



CONNECTION

MOVING TOWARD A WORLD FREE OF MS

January- March 2010 Central North Carolina Chapter

2010 Walk MS

The 2010 Walk MS season is here! It's time again to Walk to create a world free of MS. So dust off your sneakers and put on your fundraising hat and let's get started. We have lots of exciting things in store for you this year. There will be a stroll through Africa at the NC Zoo walk & the Wag MS: Pooch parade is back by popular demand at the Triad Walk. In Rockingham County we debuted a new route last year and heard a lot of great things about the greenway trail it traversed, so we will be back there in 2010. As always each walk will be filled with fun festivities for all.

Your efforts do not go unrecognized. Our chapter serves nearly 2400 people living in central NC. The money you raise helps people in need receive financial assistance, borrow equipment such as wheelchairs, and attend support groups, educational programs and more. Your money also goes to fund national research that has resulted in new treatments and getting closer to a cure every day.

We had a successful Walk season in 2009 and we need to surpass those goals in order to keep up with the demand for services. In an economic downturn, people are in need more than ever and motivated to raise more money to help fund valuable programs for people with MS. We are confident that our Walk participants are up for the challenge and we will be there to support you every step of the way.

In 2009, our walkers raised an amazing \$277,500. In 2010 we hope to surpass that amount and raise \$285,000. If you don't want to go it alone, invite some friends to walk with you and form a team. You can also request to find a team to join. You will find you will meet so many new friends and have a great time raising money to find a cure for MS. If you find that walking in one of our events is not a reality for you for whatever reason, become a virtual walker. You can raise money for your local chapter and still enjoy the festivities and be eligible for our wonderful prizes.

For those who want a personal challenge, sign up to be a GEMS club member. GEMS are our Gifted Entrepreneurs Making Strides and these outstanding walkers commit to raising at least \$500 and turning it in two weeks prior to their walk date.

Whether you want to walk or volunteer, we need your help. Visit our website at www.walkMSncc.org or call 336-299-4136 to register. We hope to see you at Walk MS 2010 sponsored by Modern Automotive.



CHEVROLET | TOYOTA | SCION
NISSAN | INFINITI | HYUNDAI

Walk 2010

Walk with us at one of our 3 Walk MS events:

March 27

April 10

April 24

NC Zoo, Asheboro

Penn House, Reidsville

Fourth of July Park, Kernersville

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**Publication of the National Multiple Sclerosis Society
Central North Carolina Chapter**

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If You or Someone You Know Has MS

Studies show that 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. Talk to your health care professional or contact the National MS Society at www.nationalmssociety.org or 1-800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

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 National Multiple Sclerosis Society is dedicated to ending the devastating effects of MS.

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Central North Carolina Chapter

HOW TO CONTACT US

National Multiple Sclerosis Society
Central North Carolina Chapter
2211 West Meadowview Road, Suite 30
Greensboro, NC 27407
336-299-4136
1-800-FIGHT-MS

National Multiple Sclerosis Society
www.nationalmssociety.org
Email: nat@nmss.org

Central North Carolina Chapter
www.nationalmssociety.org/ncc
Email: ncc@nmss.org

Chapter Blog
<http://nmssncc.wordpress.com/>

YouTube
<http://www.youtube.com/NationalMSSocietyNCC>

Facebook
<http://www.facebook.com/nmssncc>

Twitter
<http://twitter.com/nmssncc>

Understanding “benign MS”

BY MARTHA KING

In addition to labels like relapsing-remitting MS, secondary-progressive MS, primary-progressive MS, there is something labeled benign MS for people who live with MS for years without developing any disabilities at all.

Like so much else in MS, no one understands why some MS is so mild. Even the proportion of people with benign MS is unclear. Estimates range from 5% to 40% in different studies, and some doctors have even called for a halt in the use of this term.

Everyone agrees that benign describes the very mildest form of MS. These people have had enough neurological symptoms and MRI abnormalities to be diagnosed — but for the next 10 to 20 years, their physical disability is mild to nonexistent.

