



National
Multiple Sclerosis
Society
Central North Carolina Chapter
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Greensboro, NC 27407

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CENTRAL NORTH CAROLINA CHAPTER
MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | SPRING 2012



**Multiple Sclerosis
Awareness Week**
March 12-18, 2012

Multiple sclerosis destroys connections inside us. It disconnects the mind from the body and people from each other.

But what if we could defy this disease with the very thing it seeks to destroy: Connections.

Would we share more knowledge? More questions? More answers? More hope?

Maybe, by connecting enough small victories, we could win some really big ones.

How can you help make connections?

Visit www.msconnection.org for more information about MS Awareness Week 2012. You can also visit our chapter's website to learn about local activities to raise awareness.



**Knowledge Is
POWER**

Knowledge Is Power is a six-week, free, at-home educational program for people who are newly diagnosed. Mail or email formats. To register, call 1-800-344-4867, or visit www.nationalMSSociety.org/knowledge.



National Multiple Sclerosis Society

JOIN THE MOVEMENT®



A guy in North Carolina wonders if he's the only one experiencing vertigo when he is in the shower.

Thirty people let him know that they experience it too, and several offer remedies they've tried.

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National
Multiple Sclerosis
Society

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.

We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

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Central North Carolina Chapter

HOW TO CONTACT US

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National Multiple Sclerosis Society

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Central North Carolina Chapter

www.nationalmssociety.org/ncc

Following is a message from Tom Kuhn, National MS Society Board Chair and Eli Rubenstein, National Board member and Chair of the CEO Search Committee regarding the announcement of the National MS Society's new President and CEO.

Dear Members of the MS Movement,

The board of directors of the National MS Society is pleased to have the honor to announce that effective October 1, 2011, Cyndi Zagieboylo will become the National MS Society's new President and CEO.

Selecting the best candidate to lead the National MS Society is one of the most important duties that the national board has as volunteer leaders. We knew that we were looking for someone who could build on the strengths and extraordinary successes that we have together achieved. Someone who could bring together people from across the MS movement to fuel the necessary growth and innovation needed to realize a world free of MS. And I am pleased to say that we have found this person in Cyndi.

Read more about new President and CEO,
Cyndi Zagieboylo at
www.nationalmssociety.org

Online Peer Support

Do you currently volunteer with us in a peer support program, or would you like to learn how to do so? Are you interested in participating in a new nationwide peer support program? If yes, read on ...

The Society's Online Peer Connections program is currently seeking people with MS or family members of people with MS who are interested in becoming peer support volunteers. As a volunteer, your profile would be included in an online database, searchable by demographics such as age or mobility status. Once a person with MS selects you as their peer support person, you would then arrange to speak one-on-one either via email or telephone on an agreed-upon topic. All conversations are confidential.

The program begins this March. Visit www.nationalMSSociety.org/onlinepeerconnections, or contact Monica Aden, Online Peer Connections program coordinator, at 1-303-698-6100, ext. 15169, Monica.Aden@nmss.org to learn more.

Blog Opens Doors For MS Community

Fatigue, isolation, doctor's visits—and yes, sex with MS—are just a few of the topics covered in the Society's new blog at blog.nationalMSSociety.org.

Not much is off-limits to Society bloggers and commenters. Instead, people with MS and MS specialists dig into very personal issues—and universal ones. "In these cyber pages, we intend to open up the doors which have long been closed (by society, by our families and—quite frankly— by many of us living with MS) to discussion," wrote blogger Trevis Gleason on January 4. "To that end, I'd like to take this opportunity to ask you—the readers of The Unspeakable Bits — what topics you think are under discussed if not just plain ignored by the MS 'authorities' out there?"

Join in the conversation at blog.nationalMSSociety.org.



Get ZEEK!

The world's first completely mobile coupon book

Available March 5-19, 2012

Help us meet our goal of selling 100 mobile entertainment coupon books in March! The MS Society will receive half of the yearly subscription fee and Zeek members receive deals to save at their favorite local eateries and retailers.

Having a Zeek subscription is convenient and gets you over \$1,200 in savings. Carrying the 'book' to locate and redeem coupons is as easy as clicking on the Zeek app from your mobile phone, or printing them out from your home computer. Best of all, new local deals are being added throughout the year so the savings keep on coming!

If you would like to purchase a subscription for \$25 or help sell subscriptions for the MS Society, please call 299-4136. For a list of featured merchants and more information, visit www.getzeek.com. You can also buy online today! Visit www.getzeek.com/register and choose "National MS Society - Central NC" in checkout!

