetic fragment of myelin protein, the material that insulates healthy nerve fibers.

To learn more about the findings, visit nationalmssociety.org/bulletins and look for **Research Progress Reported at International ECTRIMS Meeting**, or ask us for a copy.

In September 2008, ECTRIMS—along with its counterparts in North America (ACTRIMS) and Latin America (LACTRIMS)—will meet in Montréal for the World Congress on Treatment and Research in MS. As the organizing body for ACTRIMS, the Society is pleased to provide logistical support for this important meeting of MS researchers and clinicians.

• **Momentum is the new InsideMS**

The Society's national magazine is now **Momentum**, an 80-page quarterly. If you have MS, **Momentum** is a Society benefit. Others may request it with their contributions. Call us for information.



Some back issues of **InsideMS** (which began publication in 1983) are available at nationalmssociety.org/magazine.

Handling an MS attack

An exacerbation (also called an attack, a relapse, or a flare) is caused by inflammation in the central nervous system, which leads to a sudden worsening of an MS symptom or symptoms, or the appearance of new symptoms. An exacerbation usually lasts several days to several weeks. While you may not be able to change the fact of an exacerbation, you can work on changing how you respond to it. Here are some tips:

- So you missed your workout, had a fight with your spouse, and ate a giant piece of chocolate cake—none of those **caused** your exacerbation. An exacerbation doesn't mean you did something "wrong," so don't stress trying to figure out why it happened.
- Most exacerbations resolve on their own. Or your doctor may prescribe a course of steroids if your symptoms interfere with work or life at home. It's important to get the rest you need and talk to your doctor about the best way to manage whatever symptoms you are having.
- An exacerbation doesn't mean your disease-modifying medication isn't working. In fact, none of the available medications stops the disease completely. Work with your doctor to decide if your current medication needs to be changed.
- "Pseudoexacerbations"—temporary aggravations of MS symptoms—can happen if you get overheated, overtired, or run a fever. The symptoms will gradually disappear as your body temperature returns to normal. But if you're worried—or the symptoms don't get better—don't hesitate to call your doctor.

Adapted from "The Emotional and

Psychological Impact of Multiple Sclerosis Relapses," by Rosalind Kalb, published in the 2007 *Journal of the Neurological Sciences*, Volume 256, Pages S29-S33.

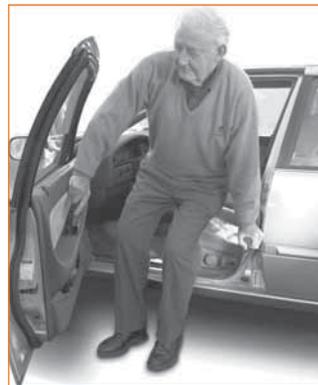
All Hail Inventions

The da Vinci Awards recognize innovative adaptive and assistive technologies that can overcome challenges as much as their users do. The 2007 recipients of the awards, founded by Michigan chapter volunteer Michael Rokosz, were honored in September at a black-tie dinner at the Ritz-Carlton Hotel in Dearborn, Michigan. This year's winners include:

High tech mobility

WalkAide (walkaide.com) uses electrical stimulation to help people with foot drop. This battery-operated device, approved by the FDA in 2006, is worn just below the knee and costs \$4,495. Not all causes of foot drop will respond to the WalkAide technology, so a careful assessment by a professional is necessary. Insurance companies may not reimburse the cost—ask your insurer.

Conquering the car



Another recipient was the Handybar (handybar.com). This affordable lightweight portable handle with a nonslip grip fits into car doors to provide support when getting out. But you may not need to get out

as often, thanks to the FuelCall System (inclusionsolutions.com/gasstations.htm). FuelCall allows drivers with disabilities to push a button at a service station that signals employees to refuel their car.

Visionary technology

EagleEyes (eagleeyes.org) is a program developed by Boston College that allows users to point and click at a computer screen using eye movements. Boston College recently signed a licensing agreement with the Opportunity Foundation of America to build miniature EagleEyes and distribute them free to universities, special needs schools, centers for assistive technology, and non-profit organizations in the U.S. and U.K.

Nominees for the da Vinci Awards represent an international spectrum of sciences, technologies, and industries. Nomination forms for the 2008 da Vinci Awards are available at davinciawards.org and submissions are due by May 19, 2008.

New on our Web site

New Video: The Clues of Epidemiology

Are you more likely to have MS if you're a man or a woman? Over 30 or under 30? If you live at the beach or in the mountains? What do "clusters," or high concentrations of people with MS in specific geographical areas, tell us about the disease?

Discover the answers—and the relevance of these questions for people living with MS—in the Society's new MS Learn Online video series, **The Clues of Epidemiology**. Emmy Award-winning broadcast news anchor Anne Trujillo explores epidemiology, or the study of disease patterns, in this two-part documentary,

featuring internationally renowned epidemiologists.

