



CONNECTION

MOVING TOWARD A WORLD FREE OF MS

January- March 2009

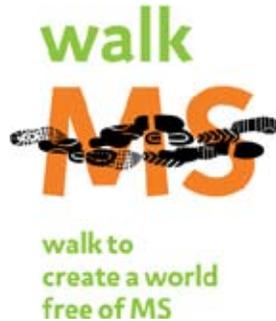
Central North Carolina Chapter

2009 Time to walk the Walk!!!

Modern Automotive Walk MS 2009

It's time to JOIN THE MOVEMENT and help fight MS. If you want to do more than talk you can come out and WALK!! By registering for the 2009 Modern Automotive Walk MS, you can take immediate action to help us fight MS. MS affects more the 2,300 people living in our community. In 2008 our walkers raised an amazing \$280,000 to help fund national research and local programs. In 2009 we need your help to lace up your shoes, and help us achieve our goal of more than 285,000!! With your help, we can make our goal a reality and every dollar raised is a step towards a cure.

For those that don't want to walk alone do as Tammy Southard did and form a team! Tammy says, "bring some friends to walk along with you". The team Pucketts for Tammy has 20 to 35 walkers every year at the Walk MS event in Reidsville. It seems that almost everyone in the Puckett and Southard families get involved, either by helping out with the committee to organize and put the event together, by volunteering at the event, or the many who are teammates who help by raising money to find a cure for MS. The Pucketts for Tammy Team has been very successful in fundraising and has been recognized



as a top team for the Central North Carolina Chapter.

For those of you that need 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 2 weeks

before their walk date.

Whether you're walking or volunteering, there are shoes waiting to be filled at all three

Walk with us at one of our 3 events:
March 28 - NC Zoo, Asheboro
April 4 - Penn House, Reidsville
April 25 - Fourth of July Park, Kernersville

of our Modern Automotive Walk MS events. Bring your friends and family and get ready to use your feet to bring us 285,000 steps closer to ending the devastating effects of MS. Register to walk or volunteer by visiting us online at www.walkncc.nationalmssociety.org

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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

New Service Offered by the Chapter!

Many of you have noticed that in October our chapter began working with the Information Resource Center (IRC) at our home office to provide enhanced customer service and information on MS. Inquiries regarding information on MS, programs, and local resources are directed to the IRC, and handled by the highly skilled Information & Referral Specialists. By moving this function to the IRC, the chapter is offering the best of both worlds - allowing the chapter staff added time for growth in local programs and services delivery and providing excellent customer service and accurate information to our clients. We recognize there have been a few problems during this transition and appreciate your patience as we diligently work to make the transition as smooth as possible for everyone. If you have specific comments we welcome your feedback.

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 Podcast and Blog
www.cncmschapternews.com

