



National  
Multiple Sclerosis  
Society  
Central North Carolina Chapter  
2211 West Meadowview Road  
Suite 30  
Greensboro, NC 27407

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
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W-S, NC  
410

## Save the Date: MS Luncheons

Winston-Salem - February 12, Forsyth Country Club  
High Point - March 26, High Point Country Club  
Greensboro - April 10, Greensboro Country Club



Bobbi Doorenbos, Winston-Salem



Eric Twisdale, High Point



Rain Pryor, Greensboro

For more information: Call 336-299-4136 or visit [www.nationalmssociety.org/ncc](http://www.nationalmssociety.org/ncc).

# CENTRAL NORTH CAROLINA CHAPTER MS CONNECTION

MOVING TOWARD A WORLD FREE OF MS | WINTER 2013

## 2013 Modern Automotive Walk MS: WILD, FANTASTIC & AMAZING!

Registration is OPEN for the 2013 Walk MS. Come out to the WILD North Carolina Zoo Walk, the FANTASTIC Rockingham County Walk or the AMAZING Triad walk.

By registering before December 31, you will be entered to win our "Night on the Town" package with a restaurant gift certificate and a free night at Embassy Suites Greensboro.

There's no registration fee, though fundraising is encouraged. It's EASY to register!

Register online at [www.walkMSncc.org](http://www.walkMSncc.org) or by calling 336-299-4136.

### Walk Dates:

Walk MS: North Carolina Zoo, March 23  
Asheboro, NC

Walk MS: Rockingham County, April 13  
The Penn House, Reidsville, NC

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Walk MS: Piedmont Triad, April 20

Fourth of July Park, Kernersville, NC

Become a part of this community movement united to end MS. Last year nearly 2,000 walkers and volunteers supported the events. We are hoping to have even great participation this year and to raise 238,500! We need your support for Walk MS to keep growing. We hope you will join us today by registering for Walk MS!

### Will you be a VIP in 2013?

Accept the VIP Club challenge and try to raise \$500 or more to help create a world free of MS! 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!

Register Now!  
[www.WalkMSncc.org](http://www.WalkMSncc.org)



National  
Multiple Sclerosis  
Society

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

Chair  
Bob Seehausen

Chapter Programs and Services Director  
Mark Scheerer

Chapter Development Director  
Emily Conner

Newsletter Editor  
Bonnie Nevin

### 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](http://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

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

#### National Multiple Sclerosis Society

[www.nationalmssociety.org](http://www.nationalmssociety.org)

Email: [nat@nmss.org](mailto:nat@nmss.org)

#### Central North Carolina Chapter

[www.nationalmssociety.org/ncc](http://www.nationalmssociety.org/ncc)

Email: [ncc@nmss.org](mailto:ncc@nmss.org)



3 Days. 50 Miles.  
March 1-3, 2013.  
Historic Charleston to Isle  
of Palms, SC.  
Walk with us to create a  
world free of MS.  
[www.challengems.org](http://www.challengems.org)

## Understanding Clinical Trials

People with multiple sclerosis who participate in clinical trials help make new and better therapies possible. The National MS Society has updated information about ongoing clinical trials for MS at [www.nationalmssociety.org/2012trials](http://www.nationalmssociety.org/2012trials). There, you can download PDFs on the following specific types of clinical trials:

- Trials funded by the National MS Society
- Large phase III trials in relapsing-remitting MS
- Trials in progressive forms of MS
- Trials of symptomatic treatments

The U.S. Food and Drug Administration (FDA) requires therapies to undergo three phases of clinical trials before they can be approved to treat people with MS.

- **Phase I:** The first step is to determine safety. In a small number of healthy volunteers or people with MS, researchers investigate how the body reacts to a therapy.
- **Phase II:** If the therapy proves to be safe, studies begin to determine a drug's effectiveness in people with MS. These studies may last several months or several years, and involve larger numbers of people. The study is "controlled"—that is, the drug is compared with the standard treatment or a placebo.
- **Phase III:** If an MS drug shows effectiveness, an even larger study is conducted in hundreds of people to gain a better understanding of the drug's effectiveness and possible side effects.

• **Phase IV:** These are not required for FDA approval, but might be conducted afterward to assess long-term safety and effectiveness.