The big catch

Early on—which is the very best time to get on a disease-modifying drug—there is no way to predict who will have mild MS and who needs to start therapy as soon as possible. Teasing out the factors that distinguish the “benign” group from others would spare them from taking treatment they don’t need. The factors might also be clues to preventing more disabling MS. Researchers are eager to dig in.

Investigators in Europe are pooling their imaging expertise in an ongoing collaborative MS research project called MAGNIMS. A recent report from this project warns against assuming mild MS is truly benign.* MAGNIMS researchers found cognitive impairment in up to 45% of people who had been designated as “benign.” They concluded that testing to rule out cognitive problems is essential before a



person is considered to have truly benign MS. The MAGNIMS team also saw some MRI abnormalities that suggested a future of worsening MS and they identified a connection between mild MS and a brain’s ability to compensate for damage by mobilizing other brain regions. In other words, some mild MS had caused real but hidden damage.

The best idea for now

The MAGNIMS analysis adds important insights into “benign MS” — and makes a clear case for further research involving large numbers of people with mild MS. Until more is known, the Society’s National Clinical Advisory Board recommends that treatment with one of the disease-modifying MS drugs be considered as soon as possible following a confirmed MS or CIS diagnosis. To learn more, visit the National MS Society Web site, nationalmssociety.org and look for Benign MS in our Research/Clinical Updates.

*Neurology 2009;72:1693-1701.

D-Efficient?

BY ELINOR NAUEN



For a number of years, scientists have been exploring the link between inadequate vitamin D intake and an increased risk for a number of chronic diseases, including multiple sclerosis.

Low D = Higher risk of MS

“What has changed in our understanding regarding vitamin D is that we now have data showing that low levels of vitamin D in healthy young adults predict a higher risk of developing MS,” said Alberto Ascherio, M.D., DrPH, professor of Epidemiology and Nutrition, Harvard School of Public Health, and professor of Medicine, Harvard Medical School.

Dr. Ascherio was the lead researcher of a large study, published in the *Journal of the American Medical Association*, that found the risk of MS fell as blood levels

of the vitamin rose. Current research hopes to determine if taking D supplements could be a factor in preventing MS altogether.

Most people with MS—indeed, most Americans—have insufficient levels of D, which is also necessary for bone health. “That’s a strong rationale to provide supplementation,” Dr. Ascherio noted. “And it’s never too late to begin, but it’s certainly better to start earlier. Adolescence, when the risk of MS is low but is about to increase sharply, would be a good time to intervene.”

Experts are also beginning to reconsider D’s use by people with MS, especially as some early evidence suggests D might reduce relapses. Whether D helps people who already have MS is “very difficult to address without a large controlled trial,” said Dr. Ascherio. “There’s a lot of hope but it’s still an open question.”

While waiting for answers...

While further research on the effects of D on the immune system in MS is in progress, avoiding deficiency is certainly wise. “I think it’s a good idea for most people with MS get their levels of vitamin D tested,”

said Dr. Ascherio. “I’m not saying everyone should take supplements, but for several reasons, such as heat intolerance, people with MS often don’t get enough sunlight—the major source of D.” Other sources include fortified orange juice, cereals, dairy products, oily fish such as salmon and supplements. Discuss your particular circumstances with your health-care provider.

MOVE IT! MARCH 8-14

During MS Awareness Week, anyone whose life is affected by MS can take one action to show their commitment to ending the disease. Whether it’s volunteering, advocating or fundraising, each person can make a difference.

This year MS Awareness Week coincides with Bike MS/Walk MS Team Week, and also sets the stage for MS World Day on May 26th. Plan to be part both of the national and global movement to end MS. Visit nationalMSSociety.org or call us at 1-800-344-4867 to get involved.

Oral Meds For MS Are Coming

BY GARY SULLIVAN



Fampridine-SR, the first oral medication specifically developed for MS symptoms, could be available this spring. The FDA is expected to make a final decision about the drug, which improves walking in people with all kinds of MS, on or before January 22.

Cladribine, an oral disease-modifying therapy for relapsing forms of MS, is also applying for marketing approval. A potent chemotherapy drug, Cladribine kills immune T cells and B cells, both of which are thought to be involved in immune attacks in MS.