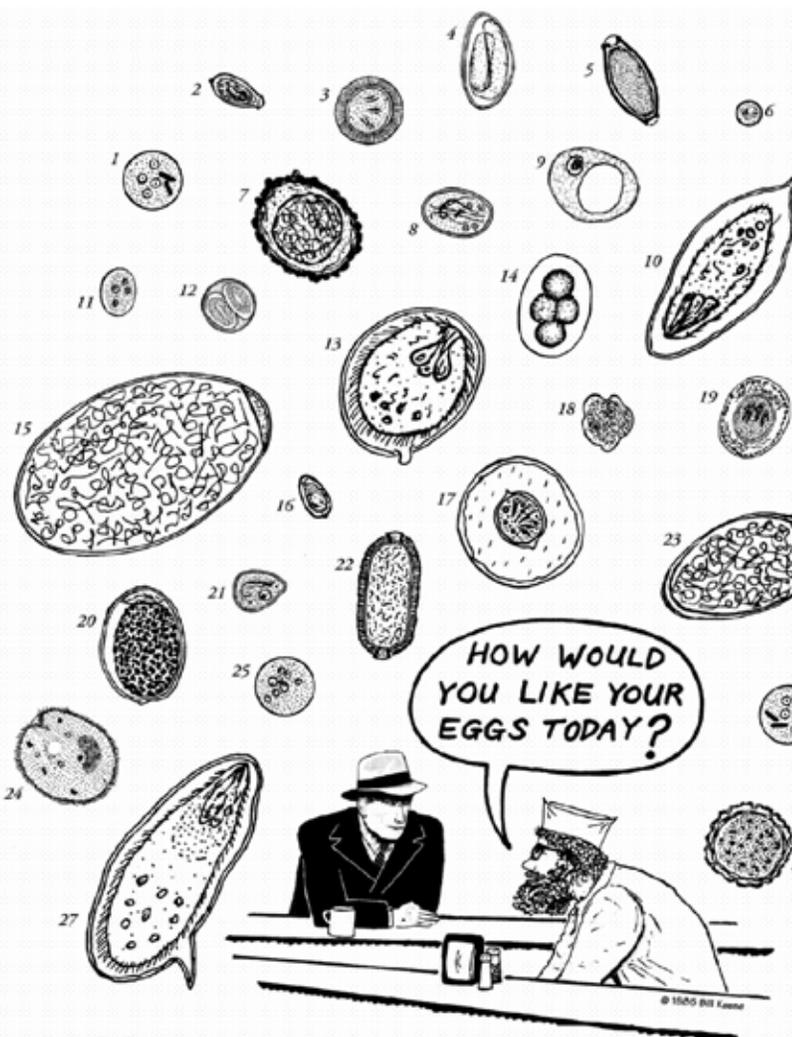
The “Yuck” Factor

John Fleming, MD, calls it the “yuck factor.” But people with MS might happily drink parasitic worm eggs if it meant a reduction in disease activity.

In a study run by Dr. Fleming, five people with MS will ingest the eggs of the whipworm, or *Trichuris suis*, a virtually harmless organism, to see if they will divert the immune system from attacking myelin. If the experiment shows promise, Dr. Fleming hopes to enroll 15 more people with MS and follow them for a year.

The study is based on the “hygiene hypothesis,” which theorizes the low incidence in MS in developing countries may be due to early exposure to infectious agents. “Modern sanitation is of course an important advance for public health,” explained Dr. Fleming, a professor of neurology at University of Wisconsin, Madison, “but it is possible that autoimmune diseases may be an unanticipated consequence of extremely hygienic environments.”

A recently published study involving a small number of people with MS underscores the potential of the worm egg approach: Investigators from the Raúl Carrea Institute for Neurological



O & P Designs, bugshirts.com

Research in Argentina found that helminth-infected people with MS showed evidence of anti-inflammatory immune activity, compared to uninfected people with MS and those with a different infection. The investigators also found that immune cells isolated from the helminth-infected individuals produced nerve growth factors, which may translate into beneficial nerve protection.

Researchers need you! ←

Scientists are testing new medications for MS in clinical trials across the country. Some will result in groundbreaking new treatments for the disease. Clinical trials depend on volunteers—people like you—who want to participate. For information on clinical trials taking place in your area, visit nationalmssociety.org/clinicaltrials.

Chasing The Blues Away

Depression strikes an estimated 47% to 54% of people with MS—but a new study suggests that you can lift your mood by taking positive actions.

The study was an outgrowth of a longitudinal MS quality of life study conducted at the University of Texas at Austin, funded by the National Institutes of Health and conducted by Dr. Lorraine J. Phillips, PhD, APRN, BC, FNP, and Dr. Alexa Stuijbergen, PhD, RN, FAAN.

Stuijbergen started the study by surveying 443 people with MS yearly, asking how often they felt depressed, and to describe the symptoms they experienced. But one of the participants, Doris Varnell, a 57-year-old retiree, told Stuijbergen she found the questions “depressing.”

“I wanted to know what people were doing to make themselves feel better,” said Varnell.

Varnell wrote up a list of positive actions she engaged in to lighten her mood. She sent her list to Stuijbergen who, to Varnell’s surprise, began to ask study participants if they tried similar things. The results were dramatic. People who checked off the most items on Varnell’s list for a given week were the least depressed. Actions included:

- Saying “thank you” and meaning it
- Phoning a friend
- Visiting a friend
- Saying something pleasant to someone else who didn’t expect it
- Crossing off something on your to-do list because you finished it
- Learning something new
- Volunteering or agreeing to become a volunteer



- Going to the library and checking out a book to read
- Going shopping and buying something for yourself
- Taking a nap
- Pampering yourself with a manicure, massage or relaxing bath

Although the study does not prove that the actions alone were responsible for boosting the participants’ mental health—people who were happiest could have just been born that way—it does suggest that incorporating more positive actions into the day may improve quality of life even for a person with severe limitations.

“People who suffer from ongoing depression should always consult their doctor,” Stuijbergen added.

“The Influence of Positive Experiences on Depression and Quality of Life in Persons with Multiple Sclerosis” is in *The Journal of Holistic Nursing*, V. 26, #1, March 2008, pp. 41-48.