For more on clinical trials, visit the clinical trials registry created by the National Institutes of Health at [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

Originally published in the Upper Midwest-Chapter's MS Connection.

### A Clinical Trial Glossary

Here are a few commonly used terms in clinical trials.

#### Blind

A clinical trial is "blind" if participants are unaware whether they are in the experimental or control group.

#### Control group

In many trials one group of participants is given an experimental drug or treatment, while a control group is given either a standard treatment or a placebo.

#### Double-blind study

A clinical trial design in which neither participants nor study staff knows which participants are receiving the experimental drug and which are receiving a placebo (or another therapy).

#### Randomized

A study in which participants are randomly (by chance) assigned to one of two or more treatment groups.

## 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](http://www.nationalmssociety.org/ncc).

### December

12/12 MS: A Family Affair  
Teleconference, 6:30 p.m.



### January

1/8 How to be an effective MS  
Advocate, 7:30 p.m.



## Living with MS

### Commit to eat well

Take control of your health, starting with a commitment to eat well. Here are some suggestions for how to do that from the Can Do MS staff and Andrea Glenn, a Society volunteer diagnosed with MS in 2003.

- Eat three meals every day and always have breakfast. People who skip meals tend to overeat later.
- Make healthy snacks and meals ahead of time so you don't give in to temptations.
- Eat more vegetables and three pieces of fruit every day. Add leafy dark greens to your lunch. Snack on raw fruit and vegetables such as carrots, apples or celery.
- Be aware of portion size. Many restaurant

meals are large enough to feed two people. Take half home for lunch the next day, or split an entrée with someone else.

- Eat whole grains such as brown rice, whole grain bread and whole grain cereals.
- Enjoy a couple of low-fat dairy products every day, such as 1% milk or yogurt.
- Use olive oil or canola oil (in moderation).
- Read food labels and pay special attention to saturated fats and trans fats.
- Drink plenty of water—it's calorie free!
- Enlist a friend or family member to share your goals for better eating. It helps to be accountable to someone else.
- Keep a food diary. Writing down everything you eat will help you better evaluate whether you've improved your food habits.

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## Recognizing Elizabeth Green

Elizabeth Green has resigned from her position as Chapter President to accept a position at the University Cancer Research Fund, part of the UNC Lineberger Comprehensive Cancer Center. We want to thank Elizabeth and recognize her for 22 years of inspiring service, hard work and dedication on behalf of people living with MS throughout the Central North Carolina Chapter.

Joining the staff in 1990 as a Development Coordinator, Elizabeth cultivated and grew signature campaigns such as Walk MS and Bike MS: Tour to Tanglewood, which are still in effect today. She was promoted to Chapter President in 1993.

Elizabeth's commitment to the National MS Society's vision has been a guiding light for the growth and development of the chapter for more than two decades. In 1989, 324 people living with MS were registered with the chapter. Today, the chapter serves more than 2,500 clients in a 15-county territory, providing a broad range of programs and services. In her ongoing efforts to achieve the chapter's goals and fulfill its mission, Elizabeth has engaged supporters, promoted MS awareness throughout the wider community and served on numerous National MS Society committees and task forces.

Debbie Marshall, Board President from 2011-2012, commented, "I am so grateful for her outreach to community leaders who have made such a difference in our chapter's success. She has definitely been a 'friend raiser.'"

In the spirit of Sylvia Lawry, the founder of the National MS Society, Elizabeth has devoted tremendous energy to providing hope for the future to people living with MS. Through her leadership of our chapter and her remarkable ability to engage community support, Elizabeth has greatly strengthened our chapter's ability to support MS research, and to provide quality programs and services to people living with MS. During a MS research campaign a few years ago, Promise:2010, Elizabeth led our chapter to not only exceed its five-year goal of \$250,000 for MS research, but to be the first chapter nationwide to meet its Promise:2010 goal.

Elizabeth has been a champion for people living with MS in our community. We will miss her energy and passion for a world free of MS.