Programs and Services Calendar

For more information about the chapter's upcoming programs and services and to register, please call 1-800-344-4867 or visit the chapter calendar at www.nationalmssociety.org/ncc.

March

3/13 Mindfulness Meditation Teleconference, 7:30 p.m.

Success with MS Series

3/13 Parenting and MS
Deep River Event Center, 6:00 p.m.

3/27 Nutrition and MS
Deep River Event Center, 6:00 p.m.

April

4/10 Women's Issues and MS Teleconference, 7:30 p.m.



June

6/12 Health Insurance Reform: Implications for People with MS Teleconference, 7:30 p.m.



May

5/5 Family Day at the North Carolina Zoo
Asheboro, NC, 8:30 a.m.

5/8 Holistic Medicine and MS Teleconference, 7:30 p.m.



Achieve Success with MS

Join us again this year for our popular "Success with MS" series! This year our topics are Parenting and Nutrition. Series will be held at the Deep River Event Center, 606 Millwood School Rd. Greensboro on March 13 and 27 at 6 p.m. Pizza and beverages will be provided.

As a parent you may struggle with how to talk to your children about MS and the ways it may affect your family.

You may be wondering:

- How much should I tell my children about MS?
- Will talking about it make it more confusing, frightening or burdensome for them and me?

"Parenting and MS" will help you to find comfortable ways to talk about MS and help you and your children adapt to life with MS. The program's speaker will be Katie Wangelin, MSW, LCSW.

Maintenance of general good health is very important for persons with MS or any chronic disorder. A well-balanced and carefully planned diet will help to achieve this goal.

"Nutrition and MS" will discuss how to achieve a well-balanced diet, the problem with some special diets and how improving your diet will help manage fatigue and other

MS related symptoms. The program's speaker will be Martha L. Taylor, Ph.D., R.D.

Call 1-800-344-4867 or go to www.nationalmssociety.org/ncc and go to the chapter's programs and services calendar to register today!

Family Day at the Zoo

Join the National MS Society as we visit the NC Zoo in Asheboro for a day of family fun on Saturday, May 5!

- Open to people living with MS and their immediate family members (spouse/partner and children living in the home)
- Cost of the program is \$3 per person for admission to the zoo. Children under age 12 are free.
- Space is limited - register now! Call 1-800-344-4867 or visit www.nationalMSSociety.org

About the Zoo

Located in Asheboro, the North Carolina Zoo is nationally recognized as one of the nation's finest zoos. Discover more than 1,100 animals as you explore 500 acres of natural habitat exhibits. Walk from Africa's grasslands to North America's Arctic coast to see wildlife from two continents.

2012 Employment Teleconference Series

Throughout January and March there has been a series of teleconferences on a variety of topics regarding employment and MS. Legal protections and home-based employment are just two of the informative topics focused on during the series. If you didn't have a chance to listen to the call, there's still a chance for you to hear to each call. Simply go to our website and look for 2012 Employment Teleconference Series. From there you will find a link that will take you right to the page where you can listen to the calls as well as download any handouts that were available for the programs.

SELF-HELP GROUPS

Burlington
2nd Thursday of the month, 10 a.m.
Alamance Regional Medical Center
Annie 336-226-7712

Davie County
2nd Monday of the month, 6 p.m.
Davie County Hospital
Jackie 336-909-5877

Elkin / Tri-County
Group is not meeting at this time, call for information.
Deb 336-835-8419

Greensboro

Aquatics Exercise Group
M-W-F, 11 a.m.
Spears YMCA
Wyn 336-852-2182

Greensboro H.O.P.E.
Helping Other People Endure Multiple Sclerosis
4th Tuesday of the month, 11:00 a.m.
Montgomery's at 623
Robin: 336-697-2445
Birdie: 336-229-7916

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

The Overcomers - Greensboro
3rd Tuesday of the month, 11:30 a.m.
Kathleen Clay Edwards Greensboro Library
Jackline 336-681-4025

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

Get Out! A social group for people in their 20s and 30s with MS
Email nmssgetoutgroup@gmail.com to get on the list to receive notifications.