To view the two 15-minute segments, go to nationalmssociety.org/mslearnonline.

Focus on Employment: How to Stay in the Game

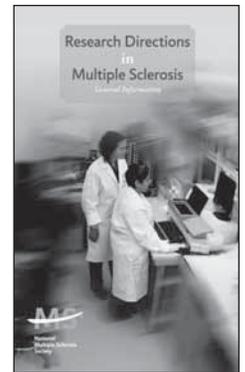
This PDF-only Web publication is a reprint, with updates, of a special section of *InsideMS* from 2006. Read about:

- When to disclose—and why you may or may not want to
- The Americans with Disabilities Act
- Managing fatigue and cognitive issues at work
- Working from home on the phone.

To download a free copy, go to nationalmssociety.org and visit the Brochures section of the Library. No Web access? Call us and we'll send you a copy.

Research Directions in Multiple Sclerosis

This brand-new publication—written by Drs. John Richert and Diana M. Schneider—explores recent advances in MS research: what we know now, and where research will be headed for the



next decade. Dr. Richert is the executive vice president of Research and Clinical Programs at the Society and Dr. Schneider is president and CEO of DiaMed, LLC/ DiaMedica Publications.

To download a free copy, go to nationalmssociety.org and visit the Brochures section of the Library. Or call us to have a free copy sent to you.

Progress made in repairing MS damage

With aggressive funding from the National MS Society and many other sponsors, researchers are pursuing ways to reverse the damage done by MS to nerve fibers and the protective myelin coating that surrounds them.

Encouraging results have emerged from two recent laboratory studies.

Mayo Clinic zeroes in on an antibody

It may not have the most memorable name, but **rHlgM22** recently made news when Dr. Moses Rodriguez and his Mayo Clinic team reported success in repairing myelin when they injected a single dose of this monoclonal antibody into mice with an MS-like disease.

The results were presented at the 132nd Annual Meeting of the American Neurological Association in October 2007. Although these findings will need to be confirmed by further animal and human studies, the results take us one step further to stimulate myelin repair in people with MS.

Block that LINGO

Researchers funded by Biogen Idec, Inc., which makes the MS disease-modifying drug Avonex, recently reported success in repairing myelin in mice by blocking a myelin molecule called LINGO-1. Dr. Sha Mi

and colleagues wrote about their findings in the September 30, 2007, online edition of **Nature Medicine**.

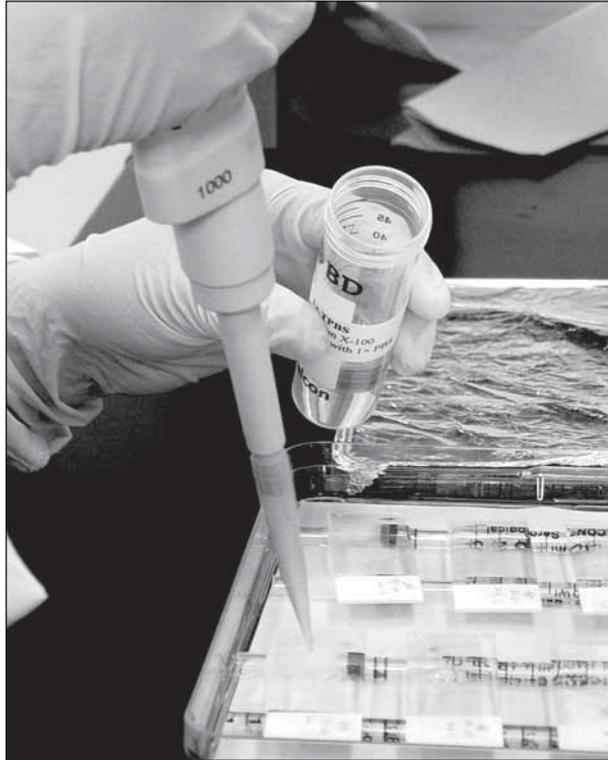
LINGO-1 is part of a complex of molecules within myelin called the Nogo receptor complex that has been shown to inhibit the regeneration of nerve fibers. In an earlier study, published in the March, 2004, issue of **Nature Neuroscience**, Dr. Mi's team reported that remyelination occurred and the health of nerve fibers improved when LINGO-1 was disabled.

In the current study, the Biogen team first induced EAE, an MS-like disease, in mice with and without LINGO-1. Both groups

developed EAE symptoms, but they were significantly milder in mice without the molecule. Studies of tissue samples showed significant myelin repair in these mice as well.

