



**National  
Multiple Sclerosis  
Society  
Indiana State Chapter**

3500 DePauw Boulevard, Suite 1040  
Indianapolis, Indiana 46268

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
Indianapolis, IN  
Permit #1854

**PROGRAMS & SERVICES**

**SOCIETY CREATES OPPORTUNITY TO  
FUNDRAISE YOUR WAY**

Last fall, the National Multiple Sclerosis Society launched a new program called Do It Yourself (DIY) Fundraising. This new program is an opportunity for people with a deep commitment to the MS cause to use their connections, interests, talents and passions to spread awareness about multiple sclerosis and generate vital funds for the Society through a series of unique online tools that makes fundraising easier than ever.



Looking for ways to Do It Yourself? DIY fundraising doesn't get any easier than just Ask a Friend – no event required. Register online for an individual DIY event and simply use your Participant Center to send an email to friends, family, colleagues – anyone in your network and tell them why ending MS is important to you. If you give them the opportunity to donate, they can share in your passion for finding a cure.

Want to do something a little more involved? Consider organizing a fundraising activity. From a horseshoe tournament to a flower sale to a pancake breakfast, the options are endless! Visit [www.nationalMSSociety.org/DIY](http://www.nationalMSSociety.org/DIY) for more information and the tools to get you started.

INDIANA STATE CHAPTER  
**MSCONNECTION**

MOVING TOWARD A WORLD FREE OF MS | SUMMER 2012

**CHAPTER AWARDS  
SCHOLARSHIPS TO TWO  
HIGH SCHOOL SENIORS**

Multiple sclerosis shouldn't stand in the way of an education. This is why the National Multiple Sclerosis Society's scholarship program exists - to help highly qualified students who live with MS or who have a parent with MS achieve their dreams of going to college. This year, the Indiana State Chapter awarded two high school seniors with its memorial scholarships.



Alexa "Lexi" Lorch of Carmel, Ind., (left) was awarded the Kate Coleman Memorial Scholarship. Lorch plans to attend nursing school at IUPUI. Her goal is to become a nurse practitioner and she hopes to become involved in overseas medical missions. Lorch's father, Kurt, lives with multiple sclerosis.

Lorch's scholarship is named after Catherine

"Kate" Coleman, who lived with the challenges of MS for 18 years before losing her battle with the disease in April 2008. An active member of the National MS Society in South Bend, she was a principal organizer of an annual fundraising luncheon in Michiana. Also a 25-year employee of the St. Joseph Regional Medical Center, Coleman fought to live her life to the fullest and ended each day looking forward to the next.

Emma Simpson, of Plainfield, Ind., (right) was awarded the Tiffany Bogard Memorial Scholarship. Simpson plans to attend Brigham Young University in Utah where she will be majoring in English with the hopes of becoming a teacher. She was diagnosed with MS her sophomore year of high school.



Simpson's scholarship is given in memorium of Tiffany Bogard. A long-time supporter of the National MS Society, Bogard served as the

*(continued)*

**INSIDE THIS ISSUE**



Annual Social Program  
PAGE 3



FY2011 Annual Report  
PAGE 5



Vitamin D and MS  
PAGES 6 - 7



**National  
Multiple Sclerosis  
Society**

**1-800-FIGHT-MS (344-4867)**

PUBLICATION OF THE NATIONAL MULTIPLE SCLEROSIS SOCIETY

**Indiana State Chapter**

The National Multiple Sclerosis Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered valuable information. The National Multiple Sclerosis Society assumes no liability for the use of contents of any product or service mentioned.

Information provided by the Society is based upon professional advice, published experience, and expert opinion. Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The National Multiple Sclerosis Society recommends that all questions and information be discussed with a personal physician.

The mission of the National Multiple Sclerosis Society is to mobilize people and research for a cure and to address the challenges of everyone affected by MS.

Studies show that an early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. The National Multiple Sclerosis Society's medical advisors recommend that people with MS talk to their health care professionals about using these medications and about strategies and treatments to manage symptoms. If you or someone you know has MS, please contact the National Multiple Sclerosis Society at [nationalMSSociety.org](http://nationalMSSociety.org) or 1-800-FIGHT-MS (344-4867) to learn more.