These are just two of a number of experimental MS drugs that are soon to be making news. There are also the anti-inflammatories: BG00012

(or BG-12), Laquinimod and Teriflunomide. Fingolimod (or FTY720), an immunosuppressant, keeps harmful immune cells out of the brain and spinal cord where they can cause the damage seen in MS.

All are taken as pills. For even more information about the oral MS drugs—including clinical trials that are currently recruiting participants—visit nationalMSSociety.org/news and type the name of a drug into the search field.

The time from here to there

The era of the oral MS drugs is expected to begin this year. But that doesn’t mean that every drug being tested now will be available this year—or even next. And it’s always possible that a therapy, however promising, will be sent back to the drawing board.

Minocycline, an antibiotic in pill form, is currently being studied in a phase III clinical trial—the last step before submission to the FDA for approval—but the study won’t be completed until at least late 2015. And FDA approval could take as long as six months to a year after that.

MS CONNECTION

Stay in the loop

Get the latest on the progress of oral meds and other MS news delivered to your inbox. Visit nationalMSSociety.org/signup to create a user profile and start receiving Society e-mails.

GET TO KNOW THEM BY NAME

Atorvastatin (Lipitor)

BG00012 (dimethyl fumarate)

Cladribine

Estriol

Fampridine-SR

Fingolimod (FTY720)

Lamotrigine (Lamictal)

Laquinimod

Minocycline

MN-166

Pioglitazone (Actos)

Riluzole (Rilutek)

SB-683699

Teriflunomide

Join Fit MS!

Enjoy the benefits of physical activity at your own pace and from your own home. Join the program that focuses on increasing physical activity, and learn the life-long benefits of being active. No matter what challenges you are facing due to MS we have activities for everyone. Doing exercises while watching TV such as riding a stationary bike, cleaning the house, swimming or doing yoga are just a few of the activities you can do during the program.

The Olympic themed program will consist of three levels of achievement which are bronze, silver, and gold. In order to obtain the "medals", you will accumulate points through physical activity that you will track and e-mail to the chapter. Fit MS will feature supplemental health information provided through e-mail. Prizes will be awarded as you reach each goal. Each individual who reaches the gold medal level will be entered into a drawing for an iPod Nano. Interested in learning more? Be one of the first 30 people who register and you will receive more information about the program.

To register email your name to mark.scheerer@nmss.org or call 1-800-FIGHT MS.

Deadline: January 20, 2010.



The chapter is continuing to offer a teleconference the 2nd Tuesday of every month at 7:30pm. Listen to interesting presentations from the comfort of your own home!

Tuesday, January 12, 2010, 7:30 pm

The Importance of Nutrition

Learn the importance of a healthy diet as an integral part of staying well with MS.

Tuesday, February 9, 2010, 7:30 pm

How to Deal with Spasticity

Learn about various treatment options for spasticity in MS.

Tuesday, March 9, 2010, 7:30 pm

Managing MS Through Rehabilitation

Learn how to manage MS with a rehabilitation approach in order to prevent MS symptoms from decreasing your quality of life.

Success with MS, 3-part educational series, is back!

Managing Bladder Issues in MS

March 23, 2010, 6:30 pm

Speaker: Dr. Laura Foster

Hampton Inn, Greensboro

Participants will learn:

- What causes bladder dysfunction;
- The symptoms of bladder dysfunction;
- Treatment strategies for bladder management.

MS and the Mind

April 6, 2010, 6:30 pm

Speaker: Dr. Michael Zelson

Hampton Inn, Greensboro

Participants will learn:

- What cognition is;
- What causes cognitive problems;
- Kinds of cognitive problems that are

linked to MS;

- Positive strategies for coping with cognitive impairments.

Laughter as Medicine

April 20, 2010, 6:00 pm

Speaker: Dr. Hank Lesesne

Embassy Suites, Greensboro

Dinner included.

Participants will learn:

- That laughter is a healing activity;
- Why laughter is good for stress and overall quality of life;
- Strategies for approaching life in a more positive manner;
- Be inspired to incorporate good humor into their daily life.

Free Workshop Series for Women Living with MS



Brought to you by the Central NC Chapter and The Women's Resource Center of Greensboro.