The team then administered a LINGO-1 antibody capable of blocking LINGO-1 activity to mice that already had symptoms of EAE. The treatment stabilized disease progression after two weeks. Tissue analysis showed that treatment reduced nerve fiber damage and enhanced myelin repair in the spinal cord, compared with untreated mice.

According to a recent Biogen press release, the company plans to continue researching this possible new approach to MS treatment.



Finding Legitimate Internet Jobs

An estimated 45 million Americans worked from home in 2006, up from 41 million in 2003*. For people with disabilities, telecommuting may offer a way to keep working despite mobility or fatigue issues.

The kinds of work that can be done at home include auditing, data entry, design, editing and writing, litigation coding, medical and legal transcription, and more.

Is telecommuting right for you?

“Most of our calls are from people with disabilities who want to work from home,” Kim Cordingly, PhD, told **MSConnection**. Dr. Cordingly is a self-employment consultant at the Job Accommodation Network, (JAN), a service of the U.S. Department of Labor that provides information on job accommodations, self-employment and small business opportunities.

“Legitimate jobs exist, but it’s important to be a good consumer when looking for online work,” Dr. Cordingly advised. To help people avoid scams, the Federal Trade Commission’s “Work at Home Schemes” page (ftc.gov/bcp/menus/consumer/invest/workhome.shtm) lists popular schemes, such as coupon scams and fraudulent medical billing opportunities, and how to avoid them.

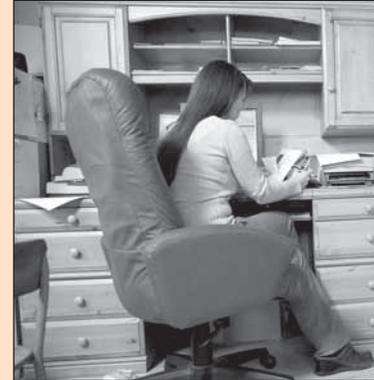
“If for any reason you feel unsure about a company or what they’re offering, feel free to investigate,” Dr. Cordingly said. First, check with the Federal Trade Commission (ftc.gov) and the Better Business Bureau (bbb.org) to see if any complaints have been filed against the company. It is also okay to ask for references—contact information for other people doing similar work for the company so you can ask them about their experience.

Get ready

Teleworktools.org provides a comprehensive toolkit for potential teleworkers, including a self-assessment questionnaire, information on benefits and financial help, and an exhaustive list of links to telecommuting resources on the Web.

Get set up

Dr. Cordingly highlights two organizations that specialize in helping potential telecommuters find work.



The National Telecommuting Institute

describes itself as “a unique educational/job-matching organization.” NTI staff work together with employers, vocational rehabilitation agencies, and people with disabilities to help potential employees train for and work online.

CORA Works trains and mentors people with disabilities and matches them with the needs of employers.

Go: Resources

CORA Works

coraworks.com
Phone: 800-571-2397

Job Accommodation Network

jan.wvu.edu

Phone: 800-526-7234; TTY: 877-781-9403

National Telecommuting Institute

nticentral.org

Phone: 800-619-0111

According to a 2007 meta-analysis of 46 studies of telecommuting published in the **Journal of Applied Psychology (Vol. 92, No. 6).*

What will your legacy be?

People who include a bequest to the National MS Society in their will send a strong message: they believe in the work the Society is doing and want to help move us to a world free of MS.

A bequest is about more than supporting a great cause. What you put in your will is your legacy. It is one of the ways that people will remember you.

Estate gifts or bequests can be a donation of general support. Or they can be specific to your personal vision. For instance, a bequest might be restricted to research in a specific area, such as genetics or MS triggers. Or it can be earmarked for services, such as emergency loans, college scholarships, or educational programs.

Bequests may be a specific amount or they may represent a percentage of your total estate. "Residual" bequests can be set up to help fund the National MS Society after family and friends are provided for.

Estate planning experts suggest:

- Consider possibilities. Plan for life's uncertainties.

- Organize. Identify all your assets and liabilities.
- Inform your potential beneficiaries. By letting us know of your plans, we will thank you with recognition in our Pillars of Society program.
- Use caution. Consult a qualified estate planning attorney. Careful planning may save your loved ones from complex probate procedures and taxes.

The next step

Society staff can give you all the information and materials you and your advisor need to develop a bequest that reflects your values and fits your estate plan. Investing your assets to reflect what you consider most important can be deeply satisfying.

Ask for our brochure, "Creating a Legacy for Tomorrow." Call the Gift Planning Office at **1-800-923-7727**, or visit **nationalmssociety.org**, click on "Donate" and then "Planned Giving" for more information.



National
Multiple Sclerosis
Society
Arizona Chapter

National MS Society

National Multiple Sclerosis Society
Arizona Chapter
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