© 2011 National Multiple Sclerosis Society, Indiana State Chapter

**2012-13 CHAPTER BOARD OF TRUSTEES**

- Chair • Monica Brownell Smith,** Attorney
- Vice Chair • Lesa Dietrick,** Ice Miller
- Secretary • John Ryan, Jr.,** Hall Render
- Treasurer • Jeff Zaniker,** Accenture
- Immediate Past Chair • Suzanne Clifford,** Inspiring Transformations

- |   |   |
|---|---|
| <b>Sean Coleman</b><br>St. Joseph County<br>Treasurer | <b>David Mattson, MD</b><br>IU School of Medicine |
| <b>Nick Dallas</b><br>Dunbar Cook & Shepard           | <b>Nicole Misencik</b><br>WTHR                    |
| <b>Stephen Farber</b><br>Heart-to-Heart Gifts         | <b>Steve Osborn</b><br>CE Solutions, Inc.         |
| <b>Tim Harden</b><br>Krieg DeVault                    | <b>Rick Pitts</b><br>Arlington Roe & Co., Inc.    |
| <b>Brit Killinger</b><br>Old National Bank            | <b>Mike Seidle, MD</b>                            |
| <b>Tim Kopp</b><br>ExactTarget                        | <b>Jerry Torr</b><br>Hylant Group                 |
| <b>Ann Larmore</b><br>Lincoln Financial               | <b>Kevin Woodhouse</b><br>Ice Miller              |
|   | <b>Corinna Wyss</b><br>Lutheran Hospital          |

**CHAPTER STAFF**

- |   |   |
|---|---|
| <b>Tricia Bishop</b><br>Coordinator of Volunteer Services   | <b>Heather Donegan</b><br>Director of Programs                |
| <b>Jane Corbett</b><br>Special Events Manager               | <b>Regina Dreessen</b><br>Director of Finance                 |
| <b>Marci Corbin</b><br>Programs & Services Manager          | <b>Leigh Ann Erickson</b><br>President                        |
| <b>Veronica Corona</b><br>Special Events Coordinator        | <b>Jenny Redkey-Choe</b><br>Finance Administrative Assistant  |
| <b>Christine Degliumberto</b><br>Senior Development Manager | <b>Amanda Shelley</b><br>Public Relations / Marketing Manager |

*(continued from front page)*

president of the Indiana State Chapter for six years before her life was cut short by terminal breast cancer. After joining the Society in 2001 as the Director of Programs, Bogard



was promoted to Chapter President, where she worked to raise funds and awareness of MS as well as coordinate programs in support

of the nearly 10,000 Hoosiers with MS. Her dedication and support were the driving force behind many of the Chapter's endeavors.

Applications for the 2013 scholarship program will be available in October 2012. To be eligible, applicants must be high school seniors or graduates who have MS or have a parent with MS who will be attending an accredited post-secondary school for the first time in the fall of 2013. Applications and additional information can be found at [www.nationalMSSociety.com/scholarship](http://www.nationalMSSociety.com/scholarship).

**BE A KID AT HEART WITH DAVE AND BUSTER'S AND THE NATIONAL MS SOCIETY!**

Gather your friends and family and join the National Multiple Sclerosis Society at Dave and Buster's in Indianapolis for the Indiana State Chapter's annual social program on Saturday, August 25, 2012 from 1:00 to 4:00 p.m.!

Enjoy an afternoon of food, fun and fellowship with the National Multiple Sclerosis Society - Indiana State Chapter's annual social program. For only \$5 per person, enjoy a fajita / taco lunch buffet with steak, chicken and vegetarian options. Lunch also includes unlimited coffee, tea, soda and lemonade.

Each attendee will also receive a Dave and Buster's Power Play card for free games. From the classics to the latest in cutting-edge action

games, there are hundreds of games to play! Play games to win tickets. Cash in your tickets at the Winner's Circle and take some of the fun with you with prizes at all winning levels!

Once you've used your complimentary Power Play card, feel free to stay and play on, as additional games may be purchased.