- Has your self-esteem been affected by your MS?
- Have you lost sight of who you were before MS?
- Would you like to learn some strategies to build your confidence and get control of your life?

Join us for this 4-part series where you will learn:

- What good self-esteem is and how to achieve it
- How to rediscover what you love about yourself
- To feel empowered in:

*your own life *your relationships *your goals and dreams

Thursdays / 5:15- 7:00 pm

January 21, 28 and February 4, 11

Attendance required at all sessions.

Facilitators / Marin Burton, M.S., Ph.D. Candidate and Katie Wangelin, MSW, LCSW

Series will be held at the Women's Resource Center: 628 Summit Avenue, Greensboro 27405

Email bonnie.nevin@nmss.org or call 1-800-FIGHT-MS to register.

Call 1-800-FIGHT-MS to register for any of the upcoming programs or email bonnie.nevin@nmss.org for more information.

Burlington
2nd Thursday of the month, 10:00 AM
Alamance Regional Medical Center
Annie: 336-226-7712

2nd Saturday of the month, 11:00 AM
Poblanos Mexican Restaurant
Lisa 336-454-6785

Davie County
2nd Monday of the month, 6:00 PM
Davie County Hospital
Carolyn 336-998-6398
Kathy 336-940-5256

King
MS P.A.L.S.
2nd Tuesday of the month, 6:30 PM
First Baptist Church
Candy 336-985-5636
Martha 336-983-0170

Elkin / Tri-County
4th Monday of the month, 11:00 AM
Hugh Chatham Memorial Hospital, Elkin
The Synergy room
Deb 336-835-8419

Lewisville
1st Wednesday of the month, 7:00 PM
Lewisville Library
Karyn: 336-775-6683

Gibsonville
A Family Affair: Living Beyond MS
1st Monday of the month, 6:00 PM
Evangelical Methodist Church
Paula: 336-375-0713

Rockingham County

Reidsville
Friends with a Purpose
4th Tuesday of the month, 6:00 PM
Annie Penn Hospital
Ana 336-616-1001

Greensboro

Aquatics Exercise Group
M-W-F, 11:00 AM
Spears YMCA
Denise 336-643-3648

Let's Talk MS
Call for information
Debbie 336-623-5098
Jan 336-589-1489

Men's Group - Greensboro
Every Wednesday of the month, 8:30 AM
St. Francis Episcopal Church
St. Mike's House
John 336-545-0100

Winston-Salem

Leaps and Bounds
2nd and 4th Monday, 10:00 AM
Ardmore Baptist Church
Theresa 336-924-2707

The Enforcers - Greensboro
3rd Tuesday of the month, 11:30 AM
Calvary Christian Center
Jackline 336-681-4025

You, Me and the Lord, too!
Every Tuesday of the month, 10:00 AM
Cornerstone Baptist Church
Dolores 336-784-8460

Women Let's Talk - Greensboro
1st Wednesday of the month, 10:30 AM
St. Francis Episcopal Church
St. Mike's House
Sharon 336-254-3531
Susan 336-697-9150

Wilkesboro (Postponed until April)
2nd Thursday of the month, 6:00 PM
Woodhaven Restaurant
Wanda 336-667-1889
Kent 336-903-1539

High Point/Jamestown
But You Look So Good

Art Contest: MS Through the Eyes of a Child

This year the Central North Carolina Chapter has a contest for your younger artists called "MS THROUGH THE EYES OF A CHILD". The chapter is asking for artwork to reflect one of three themes: (1) how I feel about MS; (2) favorite moments with someone I love who has MS; and (3) ways in which I help someone who has MS. Every entry will receive a gift certificate. In addition, the pictures will be displayed in a special art exhibit during MS Awareness Week.