High Point/Jamestown
But You Look So Good
2nd Saturday of the month, 11 a.m.
Poblanos Mexican Restaurant
Lisa 336-454-6785

Kernersville - NEW
Newly Diagnosed and Minimally Affected
4th Wednesday of each month, 6 p.m.
Main Street United Methodist Church
Sherri 336-992-2134
Matt 336-750-0732

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

Reidsville
Friends with a Purpose
4th Tuesday of the month, 6 p.m.
Annie Penn Hospital
Ana 336-616-1001

Winston-Salem
You, Me and the Lord, too!
2nd and 4th Tuesday, 10 a.m.
Cornerstone Baptist Church
Dolores 336-784-8460

Wilkesboro
2nd Thursday of the month, 6 p.m.
Woodhaven Restaurant
Wanda 336-667-1889
Kent 336-903-1539

RESEARCH

Results in for Potential MS therapies

- In a two-year Phase III trial, the oral MS therapy BG-12 significantly reduced—by up to 51%—the average number of annual MS relapses. More than 1,400 people with relapsing-remitting MS participated in the study. BG-12 is thought to inhibit the immune cells and molecules that are involved in MS attacks on the brain and spinal cord. This study should help to define further the safety and promise of BG-12 as a potential therapy for relapsing MS.
- The experimental intravenous MS therapy alemtuzumab significantly reduced relapse rates and the worsening of disability in a two-year Phase III study that compared alemtuzumab to Rebif. The study, called CARE-MS II, involved 840 people with relapsing-remitting MS. The FDA has fast-tracked alemtuzumab, which should speed up future review.
- A study of 324 patients comparing the MS oral therapy teriflunomide with Rebif found no significant difference in the numbers of participants in each group who experienced events defined as treatment failure. Teriflunomide is thought to prevent damage to the nervous system by immune cells. A previous phase III trial was more successful and three others are ongoing. The FDA is reviewing an application for marketing approval of teriflunomide.

To stay current on MS therapies in the pipeline for FDA approval, sign up for MS eNEWS at www.nationalMSSociety.org/signup.

Survey Says Walking Issues Important to Address

Seventy percent of people with MS who have difficulty walking see that as the most



Susan Cohn-Child, diagnosed in 1995, walks with son Zach

challenging aspect of managing their disease, according to a recent survey sponsored by the National MS Society and Acorda Therapeutics, maker of Ampyra, a drug intended to improve walking.

Respondents to the survey reported that problems with mobility restrict their

daily activities and affect their emotional and financial well-being. Some 60% of adults with MS who experience difficulty walking have fallen; for a third of them, a fall resulted in an injury.

While 65% of those surveyed reported walking difficulties or trouble with balance, 40% "rarely or never" discussed the issues with their doctor.

"Clearly we need to encourage and empower people with MS to discuss walking impairment with their doctor, including newly diagnosed patients who may be experiencing only mild problems with walking or balance difficulties," said Nicholas LaRocca, PhD, vice president for Health Care Delivery and Policy Research at the Society.

The 2012 Walk MS Season is Here!

It's time to lace up your sneakers, dust off your contact lists and start walking and fundraising to create a world free of MS. It is never too early to get started! We hope to have 2100 walkers raising a grand total of \$267,000. Let's see if we can make it happen!

Your efforts do not go unnoticed; our chapter serves nearly 2500 people living with MS in central NC. The money you raise helps people in need receive financial assistance, get equipment loans, attend self-help groups, educational programs and more. Your money also goes to fund national research that has resulted in new treatments and will one day help us reach our goal of ending MS.

Our first walk is Saturday, March 31 at the North Carolina Zoo. It will be full of food, fun,

and some wild animals. Registration will be at Solar Pointe where everyone will be able to have a wonderful breakfast, team photos, face painting and zoo aerobics! Every walker raising at least \$25 will receive a free entry into the Zoo. Registration will open at 9 a.m. and the walk will start at 11 a.m.

Saturday, April 14 we will have Walk MS: Rockingham County at the Penn House in Reidsville. Join us for clowns, door prizes, live music, lunch and a beautiful walk route. Registration will begin at 8:30 a.m. and the walk will start at 10 a.m. Get there early to enjoy all the fun and excitement!

Our biggest walk of the season is at the Fourth of July Park in Kernersville on April 21. Come early to enjoy face painting, a moon bounce, prize pick-up and aerobics! Registration starts at 8 a.m. and the walk will begin at 10 a.m. After walking enjoy lunch while listening to great music.

We have fabulous prizes and clubs that you can receive with your fundraising. Our prizes range from a Walk MS 2012 commemorative T-shirt to attending our Tour of Champions getaway!



!!Take the VIP Club Challenge in 2012!!

Will you accept the VIP Club challenge and try to raise \$500 or more to help create a world free of MS? In 2011 we had over 100 people take the challenge. Our goal in 2012 is to have more than 150 VIP club members. Benefits for reaching the challenge include: admission to the Walk MS VIP tent, your name on the Virtual VIP Wall on the Walk MS website, and other special prizes and perks. Also, if your \$500 is turned in at least two weeks prior to the event you will receive VIP parking!