Health Insurance is Available for People with Multiple Sclerosis

Inclusive Health, also known as the North Carolina Health Insurance Risk Pool (NCHIRP), provides affordable, individual health insurance coverage for North Carolinians who do not have access to an employer health plan and face higher premiums due to a pre-existing medical condition. Inclusive Health was created by the North Carolina General Assembly in 2007, and began accepting enrollment applications in the fall of 2008 for an effective date of January 2009.

You can qualify for coverage from Inclusive Health if you:

- (a) are a North Carolina resident and a legal resident of the United States
- (b) don't have access to group coverage as an employee or as a dependent of an employee
- (c) don't qualify for any government program such as Medicare, Medicaid or SCHIP

Get Started With Inclusive Health

Visit www.inclusivehealth.org to read more and complete an online application. Or, you can call 866-665-2117 to speak directly with an Inclusive Health representative.

New Support Groups

The Central North Carolina Chapter is excited to offer two professionally led support groups. A **Progressive MS Support Group** and a **Caregiver Support Group** will be held at the Main Street United Methodist Church in Kernersville in different rooms at the same time. These groups will offer the opportunity for people with MS and their loved ones to learn and share with others. Respite will also be available for caregivers if needed.

Where:

Main Street United Methodist Church
306 South Main Street
Kernersville, NC 27284

When: 10:00 am - 12:00 pm

January 10, 2009
January 24, 2009
February 7, 2009
February 21, 2009

Call 1-800-FIGHT-MS or e-mail jessica.thomas@ncc.nmss.org to register!

Treatment update—Betaseron only

Bayer HealthCare Pharmaceuticals launched a very thin (30-gauge) needle and a new autoinjector (BETAJECT LITE) in October. The new autoinjector replaces all previous autoinjectors for Betaseron. The use of any autoinjector other than this latest version may result in people not receiving their full dose of medication. Go to betaseron.com/thinner or call 800-788-1467 for more information and to request the new autoinjector.

Get Out! A social group for people with MS in their 20s and 30s

Get Out! is a great opportunity for you to interact with other people your age with multiple sclerosis in a fun, comfortable setting. So far, the group has gone bowling and has had a fun holiday get-together at Ham's Restaurant. The next outing will be a game night! Don't miss out on the fun – call 1-800-FIGHT-MS to register or you can register online on the chapter calendar at www.nationalmssociety.org/ncc.

Next Outing: February 12, 2009

Location: TBA/watch your mailbox for a flyer.

Free. Dinner will be provided. Please limit 1 adult guest per person.



Winter 4-Part Education Series: **Success with MS**

Fight those winter blues and join us for 4 evenings of MS education in Winston-Salem and Greensboro.

February 17, 2009

Knowledge is Power

Deacon Tower, Winston-Salem

Speaker Kathy Costello, RN, MS, CRNP, MSCN will talk about MS in a way that everyone can understand. It will be great information for those newly diagnosed with MS or those who need a refresher course in the facts of multiple sclerosis.

March 3, 2009

MS and Intimacy

Embassy Suites, Greensboro

Speaker Fred Foley, PhD will discuss the different meanings of intimacy, how MS impacts intimacy, how sexual dysfunction may be related to MS and therapeutic techniques to improve sexual function.

March 17, 2009

Deacon Tower, Winston-Salem

Complimentary and Alternative Therapies and MS

Speaker Russell Greenfield, MD will discuss

facts and fallacies of CAM therapies, how to know if a CAM therapy is safe, why it is important to talk with your doctor if you are considering a CAM therapy and the importance of not stopping conventional therapy.

March 31, 2009

**Sick and Tired of Being Sick and Tired
Embassy Suites, Greensboro**

Speakers Paul Donoghue, PhD and Mary Siegel, PhD travel around the country speaking to audiences about living and coping with an invisible chronic illness. People will learn they are not alone with feelings of frustration, anger and depression. They will learn there are positive ways to enrich their lives while living with MS. Dr. Siegel lives with multiple sclerosis and both presenters will surely inspire the audience to put things into perspective and realize it is time to accept yourself for who you are.

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!

January 13, 2009

Diet and MS: the Nutrition Connection

Join us to learn about meal preparation, eating healthy to manage fatigue as well as nutrition facts that can affect MS. Speaker: Denise Nowack, RD, Executive VP National MS Society Southern California Chapter.

February 10, 2009

Relationship Matters

Having a satisfactory relationship is hard work even in the best of times. MS can make it even harder. The National MS Society Relationship Matters program exists to help you and your partner minimize the impact of MS on your lives. Enjoy an overview of this great free program by Relationship Matters Programs Director, Lara Rezzarday.