Criteria & entry rules:

1. Artists must be between 5 and 15.
2. Artists must have some connection to MS, e.g. mother, father, grandparent, friend, etc.
3. Artwork should reflect one of three themes: (1) how I feel about MS; (2) favorite moments with someone I love who has MS; and (3) ways in which I help someone who has MS.
4. Artwork needs to be described in one-page or less and sent along with the release.
5. Artwork must be between 8 1/2" x 11" to 24" x 34" in size. The pieces can be done in any medium, paint, crayon, pencil/ink, photography, montage as long as it can be easily transported without damage.
6. Artwork must be labeled on back with the following information: name, age, address.
7. All pieces submitted will become the property of the chapter and will not be returned unless arrangements are otherwise made.
8. The "Release" must be signed by parent or guardian (See page 13).
9. Participants may be asked to do media interviews.

THE DEADLINE FOR THE EXHIBIT IS February 15th, 2010.

Please send all artwork to: **Jessica Thomas, MSW**
Chapter Program and Services Manager
Central NC Chapter National MS Society
2211 West Meadowview Road, Suite 30
Greensboro, NC 27407

Complete entries include:

- Labeled artwork and description
- Signed release form (See page 13)



MS Awareness Week is March 8-14, 2010. What will YOU do to raise awareness in your community? In 2009 over 80 staff and volunteers 'hit the streets' of downtown Greensboro and Winston-Salem wearing bright orange 'Join the Movement' t-shirts spreading the word about MS. We also had volunteers standing perfectly still holding signs that said "MS Stops People from Moving" in various places around town. They explained what MS is and how they can 'JOIN THE MOVEMENT'.

MOVE IT is our theme for 2010 and we are using our momentum from last year to make MS Awareness Week bigger and better than ever. Here are some awareness ideas to get you can start thinking about how you can MOVE IT!

- Make your mark against MS at nationalmssociety.org.
- Raise awareness by wearing your orange MS wristband and passing out information.
- Have a cookout or party at your home to raise awareness.
- Wear orange throughout the week and encourage family, friends and coworkers to do the same.
- Become an activist and sign up for the MS Action Network.
- Tell five people it's MS Awareness Week - ask them to tell five more people. Forward the web site address nationalmssociety.org to 10 people in one hour to encourage them to join the movement. Mark your calendars for March 5th as we will hit the streets again in downtown Greensboro and Winston-Salem.

If you would like to volunteer on the MS Awareness Week committee or at an event, please contact Davishia Baldwin at 336-299-4136. More details on MS Awareness Week will be mailed and available on our website in the coming weeks so stay tuned!

Climb MS –A good reason to train indoors

We know its COLD OUTSIDE so get indoors and train for the newest MS Society event – Climb MS!!!

Climb MS is a chip timed stair climbing run up the 30 floors of the Winston Tower in downtown Winston Salem. For Bike MS participants there is a \$25 registration fee and that's it! For your friends and family it is also \$25 to register and we have a recommended fundraising goal of \$100.

Climb MS will take place on March 6th, 2010. Participants will start in 10 second intervals in our inaugural climb against the clock! Teams must be 4 members but can have as many as you can recruit. For the team competition, the timing of your fastest 4 team members will make the combined team time!

30 Flights of Stairs. An Unbelievable View. A World Free of MS

For more information & to register today please visit: www.climbMSTriad.org or email Derek.Hill@nmss.org

Bike MS is a Success

Thank you for the exceptional efforts of everyone who helped us move toward a world free of MS. We are pleased to share that the event has brought in more than \$990,000—nearly \$1 million and attracted 1600 participants!

The theme for this year was Pirates of Bike MS. The treasure map for the 2009 event began with the Festival of Bikes at Tanglewood Park in January, journeyed to training rides throughout the summer and culminated with ARGHuably the most festive finish area at Tanglewood Park we have ever had with more than 30 team village tents.

The journey for the last stretch of the finish line would not have been possible without the companies and community partners who helped pave the way—literally. Until May 2009, the last quarter mile of the event at Tanglewood Park, North Trail Road, was a gravel road. Thanks to the incredible generosity of Vulcan Materials Company, Larco Construction, Thompson-Arthur Paving and Construction, the Village of Clemmons and other community partners who donated the time and resources to make this project possible, we were able to roll to the amphitheatre finish.



The 2009 year also marked 15 years of BB&T's support of the Tour, which has helped build the event's reputation in the community as a safe, fun event that everyone can enjoy. It is with our deepest gratitude and appreciation that we say thank them for their support and to VF Corporation, the 2009 presenting sponsor, for their many years of support and service on and off the route.