Contact Derek Hill to take the VIP Challenge today! Derek.Hill@nmss.org

Registration is open and we are off to a great start, but WE WANT YOU to walk with us!!! Register today at www.walkMSncc.org if you don't want to go at 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 many new friends and have a great time raising money to find a cure for MS. If walking in one of our events doesn't fit into your schedule for whatever reason you can still register and raise money for the cure, just become a virtual walker. You can raise money and still enjoy the festivities and be eligible for our wonderful prizes. Please note that all sites have handicapped accessible routes.

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 2012 sponsored by Modern Automotive.

Save the Date: MuckRuckus MS

June 16, 2012

Location TBD

THE TOUGHEST, MUCKIEST TIME YOU'LL EVER HAVE FOR A GOOD CAUSE

MuckRuckus MS is an unforgettable obstacle course through miles of water and muck for teams and individuals to slosh, swing, slip and slide through to help create a world free of multiple sclerosis. It's tough, but it's not hard. It's challenging, but rewarding. It's for the active and the outgoing; it's not just for the top tier of amateur athletes (all are welcome!). It's a great time!

Above all, MuckRuckus MS raises funds and awareness for the National Multiple Sclerosis Society. It is an inspiring experience whether participating, volunteering, or watching.

Registration opens March 1! Contact bonnie.nevin@nmss.org to learn more.

Walk Dates:

March 31 – Walk MS North Carolina Zoo, Asheboro

April 14 – Walk MS Rockingham County, Penn House, – Reidsville

April 21 – Walk MS Piedmont Triad, 4th of July Park, Kernersville

Do It Yourself!

Do It Yourself Fundraising, or DIY for short, 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.

Choose one of two ways to get started. You can kick off a group that lets others join in on the fun or be an individual and ask others for donations and to spread the word.

We have a plethora of tools to get you started. Just visit www.nationalmssociety.org/ncc and you will find a Do It Yourself button on the website. We have supplied everything you will need in our DIY toolkit; from guidelines and registration forms to digital downloads of flyers, badges and templates. If you are having trouble kicking things off stop by the webpage to check out what other teams are doing to get your creative juices flowing.

Now it is up to you to choose the activity. Past activities have included golf tournaments, dinner parties, chili cook-offs, bake sales, endurance events, and more! So get started today, join the movement, and together we can all help to create a world free of MS!

Senator Hagan Recognized at the Society's Ambassadors Ball

On September 14, 2011, the National Multiple Sclerosis Society paid tribute to North Carolina's US Senator Kay Hagan. Senator Hagan was recognized alongside Sen. Johnny Isakson (GA), and Representatives Barbara Lee (CA) and Kevin McCarthy (CA) during the National Capital Chapter's 33rd Annual Ambassadors Ball.

In the Senator's press release about the recognition, she states "It was truly my honor to attend the National MS Society's reception among so many people who are working to rid the world of this devastating disease. Multiple Sclerosis affects 10,000 people and their families in North Carolina and 400,000 people nationwide. That is 400,000 too many. By raising awareness of the disease and by working together to foster research and develop programs and services, it is my hope that a potentially life-saving cure and life-altering treatments will be found to help those



who are suffering. I will continue to work with my colleagues in Congress and outstanding organizations, such as the National MS Society, to realize those goals."

Senator Hagan is a member of the Congressional MS Caucus. She is also a cosponsor of the National Neurological Diseases Surveillance System Act, which establishes the first national registries of neurological diseases, including MS, in order to better understand and treat them. Earlier this year, Hagan and

Senators Bob Casey (PA) and Olympia Snowe (ME) introduced a resolution to recognize Multiple Sclerosis Awareness Week during March 12-18 to raise awareness of MS.

The National Capital Chapter's annual Ambassadors Ball has raised over \$15 million in support since its inception. Funds support cutting-edge research, driving change through advocacy, facilitating professional education, and providing programs and services that help people with MS and their families move their lives forward.



Bike MS: Gears and Cheers

On May 5, 2012, Bike MS: Gears and Cheers will feature 25 and 40 mile scenic routes through Guilford and Rockingham counties with rest stops and route support along the way. The post-ride celebration at Grove Winery will include live entertainment presented by Back Porch Orchestra. All participants are provided with lunch, dessert, a commemorative wine glass and an afternoon in the vineyards. Register to ride or volunteer at www.gearsandcheers.org.

Bike MS: Tour to Tanglewood

Save the date for the 27th Annual Bike MS: Tour to Tanglewood on September 15 & 16, 2012. This 2-day cycling event features two full days of riding through the Piedmont Triad of North Carolina and the party of the year at Tanglewood Park. Register to ride or volunteer at www.bikemsnc.org.