March 10, 2009, 7:30pm

To Work or Not to Work?

An important first step for anyone considering a workplace change is to understand what appropriate job opportunities are available to them. Hear Steve Nissen, M.S., Director of Employment Programs with the National MS Society National Capitol Chapter, discuss resources available to you and options for you to consider when thinking about a job change or new employment.

Camp Carefree: Viva Las Vegas!

It's time to request your application packet to our annual retreat weekend at Camp Carefree in Stokesdale, NC! Gather your family or friends and join us for a weekend full of relaxation, interaction with others, arts and crafts and a fun party with a Vegas 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 extra time. Spaces fill up quickly so call now to get your application packet in March!



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

Central NC Chapter Self-Help Groups

Newly Diagnosed Group

Navigating MS
4th Thursday of the month, 6:30 PM
Panera Bread in Kernersville
Jen 336-392-4006

Burlington

2nd Thursday of the month, 10:00 AM
Alamance Regional Medical Center
Harriet 336-538-1143
Carolyn 336-584-6888

Davie County

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

Elkin / Tri-County

4th Monday of the month, 11:00 AM
Hugh Chatham Memorial Hospital, Elkin
The Synergy room
Deb 336-835-8419
Kim 336-835-3835

Greensboro

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

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

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

Women Let's Talk - Greensboro
1st Wednesday of the month, 10:30 AM
St. Francis Episcopal Church
St. Mike's House
Jen 336-392-4006
Sharon 336-638-7152

High Point/Jamestown

But You Look So Good
2nd Saturday of the month
Call for location
Lisa 336-454-6785

King

MS P.A.L.S.
2nd Tuesday of the month, 6:30 PM
First Baptist Church
Candy 336-985-5636
Paula 336-375-0713

Reidsville

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

Rockingham County

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

Winston-Salem

Leaps and Bounds
2nd and 4th Monday, 10:00 AM
Old Town Community Center
Theresa 336-924-2707

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

Wilkesboro (Postponed until April)

2nd Thursday of the month, 6:00 PM
Pa-Paw's Bar-B-Que Restaurant
Wanda 336-667-1889
Kent 336-903-1539

NEW! Mildly Affected Self-Help Group in Boone

Would you like to meet others who are mildly affected by MS? Are you living with invisible symptoms of MS? If so, we want to hear from you. We are currently gauging the interest in starting a self-help group in Boone for those people who are mildly affected by MS. Like all of our self-help groups this will be a safe place for people to share experiences that only someone with MS can understand. If you are mildly affected by MS and would like to form a group, please call the chapter at 1-800-344-4867 and let us know. If there are enough people interested in participating in a group, we'll hold a "kick-off" meeting to get the group started.

Aquatics for MS

**Tuesdays from
11:00am - 12:00pm
Classes are Free!**

**And are going on right now!
Call 1-800-FIGHT-MS to register.**

**Located at: First Christian Church, Family Life Center, 1130 N. Main St.
Kernersville NC 27284**



Aquatics for MS classes are also located at the Gateway YWCA, **336-354-1590**, in Winston-Salem and the Spears YMCA, **336-387-YMCA**, in Greensboro. Please call those locations for more information.



Save the Dates!

9th Annual Greensboro and Winston-Salem Luncheons

Will Feature Humorist

Jeanne Robertson



**Winston-Salem Luncheon
Wednesday, February 11, 2009
Forsyth Country Club,
Winston-Salem**

**Greensboro Luncheon
Monday, March 2, 2009
The Empire Room,
Downtown Greensboro**

**Table Hostess, Sponsorship, Honorarium and Benefits committee opportunities available.
For more information call 336-299-4136 or visit www.nationalsociety.org/ncc 'Events.'**

MS Awareness Week - March 2-6, 2009

move it.



MS Awareness Week is fast approaching. What will YOU do to raise awareness in your community? In 2008 over 60 staff and volunteers 'hit the streets' of downtown Greensboro and Winston-Salem wearing bright orange 'Join the Movement' t-shirts and handing out stickers, water bottles and MS fact cards to anyone who would take them. They explained what MS is and how to 'JOIN THE MOVEMENT'. We took over Center City Park on Elm Street in Greensboro and had an 'Experience MS' tent so the general public could experience MS symptoms. 98.7 Simon emceed the event and Mayor Yvonne Johnson read the MS



awareness week proclamation.