Attendees must be guests of individuals living with MS registered with the National MS Society. To register or for more information, please call 1-800-344-4867 or click on the Programs and Services calendar at [www.nationalMSSociety.org/ini](http://www.nationalMSSociety.org/ini).



**ANNUAL SOCIAL PROGRAM AT DAVE AND BUSTER'S**  
**8350 Castleton Corner Drive, Indianapolis**  
**Saturday, August 25, 2012**  
**1:00 - 4:00 p.m.**

## ANNUAL BIKE MS TO CRUISE THE CROSSROADS

Bike MS: Cruisin' the Crossroads 2012 invites participants to ride toward a world free of multiple sclerosis while cruising the crossroads of America through quaint Indiana towns. September 8-9 an estimated 500 riders will hit the road, beginning at University High School in Carmel. Participants have the option of riding one day or both, with 30-, 50-, 75- and 100-mile route options each day.

Mile by mile, dollar by dollar, Bike MS is changing lives. Whether you're a hardcore cyclist or haven't dusted off the bike in the garage for a few years, with a fully supported route and training rides to get you ready, Bike MS has a place for anyone 12 years and older.

If the thought of a 30-mile ride is already giving you a pain in the rear, consider volunteering at the event or encouraging your cycling-savvy friends and coworkers to join the movement. To register as a participant or volunteer, visit [www.bikeMSindiana.org](http://www.bikeMSindiana.org) or call 1-800-344-4867.

## SAVE THE DATE FOR MOVING FORWARD

Don't miss this year's Moving Forward event, which will be held on Saturday, October 27 at the Sheraton Hotel in downtown Indianapolis. Moving Forward is a new event that was introduced last year, combining the Indiana State Chapter's Annual Meeting and Resource Fair into one unforgettable event! This year, Moving Forward will feature a variety of breakout sessions as well as an address from Dr.

Robert T. Naismith, M.D., Assistant Professor of Neurology at Washington University in St. Louis. Stay tuned for more information, but mark your calendars now! You're not going to want to miss this!

## STEPPING TOWARD A WORLD FREE OF MS

Step up and join the movement toward a world free of multiple sclerosis by participating in Walk MS this fall! The Indiana State Chapter will host a walk in Terre Haute and in Highland this September!

Walk MS is our rallying point, a time and a place for us to stand together and to be together - to help raise critical funds that support cutting-edge research, drive change through advocacy, facilitate professional education and provide programs and services to help people affected by MS move their lives forward.

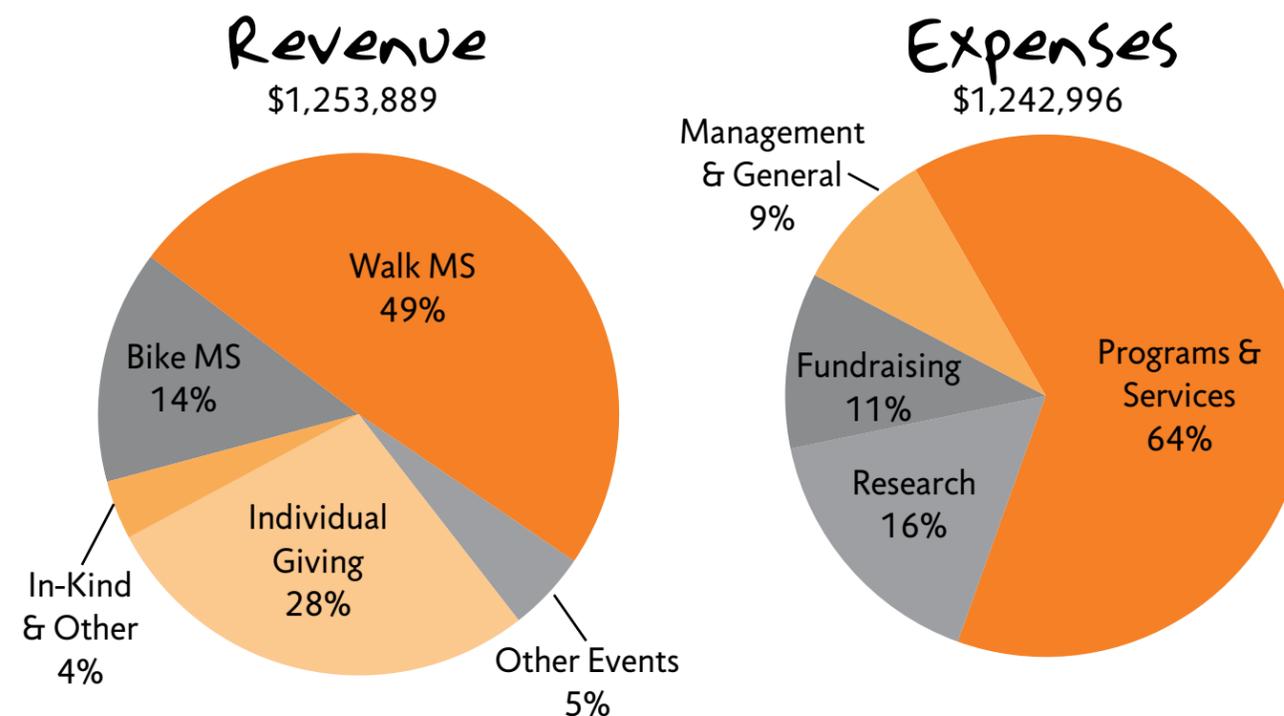
Visit [www.walkMSindiana.org](http://www.walkMSindiana.org) or call 1-800-344-4867 to learn more!