From start to finish, every cyclist, team member, team captain, VIBE, sponsor and volunteer helped create an event that isn't just about cycling or having a great party at Tanglewood Park on Saturday—it's about making a difference. Thank you!

We are looking forward to another successful ride in 2010. We hope you will join us next year on September 25th and 26th for the 25th Annual ride. We are excited to announce that VF Corporation and Wrangler are the new title sponsor for 2010. VF Corporation is no stranger to the event, having served as the presenting sponsor of the event for many years. They also support the Denim Riders team under the leadership of captain Ron Uptain, which had more than 50 members this year. We are also pleased to welcome Wachovia, a Wells Fargo Company as the new presenting sponsor, which has boasted a strong Bike team. We already have exciting plans to celebrate 25 years!

Singer, songwriter and producer, Kristie Salerno, will be our speaker at the Winston-Salem, Greensboro and High Point On The Move MS Luncheons this year.

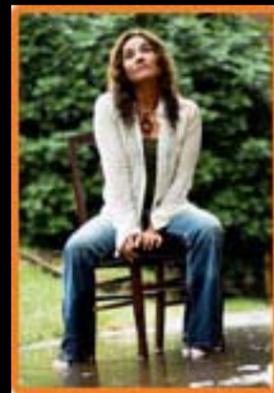
Since childhood, Kristie Salerno Kent dreamed of a career in the entertainment industry and received her BFA in Theater from Syracuse University. She was diagnosed with multiple sclerosis in 1999 and her lifelong dream of a stage career in theater seemed out of reach. After several years of denial, Kristie decided that the word dreams may end with an M and an S but her dreams don't end because of her MS. She is now a Singer/Songwriter/Producer and the CEO of her own production company, Whirlaway Productions, LLC. Now she combines her passion for music and the arts with her desire to help others. In October 2006, Kristie fulfilled one of her dreams by writing, recording, and producing her debut solo CD, "Believe". The chapter is excited to have Kristie speak at our annual On the Move MS Luncheons.

These luncheons bring together women and men to hear a message that strengthens their connections to MS and their resolve to continue the shared mission of the National MS Society – a world free of MS. The luncheons raise much-needed funds for programs and research, as well as increase awareness about MS and the National MS Society. The ticket price for each luncheon is \$50 per person, with additional contributions welcomed.

Winston Salem On the Move MS Luncheon, presented by First Tennessee
Thursday, February 11
Forsyth Country Club
Co-Chairs: Lee Evans, Sheila Fox, Lucy Strawsburg

10th Annual Greensboro Women on the Move MS Luncheon
Wednesday, March 3
Greensboro Country Club
Co-Chairs: Katharine Kirkpatrick and Katherine Wood

High Point Luncheon
High Point Country Club
April, 2010
Event underwritten by Mark and Rena Norcross



Kristie Salerno Kent



MS THROUGH THE EYES OF A CHILD RELEASE FORM

A SIGNED RELEASE MUST ACCOMPANY ALL ENTRIES

By signature of this document, I understand and am fully aware that I am releasing ownership of my artwork/my child's artwork, and the work will become the property of the Central North Carolina Chapter of the National MS Society. I give the Society full permission to use my name/my child's name for the duration of the exhibition.

Further, I agree and understand that the National MS Society will not give compensation of any kind to me/my child for artwork used.

The Society cannot be held responsible for the return of any artwork. If the artwork is used by the Society to improve understanding about MS and family life and the National MS Society, the submitting artist will receive title credit.

Name of Artist (please print): _____

Date: _____

Signature of parent/
guardian: _____

Printed name: _____

Date: _____

CAMP CAREFREE GOES TO THE BIG APPLE

It's time to request your application packet to our annual retreat weekend at Camp Carefree in Stokesdale, NC! Gather your family, friends or self-help group and join us for a weekend full of relaxation, interaction with others, arts and crafts and a fun party with a New York City theme! The whole weekend is not scheduled so be prepared to have plenty of time for conversation with friends, reading a good book, fishing or whatever you may like to do with some ex-

tra time. Spaces fill up quickly so call now to get your application packet in March!