## 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  
Sharing the Journey  
1st Monday of the month, 10 a.m.  
Unihealth Post-Acute Care  
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 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  
Christal 336-50-1-7045

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  
Newly Diagnosed and Minimally Affected  
4th Wednesday of the 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

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

## PROGRAMS AND SERVICES

### The Chapter Needs Your Help!

As you may well know, for years the chapter has provided short and long-term medical equipment loans to persons living with MS in our chapter territory. Unfortunately, due to the increase needs in medical equipment our loan closet supplies are almost depleted. If you or anyone you know has any medical equipment (scooters, manual wheelchairs or rolling walkers) that has been gently used and in good condition please contact Gordon Miller at 336-299-4136 or gordon.miller@nmss.org. The donation of medical equipment would be greatly appreciated and can assist those persons living with MS to have a continued level of independence they may not otherwise have without your donation.

### Partners in Care

We are excited to announce the launch of a web search capability for Partners in MS Care. Anyone can now search for Partners in MS Care by state, distance from a zip code, or by category. This new service increases the Society's ability to connect people living with MS and their families to qualified providers of MS care. In our chapter area we currently have two Partners in Care with more to be added throughout the next year. Wake Forest Baptist Health Multiple Sclerosis Center under the direction of Dr. Emily Pharr, has been designated a Center for Comprehensive MS Care. The Treatment Network / Jessica Thomas, MSW, LCSW, has been designated a Partner in Care in the area of mental health. For more information about each of our Partners and more detailed information about the program please visit <http://www.nationalmssociety.org/partners-in-ms-care/index.aspx>.

### Climb MS: Power Up the Tower

Do you have what it takes to Conquer the Climb?

Climb MS is the Piedmont Triad's only stair climbing race.  
30 Flights / 618 Stairs closer to a World Free of MS!

**What:** Climb MS is a Chip Timed Stair Climbing Run

**When:** Saturday, February 2, 2013

**Where:** Winston Tower Building (301 Main St) Winston-Salem

Registration fee: \$25

Suggested Fundraising: \$100 (fundraising not required)  
All proceeds benefit the Central North Carolina Chapter  
Climbers will start one at a time, in ten second intervals.



## Check up on Your Health



When I think of my health, multiple sclerosis dominates my thoughts. I run through my inventory of symptoms that are acting up and medications that are causing side effects. Usually, it's only when I have something like a cold or a stomach virus that it occurs to me that there is more to my physical health than my MS.

Unfair as it might seem, people with MS are subject to the same health problems as people who are not living with the disease. We have the same lifestyle and aging issues. We have to consider preventive care for things like heart disease, high blood pressure and cholesterol as we age. Women need to get mammograms and pap smears on a regular basis. We need to keep up with immunizations, as well as visits to dentists and eye doctors. (Visit [www.nationalMSSociety.org/preventivecare](http://www.nationalMSSociety.org/preventivecare) for preventive care recommendations.)

There are also special risks that we have that are directly or indirectly related to our MS, such as:

- **Osteoporosis:** People with MS are more likely to have osteoporosis (loss of bone den-

sity). This is due to a number of factors, including limited mobility, low levels of vitamin D (which is essential for calcium absorption) and excessive use of corticosteroids (for instance, many Solu-Medrol courses over a short period of time). Your doctor can order a bone scan to test for osteoporosis.

- **Depression:** Depression can be a primary symptom of MS. It can also be indirectly caused by the losses and unpredictability of MS. Your neurologist or general practitioner should be able to refer you to a psychologist or psychiatrist to treat your depression, preferably one with experience treating patients with MS.

- **Vitamin deficiencies:** People with MS tend to have low levels or deficiencies of vitamin D and vitamin B12. Ask your general practitioner about tests and a treatment plan if needed.

Make an appointment to see your regular doctor and get the rest of yourself checked out. The last thing that any of us needs is additional health problems that could have been caught early or prevented by taking action.



Diagnosed with MS in 2003, Julie Stachowiak, PhD, is the author of *The Multiple Sclerosis Manifesto* and [www.ms.about.com](http://www.ms.about.com). Originally published at [blog.nationalMSSociety.org](http://blog.nationalMSSociety.org).

## Blast Off Successful!

The inaugural combined chapter Annual Meeting and event awards party, highlighted the accomplishments of the chapter, event participants and volunteers and included an MS overview and research update.

In a packed room at Embassy Suites in Greensboro on November 1, awards were presented to Tour to Tanglewood standout teams and individuals and top fundraisers from Walk MS and Challenge Walk MS were also recognized. A complete list of all Tour to Tanglewood awards will be posted at [www.bikeMSncc.org](http://www.bikeMSncc.org). Efforts from these and all event participants yielded funds to help support local programs and services as well as MS research.