## CHAPTER COMPLETES ANNUAL REPORT

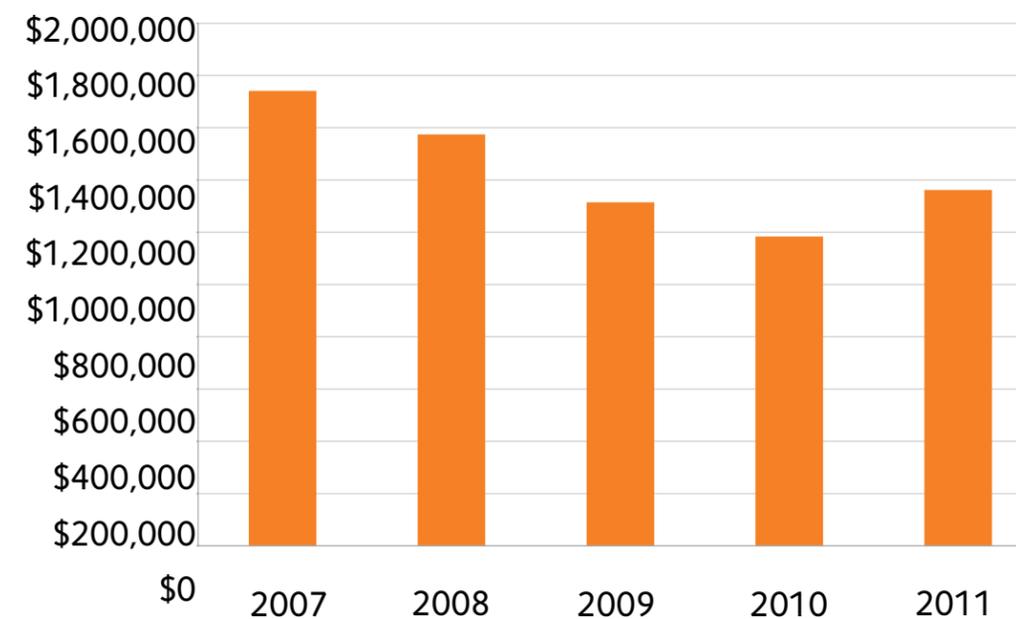
The Indiana State Chapter just completed its Fiscal Year 2011 Annual Report (October 1, 2010 - September 30, 2011). A portion of this report is featured on the opposite page. For the full report, visit the News section at [www.nationalMSSociety.org/ini](http://www.nationalMSSociety.org/ini).



## FY2011 ANNUAL REPORT FINANCIAL HIGHLIGHTS



## Revenue Trend



\*Revenue trend includes direct donor benefits.