New to MS? NARCOMS Needs You

BY TUULA TYRY, NARCOMS PROGRAM MANAGER

As you know by now, MS is a very perplexing disease. Despite a wealth of research, many aspects of the disease remain poorly understood. The non-profit NARCOMS Registry* expedites MS research by providing a unique resource for investigators.

The NARCOMS Registry is based on the concept of following disease and treatment patterns in a large group of people over time, similar to the Harvard Nurses' Health Study that has been running since 1976. The information gathered for NARCOMS is used in a statistical manner only, so all the personal details remain confidential. Just like the Nurses' Study that unravels links between health and lifestyle choices, NARCOMS is providing similar insights into MS. But to get a complete picture it is crucial that we continue to grow the NARCOMS database by having newly diagnosed people as well as others with MS join the project. Would you consider joining?

Who's in already?

The registry has almost 35,000 participants from all over the United States and Canada and from about 50 other countries. The age of participants ranges from 18 to over 100.

What am I expected to do?

Complete the enrollment survey online at narcoms.org or call 800-253-7884 to request a mail-in survey. After that, you will get an update survey online or by mail two times a year. Each survey typically takes less than 20 minutes to

complete. That's it. There is no cost to you. As a benefit, you are entitled to a complimentary subscription to the Multiple Sclerosis Quarterly Journal (or MSQR), an informative publication focused solely on the latest in MS research.

NARCOMS participants may also be eligible for clinical trials and other survey studies. All study notifications will come directly from us — your contact information will not be shared with anyone — and the decision is always up to you.

Need more information or enrollment material in English or Spanish? Call Desi or Davis at 800-253-7884 or e-mail MSregistry@narcoms.org.

*NARCOMS (narcoms.org)The North American Research Committee on MS is a project of the Consortium of Multiple Sclerosis Centers (mscare.org/cmssc) a trusted partner of the National MS Society.



Tom Kuhn to Lead the Society's National Board



At the Leadership Meeting in Chicago this November, Tom Kuhn accepted the responsibility of being the Society's top volunteer leader, as chair of the National Board of Directors.

"Tom will see the organization through many coming changes," said Joyce Nelson, the Society CEO, in welcoming the new leader.

"As oral medications enter the marketplace, the world of MS stands to be transformed," Kuhn said. "The Society must do all it can to ensure access to MS medications. The role of volunteers in this work can't be overemphasized."

Kuhn, who is president of the Edison Electric Institute, a Washington consortium representing the nation's electric power companies, exemplifies the skilled volunteer leadership to which he refers. He has served the Society as a National Board member since 1997 and is a longtime trustee and chair emeritus of the National Capital Chapter in Washington, D.C. He brings deep knowledge of marketplace economics and organizational dynamics to his newest responsibility.

"I can't think of anyone better positioned to help us move into the future," said the outgoing chair, Weyman Johnson, who received heartfelt thanks from the Society for his impressive service to the MS community.

Inclusive Health - Insurance Premium Assistance

State High Risk Pool Gets Funding to Provide Premium Subsidies

\$1.5 million federal grant to make Inclusive Health even more affordable

Inclusive Health is unveiling a new program known as Inclusive Health Assist to subsidize the monthly premiums of individuals who may not be able to afford participation in the state's high risk pool. Inclusive Health will award the subsidies on a first-come basis. The grant was awarded to Inclusive Health by the Centers for Medicare and Medicaid Services (CMS) under a federal High Risk Pool Operational Loss Grant Program. Inclusive Health Assist is offering discounted premiums to eligible individuals with annual incomes up to 300 percent of the federal poverty level. That's equal to \$32,490 for a single person, \$43,710 for a two person household or \$66,150 for a family of four. Discounts will range from 20 to 43 percent off of Inclusive Health's monthly premiums beginning Jan. 1, 2010, to approved applicants. The subsidy is available to existing and new Inclusive Health members. For more details go to <http://www.inclusivehealth.org>.



WE CARE ABOUT A CURE... THIS IS WHY WE GIVE.

WE'RE JUST DOING OUR PART....

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