MOVE IT is our theme for 2009 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, passing out stickers or suckers or post an MS Awareness Poster.
- 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 6th as we will hit the streets again in downtown Greensboro and Winston-Salem. If you would like to volunteer, 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!



REGISTER today for Walk MS: Modern Automotive Walk 2009



REGISTRATION FORM (PLEASE PRINT)

Mr. Mrs. Ms. Miss Other _____

First Name _____ MI _____ Last Name _____

E-mail _____ Preferred phone(____) _____

Address _____

City/State/Zip _____

Employer _____ Gender (circle one) M F

Date of Birth (mm/dd/yyyy) _____

WALK LOCATION

- 3/28: Asheboro: North Carolina Zoo
- 4/4: Rockingham County: Penn House in Reidsville
- 4/25: Triad: Fourth of July Park in Kernersville

TEAM SIGN-UP

Team Name: _____

Team Captain's Name: _____

Team Type (circle one): Corporate Friends/
Family Place of Worship Organization School

I would like more information on forming a team.

PARTICIPATION TYPE

- Walker
- Virtual Walker
- Volunteer

4 Easy Ways to Register

1. Fill out this form and mail to:
National MS Society
2211 W Meadowview Rd Ste 30
Greensboro, NC 27407
2. Fill out this form and fax to:
336-855-3039
3. Register online at :
<http://WALKNCC.NationalMSSociety.org>
4. Call our office at **336-299-4136** to register for Walk MS. We would love to hear from you!

Registration form continued on next page

PERSONAL FUNDRAISING GOAL \$ _____

ADDITIONAL QUESTIONS

Please tell us your connection to MS: _____

How many years have you participated in Walk MS? If this is your first year, enter 0. _____

How did you hear about 2009 Walk MS? _____

Please send me a fundraising kit.

Please send me Walk MS brochures and a poster.

GEMS Club: I agree to turn in at least \$500 in contributions on or before April 15 (signup deadline: Feb. 27).

T-Shirt Size (circle one): S M L XL XXL

MS WALK OPPORTUNITIES

I would like more information about volunteering at the Walk.

Please send me information about multiple sclerosis and the National MS Society.



Autos-4-MS allows individuals and organizations to donate their unwanted vehicles to help those with multiple sclerosis. We accept cars, trucks, trailers and motorcycles. We also accept recreational vehicles upon inspection. For frequently asked questions, a full listing of FAQ's and more information on Autos-4-MS please go to <http://www.autos4ms.org>.

Don't Delay, Help Drive MS Away

Bike MS: BB&T Tour to Tanglewood

The Central NC Chapter held its 23rd Bike MS: BB&T Tour to Tanglewood on September 6 & 7. Even though Hurricane Hannah came through our area that Saturday morning, we were still able to celebrate the fundraising accomplishments of each cyclist on Saturday afternoon at Tanglewood Park. On Sunday, more than 1600 cyclists made the journey through parts of Guilford, Davidson and Forsyth Counties on routes of 25, 50, or 75 miles. The cyclists raised a record \$1,130,000 to support services, programs and MS research. There were also more than 600 volunteers!

"When people ask me why I ride, I always tell them the same thing. Why wouldn't I ride? I've been so blessed in my life, that I want to help others," said Mollie Boaz, who has ridden for the past three years and volunteered as a committee member for two. "My best friend's mom has MS, and I ride in her honor."

On November 18, the annual Bike MS Awards Party was held to honor all who rode and raised money in 2008. Everyone who rides does their part to help those with MS, but there are always a few that stand out. Among those were Frank Harris, who accepted the Suzanne Bland Hustle Award; Alex James who accepted the Charles Brockington Outstanding Achievement Award; Allan Goldfarb of the Greensboro Velo Club received the Team Cap-

tain of the Year Award; and Team in Motion lead by Mark Scheerer and Jessica Thomas for Best Rookie Team. It was a great way to close out the Bike MS: BB&T Tour to Tanglewood 2008 cycling season.

Bike MS 2009 is already in the planning stages and we want you to mark your calendars! The ride will be September 26 & 27 and registration opens January 1. We hope to see you there riding, volunteering, or cheering on the participants as they cross the finish line in September!



**\$1,130,000 Raised at the
Bike MS:
BB&T Tour to Tanglewood
Congratulations to all 2008
Participants!**

Local Survivor Show Contestant Guest Speaker at 2008 National Conference.