## CONNECTING THE DOTS: VITAMIN D AND MS

BY DR. LINDA BUCHWALD

Exciting new research is beginning to identify both genetic and environmental factors involving vitamin D that could increase one's risk for developing MS and could influence disease progression. Research is also targeting vitamin D as a potential therapy, with clinical trials being planned or already underway to determine whether it can prevent or treat MS.

### THE LATITUDE EFFECT

There's a long-standing observation that population rates of MS increase the farther away one is from the equator and from the sun, exposure to which is our major source of



vitamin D. Could the two be connected? Researchers have been exploring that very question.

Studies of who gets MS have confirmed that higher levels of sun exposure and higher blood levels of vitamin D were both associated with decreased risk of a first demyelinating event—often the first indicator of developing MS. In addition, there is evidence that high levels of vitamin D in utero and during adolescence and adulthood also have a positive effect on reducing the risk of developing MS.

Other research suggests that vitamin D may have an effect on the inflammatory processes that occur during MS flares. In a small safety study at St. Michael's hospital in Toronto, researchers found that immune T cells involved in MS attacks were suppressed in people who had higher blood levels of vitamin D.

### GENES, VITAMIN D AND MS

Studies done in families where multiple individuals have MS have resulted in new information that potentially links genetic factors related to vitamin D activation.

In December, Canadian and British researchers published the results of a study that set out to look for rare genetic changes that could explain strong clusters of MS in some families. They studied DNA in 43 individuals selected from families with four or more members with MS.

The team compared the DNA changes they found against existing databases, and identified a change in the gene CYP27B1 as being of interest.

The CYP27B1 gene plays an important role in converting Vitamin D to a biologically active form. The researchers then looked for the same rare gene variant in over 3,000 families of unaffected parents with a child with MS. They found 35 parents who carried one copy of this variant along with one normal copy. In every one of these 35 cases, the child with MS had inherited the mutated version of the gene.

### THE ROAD FORWARD

Further research now underway will determine if vitamin D may have preventative as well as disease-modifying effects. In EAE, the animal model of MS, vitamin D supplementation prevents and slows the progression of the disease, while vitamin D deficiency worsens the disease. We also know that high vitamin D levels in people with MS have been associated with decreased risk of exacerbations and less severe disability.

To what extent vitamin D can influence the course of MS once someone's been diagnosed is still unclear; however, research is being planned to clearly define the role of vitamin D in the prevention, progression and treatment of MS. For instance, researchers at Johns Hopkins University are leading a multicenter controlled clinical trial funded by the Society to determine whether high-dose vitamin D added to standard therapy with Copaxone further reduces disease activity in people with MS. (To learn more about this trial, which is still recruiting participants, visit [www.clinicaltrials.gov/ct2/show/NCT01490502](http://www.clinicaltrials.gov/ct2/show/NCT01490502).)

What is clear is that vitamin D deficiency is

extremely common in many parts of the country. The optimal approaches for vitamin D supplementation in the general population and in those with MS have not been established, yet it is important that everyone take a minimum daily amount of vitamin D supplement. I recommend at least 2,000 IU and no more than 4,000 IU per day for my own patients with MS; however, official recommendations are lower (see [www.ods.od.nih.gov/factsheets/VitaminD-QuickFacts](http://www.ods.od.nih.gov/factsheets/VitaminD-QuickFacts)), so ask your healthcare providers what they recommend for you. Due to the inherited risk of MS and the possible preventative effect of vitamin D supplementation, also discuss the possible implications of vitamin D deficiency and supplementation for your children.



*Dr. Linda Buchwald is chief of Neurology at Mount Auburn Hospital in Cambridge, Mass., and the medical director of the Mount Auburn Hospital Multiple Sclerosis Care Center. She is a member of the Board of Trustees for the National Multiple Sclerosis Society -*

*Greater New England Chapter and a member of the Clinical Advisory Committee.*

**Remember to talk to your doctor before beginning any alternative therapy and be sure to notify him or her of all therapies you are using. A physician who can't see the whole picture will be practicing medicine in the dark.**