### Special recognition went to the following chapter volunteers and sponsors:

Outstanding Media Coverage:  
Dick Broadcasting Company

Chapter Programs Volunteer of the Year:  
Annie Ray, Self-help Group Leader

Mission Volunteer of the Year:  
Mary Chervenak, PhD

Valerie Gardner Volunteer of the Year:  
Ralph DeGenova

A number of event participants and teams were recognized for their fundraising efforts through two of our events, Walk MS and Bike MS.

### Walk MS

Arnita Allison raised over \$18,000.

Her team, the Modern Automotivators was the top team and raised over \$23,000.

### Bike MS: Tour to Tanglewood

Our top fundraiser was Ron Uptain who raised an incredible \$36,000! Team Erica with Ron Booker leading the way raised over \$80,000

### The top 10 fundraisers were:

1. Ron Uptain \$36,850
2. Carolyn Myers Sloan \$16,000
3. Alex James \$14,905
4. Bob Seehausen \$13,505
5. Charles Brockington: \$13,009
6. Elizabeth Wood \$10,044
7. Bill Routh \$10,014
8. Peter Haibach \$9,517
9. Sam Moss \$8,650
10. Mark Scheerer \$8,155



Presenter Regina Lyalls with Board Chair Bob Seehausen

## Thank you for the exceptional efforts of everyone who helped us move toward a world free of MS!

The 27th Annual Bike MS: VF Corporation & Wrangler Tour to Tanglewood was held on Saturday and Sunday, September 15th & 16th at Tanglewood Park in Clemmons. Over 1650 cyclists and more than 500 volunteers turned out for the ride. Cyclists selected routes ranging 15 to 100 miles on Saturday and 20 to 65 miles on Sunday.

Each day when cyclists arrived back to the park, they were first greeted by the Linking Lives tent on their way to enjoy food, festivities and live entertainment in the amphitheatre. Linking Lives is coordinated by Susan Coble and pairs people living with MS with cyclists who request a MS partner.

Tour to Tanglewood is the chapter's largest fundraiser and has averaged \$1 million for the last five years. Proceeds from the event help support local families with MS and fund research to create a world free of MS.

We are especially grateful to our title sponsors, VF Corporation and Wrangler for their leadership and support, as well as our media partners, sister radio stations 107.5 KZL and Rock 92, and Fox 8 (WGHP). Additionally, VF hosted the Denim Riders team, captained by Ron Uptain, which boasted 45 members and raised over \$50,000. Dick Broadcasting hosted the Radio Flyers through the sister radio stations, which had 19 members and raised over \$12,000. The event would not be the same without the Saturday lunch sponsorship of Carrabba's Italian Grill. Thank you to these and all of our event sponsors.

From start to finish, the ride was a success with the support of every cyclist, team member, team captain, bike committee member, VIBE, sponsor, volunteer and the bicycle response team. Thank you all!



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### Nutrition Tips for Managing Fatigue

- Have a small snack every few hours to re-fuel. Pair a protein (low-fat cheese, 1 tablespoon of peanut butter, handful of almonds) with a fruit.
- Shrink meals and eat more frequently. For example, save half your lunch and eat the rest three hours later.
- A small protein snack in the afternoon, such as a cheese stick or peanut butter, can help you be more alert.
- Avoid large portions and desserts. Both will increase fatigue.
- Avoid too much caffeine. It can lead to restless sleep and increased anxiety.

Visit [www.nationalMSSociety.org/diet](http://www.nationalMSSociety.org/diet) for links to recent research, recipes and articles, brochures, videos and more.



## College Scholarship Application Announcement

Highly qualified high school seniors who have been diagnosed with MS or who have a parent with MS are eligible for the National MS Society's scholarship program. Additional criteria include financial need, academic record, participation in school or community activities, and an essay (written by the applicant) on the impact of MS on his or her life. Awards range from \$1,000-\$3,000 and a small number of four-year awards are offered. Applications for 2013 scholarships will be accepted (online only) between October 1, 2012, and January 15, 2013. For more information, visit [nationalMSSociety.org/scholarship](http://nationalMSSociety.org/scholarship) or call us at 1-800-344-4867 (1-800 FIGHT MS).



Hayes Harvey