Hearing the message of motivational speaker, Austin Carty of High Point, was one of the highlights of the National MS Society's 2008 National Conference held in Chicago, IL this November. You may know Austin as a Triad Walk participant and past contestant on the Survivor television series. Austin spoke about being bold and believing in something or someone bigger than oneself.

Although the world may have seen Austin learning survivor skills on national TV, he really began learning them from his mother, Mausty Carty, when she was diagnosed with multiple sclerosis in the summer of 1999. Austin believes that for the past nine years, his mother has been the true survivor in their family. He says that he and his younger sister, Elizabeth, have constantly watched in awe of their mother's ability and determination to "outwit, outplay, and outlast" her MS. Following in their mother's footsteps of involvement with the Women's Luncheons, Elizabeth and Austin formed a Walk team and surprised their mother on the day of the Walk with team t-shirts in her honor.

A former national model, actor and a critically acclaimed writer, Austin was a star on CBS's Survivor where he led network popularity polls and has since been internationally sought after to serve as a motivational speaker for a wide array of events. Austin's messages focus on how his faith, along with inspiration from



Austin Carty

his mother, allowed him not only him to persevere and survive on Panama: Exile Island, but also how faith can allow others to persevere and survive no matter what challenges they might be presented with throughout life.

So much more than a product of reality TV, Austin is an engaging speaker with a keen

insight into the minds of individuals of all ages. Austin, who was writing and speaking long before Survivor came calling, is a noted essayist/novelist whose words have been featured in such publications as Today's Christian, Burnside Writer's Collective, New Man, and Infuze Magazine. He is the author of Somewhere Beyond Here, released in 2003, which was highly influenced by his mother's fight with MS. He also recently signed a book deal with Penguin Group in NYC and is anticipating a fall 2009 release date.

Austin has been featured in all major national entertainment magazines such as People, US Weekly, In Touch, Star, and TV Guide. He has been featured on The 700 Club, CBS's Early Show, Entertainment Tonight, One Tree Hill, VH1's Best Week Ever, and Switched. He has appeared in national modeling ads for dozens of clients, including John Deere, Hanes, Wrangler Jeans, and Kodak.

We are glad he was able to inspire others to join the movement.

An invitation to join a national discussion by Weyman T. Johnson, Jr., chair, National Board of Directors

This coming January a new federal administration will begin asking questions about how to address our national health-care crisis. The major presidential candidates may hold different views on how to fix the current system, but almost every voter in the country agrees without reservation that the status quo is unacceptable.

We at the National MS Society certainly agree. The impact of under-insurance, uninsurability, lack of coverage for maintenance or off-label therapies, disparities in quality and availability of care—especially of long-term services—and the consequences of inconsistent and expensive medical record-keeping are all harmful to those of us in the MS world.

Last May, the National Board unanimously adopted a set of health-care reform principles to guide our active participation in the national discussion. Our board leads a movement that seeks a world in which we may live as powerfully and productively as possible, despite what MS may do. Based on that, we agreed on seven principles, listed in the box.

The full principles are, like MS itself, complex. You can find the complete text at nationalMSSociety.org/healthcareprinciples or by calling us at 1-800-344-4867. I urge you to get it, read it, talk about it with family, friends and associates, and to send copies to your elected officials.

Fixing our health-care system will involve federal, state and local action. We will need all your voices to ensure that these priorities are taken seriously when reforms are in planning stages. Times are not easy, and the economy may take time to regain momentum. People with MS can and should contribute to a renewal. But we know that productivity of all kinds hinges on enabling people with chronic illness or disabilities to live their best lives. This in turn requires having access to high-quality medical care.

To learn more about the Society's health-care reform activities and to join in, call your chapter or go to nationalMSSociety.org/advocacy.

National Multiple Sclerosis Society
National Health Care Reform Principles



MS
National
Multiple Sclerosis

We believe meaningful health-care reform must involve these seven principles:

1. Accessible health-care coverage
2. Affordable health-care services and coverage
3. Standards for coverage of specific treatments
4. Elimination of disparity in health care
5. Comprehensive high-quality health care available to all.
6. Increased value of health care
7. Access to high-quality long-term supports and services

Save the Dates!

Special Events

walk
MS

MODERN
WALK

Walk 2009

March 28, 2009
Asheboro Walk
NC Zoo, Asheboro, NC

April 4, 2009
Rockingham County Walk
The Penn House, Reidsville, NC

April 25, 2009
Triad Walk
Fourth of July Park, Kernersville, NC

MS™

National
Multiple Sclerosis
Society
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2211 West Meadowview Road
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Greensboro NC 27407

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