



CHAPTER PRESIDENTS

April 13, 2012	CC: Programs & Services
PRC Survey Results	

We are pleased to share with you the results of the Resources for Professionals Survey that chapters completed in late 2011 and early 2012. Your thoughtful responses are helping to inform the work of the Resources for Professionals Work Team, which was established to conduct a strategic review of the current structure and activities of the Professional Resource Center (PRC), develop a vision for its future in alignment with the 2011-2015 Strategic Response, and develop a plan to achieve that vision. We appreciate the time and effort that everyone put into providing this important information, and we particularly want to thank Aishie Selway from the IRC for her help in the design of the survey and the creation of the attached data analysis. If you have any questions about the [data summary](#) or the accompanying [report](#), please contact us. We look forward to keeping you informed about enhancements to PRC services and the professional website as they are implemented in the coming months.

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DEVELOPMENT

April 13, 2012	CC: Chapter Presidents
2012 Bike MS Post Event / Demographic Survey	

REMINDER: As a part of the “100 Extraordinary Rides” program, we are developing a national post-event Bike MS survey which will help us gather consistent feedback and demographic information from all of our participants nationwide.

We will be sending out an email this week which should be forwarded to all 2012 Bike MS participants after your ride(s). The e-mail will include an introductory paragraph and a link to the survey on SurveyMonkey. The purpose of this survey is to update our participant demographic information, which is used in marketing the event, pitching the event to potential sponsors and establishing key audiences, as well as soliciting feedback for your event in particular. Our hope is that this survey will replace any post-event survey you generally send out, so we’re not asking participants to complete more than one survey.

We are asking each chapter to send this survey out to all of your local Bike MS participants (a person is considered a participant if they have either raised at least \$1, or that they are marked as attended by the use of the attended flag in Altair). This survey should be sent only to participants of completed 2012 Bike MS events. You can send the survey, along with the introductory paragraph, in a scheduled e-mail to participants or you can send it out on its own. **The survey will remain open until November 30, 2012.**

Final results will be compiled shortly after the survey is closed and posted to SharePoint. We will alert you via news sheet when final results are available. Results will be compiled on a National basis and a state of residence basis, and will also be sorted on a chapter by chapter basis. If you would like to see your local event results prior to December, we can accommodate a weekly report.

Thank you for your help with this important project! If you have questions about the survey please contact:

Paula Eichholz at 303-698-6100 x16197 or paula.eichholz@nmss.org
 Sarah Klein at 303-698-6100 x15170 or sarah.klein@nmss.org



PROGRAMS & SERVICES

April 13, 2012	CC:
Programs and Services Staff Training Opportunities	

The Programs and Services and Clinical Programs Departments will continue to offer a number of staff development opportunities in the coming months. Below are the May and June offerings:

- What you Need to Know about Health Insurance
- Employment and MS - Disclosure and Self-Advocacy
- Addressing the Challenges of Family Caregivers: Results from the 2012 Multiple Sclerosis Caregivers Study
- CAN DO Multiple Sclerosis
- Enhancing Your Scholarship Program: Taking it to the Next Level
- MSSMC Study Group Conference Calls

Please see the SharePoint document for additional information and a schedule of these staff development opportunities.

http://intranet.nmss.org/Topics/programs_services/Pages/StaffDevelopmentOpportunities.aspx

Please spread the word to your staff and volunteers who may be interested in participating.

Stay tuned for announcements about programs coming this summer. Questions? Contact Debra Frankel at debra.frankel@nmss.org; 617-795-7002



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RESEARCH/CLINICAL UPDATE

cc: Chapter President, Programs, Development

April 13, 2012

Study shows hotter days may worsen the ability to perform mental tasks in some people with MS

People with multiple sclerosis often report worse symptoms when the weather is hot. A recent study concludes that hot weather may also worsen the ability to perform mental tasks in some people with MS. The research, which needs further exploration, may help people plan activities and may improve the design of future clinical trials. Victoria Leavitt, PhD, John DeLuca, PhD (Kessler Foundation Research Center, West Orange, NJ) and colleagues conducted the study with funding by the National MS Society and National Institutes of Health. The report was published early online March 7, 2012 in Neurology (<http://www.neurology.org/content/early/2012/03/06/WNL.0b013e31824d5834.abstract?sid=4e19e5ef-6cb5-42b1-8210-ec4ca1080b80>).

Background: Warmer weather tends to worsen many people's neurological symptoms of MS (<http://www.nationalmssociety.org/about-multiple-sclerosis/what-we-know-about-ms/treatments/exacerbations/heattemperature-sensitivity/index.aspx>). Recent research also suggests that relapses are more likely to occur in warmer months, and some people may have more MRI-detected active MS brain lesions during these months. This study examined a possible link between outside temperature and the ability of people with MS to perform various mental tasks.

The study: Researchers compared 40 people with MS and 40 people without MS or any other condition that might have affected the results. Each participant was tested for their ability to process a mental task and for learning and memory. The average outside temperature on the testing day was recorded. The results showed that people with MS tended to perform worse when the weather was hotter than when it was cooler. People without MS performed equally as well regardless of the outside temperature.

The investigators also examined the performance of a separate group of 45 people with MS on these same mental tasks, measured at two time points that were six months apart. The outside temperature was recorded on each testing day. Again, the researchers noted poorer performance when the outside temperature was higher on the day of testing.

Comment: This study has several implications. For one, awareness of heat-related problems with mental tasks may impact lifestyle decisions; for example, whether to take a mentally challenging college course in the summer or winter. The results also suggest that clinical trials involving people with MS should take temperature into consideration both when designing the study and interpreting the results, especially when cognitive testing is used as a treatment outcome measure.

Read more about cognitive problems related to MS (<http://www.nationalmssociety.org/about-multiple-sclerosis/what-we-know-about-ms/symptoms/cognitive-dysfunction/index.aspx>)

Read more about heat sensitivity in MS and ways to cope (<http://www.nationalmssociety.org/about-multiple-sclerosis/what-we-know-about-ms/treatments/exacerbations/heattemperature-sensitivity/index.aspx>)