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msconnection

Volume 21 • Number 3

Maryland Chapter

MS Walk Sets New Fundraising Record

Despite unseasonably cold weather and rain for some of the Maryland Chapter's 12 MS Walk sites, the 2007 MS Walk, presented by Advanced Radiology, has already topped \$1.1 million, making it the most successful MS Walk in Chapter history.

More than 5,500 Marylanders supported an MS Walk in their community by walking on April 14-15th, April 19th, or April 21-22nd.

Several MS Walk sites saw strong participation growth, including the new event in Havre de Grace and sites in Waldorf, Annapolis & Columbia.

Rain didn't stop hundreds of registered participants from showing up at the MS Walks in Westminster, Towson and Cumberland. While many dropped by to hand-in collected pledges, some braved the bad weather and



MS Walkers in Columbia celebrate their accomplishments at the finish line.

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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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Area I Garrett, Allegany and Washington Counties

Please contact Jessica Potter at (443) 641-1226 or (800) FIGHT MS

Area II Frederick, Carroll and Howard Counties

Please contact (800) FIGHT MS

Area III Baltimore City/Baltimore County, Harford and Cecil Counties

Please contact Leah Paley at (443) 641-1223 or (800) FIGHT MS

Area IV Anne Arundel, St. Mary's, Calvert and Charles Counties

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Area V Kent, Queen Anne's, Dorchester, Worcester, Wicomico, Somerset and Talbot Shari DeHority

Please call (443) 641-1213, (443) 610-1257 or (800) FIGHT MS

The role of our Community Development Coordinators will be to ensure that a high-level of awareness about MS exists throughout the state. They will identify and partner with local businesses, community organizations and resources the Society can collaborate with to help achieve the mission of ending the devastating effects of multiple sclerosis.

The Community Development Coordinator will also ensure that the Society is aware of the local needs of people with MS in the community and help the Society respond to those needs in a more relevant and timely manner.

Chapter Expands Financial Assistance Program

In late 2005, the Society's National Board of Trustees declared a bold new vision by asserting that we will address the challenges of each person whose life is affected by MS.

Since that time, the Maryland Chapter has expanded our Financial Assistance Plan to better meet the financial needs of those living with MS.

Currently, the Chapter provides financial assistance for things like the purchase of durable medical equipment and disposable medical supplies, respite for primary caregivers living with a person who has MS and transportation to medical appointments.

The new plan will continue these services while expanding the scope of financial assistance to include the additional



areas of Emergency Financial Assistance, Independent Living, and Wellness services.

"The Society is more committed than ever to the areas of long term care and independent living. We are not just concerned about people being able to take care of themselves, but that they are also able to maintain their health while living as independently as possible

in their communities," Julie Hedges, Vice President of Community Development, said.

The chart below outlines the expanded areas of financial assistance that are available to our members and what kinds of services and programs may be covered under the areas of Emergency Financial Assistance, Independent Living & Wellness Services. ■

Emergency Financial Assistance	Independent Living	Wellness Services
Eviction Prevention	Chore or Companion Services	Fitness Class/ Gym Membership
Utility Shut-off Assistance	Driver Rehabilitation	Physical/Occupational Therapy
Air Conditioner Purchase/Repair	Home and Vehicle Modifications	Short-term Counseling

Those interested in learning more about the assistance that is available should contact the Chapter at (800) FIGHT MS or (800) 344-4867 (press one).

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actually walked.

Walks were also held in Easton, Baltimore City, Antietam, Ocean City and Frederick.

The MS Walk in Maryland topped the \$1 million fundraising mark for the first time in 2006, and the Maryland Chapter continues to set high fundraising goals to ensure that even more money can be raised to fund research and local programs & services.

“For our Chapter to have such record growth in 2006 and then exceed that growth in 2007, despite the poor weather at some sites, really speaks to the

commitment of our MS Walk participants, team captains and volunteers,” Mark Roeder, Executive Vice President of Mission Advancement, said.

In addition to the considerable support of Advanced Radiology, other statewide sponsors included Wachovia, Penske, Coolersmart, Serono & Bayer Healthcare Services.

Of the monies raised at the MS Walk, about 40% will be designated for MS research. The rest of the proceeds will help fund local programs in Maryland. For more information about the MS Walk, visit www.marylandmswalk.org or call (800) FIGHT MS. ■

The National Multiple Sclerosis Society is proud to be a source of information about multiple sclerosis. Our comments are based on professional advice, published experience and expert opinion, but do not represent therapeutic recommendation or prescription. For specific information and advice, consult your personal physician.

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**National
Multiple Sclerosis
Society**

Awareness Week Activities Reach Hundreds With Messages About MS

March 5-11th was National MS Awareness Week, a time when the Society and other MS organizations work to build awareness and visibility about MS nationwide.

As part of this effort, the Society launched our new brand platform (see “Can One Person Start a Movement”) with billboards and ads in such national publications as USA Today & People Magazine. On Tuesday, March 6th Society volunteers filled Rockefeller Plaza in New York City to showcase the new “Join the Movement” tagline during NBC’s Today show.

Locally, the Maryland Chapter had its own exciting initiatives for MS Awareness week. 93.7 WPOC, 101.9 WLIF, 99.9 WFRE, 95.9 WWIN and several stations in the Great Scott radio group ran radio commercials featuring the “Join the Movement” message and asking listeners to register for the MS Walk. Similarly, MS Awareness ads ran on ABC 2 in Baltimore where viewers were invited by news reporter Megan Pringle to register for the MS Walk.

On March 6th, more than 50 Society

supporters rallied in Annapolis for affordable healthcare. After the rally, several members of the society met with their local representatives asking them to join the movement to end MS.

Area Boscov’s department stores, as well as other shopping destinations across the state, featured MS Walk sign-up opportunities throughout March.



The Maryland MS Center’s Cindy Dorsey, Kerry Naunton, RN, BSN, MSCN, CCRC and Dr. Robert Shin, MD take a break during the Call 2 Health about MS on ABC 2 March 30th. The Call 2 Health was just one of many MS Awareness Initiatives.

Friday, March 30th, the Chapter participated in a “Call 2 Health” on ABC 2. Throughout the day, ABC 2 reporters Kelly Swoope and Megan Pringle conducted short interviews with MS experts and patients to explain the symptoms of MS, talk

about treatment options, and discuss the role that the National MS Society plays in ending MS. They also invited people to “join the movement” by calling in with questions or to register for the MS Walk. A bank of MS experts, Society staff, and volunteers manned the 12-person phone bank.

MS Awareness Week may have only been a week, but the movement of the National MS Society will continue to exist until MS doesn’t. ■

Long Strides toward a Cure

by Dotty Holcomb Doherty

Dotty Doherty's story originally appeared in and is reprinted with permission of Bay Weekly, the independent news weekly of the Annapolis capital region, in print and on line at www.bayweekly.com.

Grasping briefly, I tie a wet cold bandana around my neck. I head out for a training walk for the Chesapeake Bay MS Challenge Walk. I leave before the real heat of the day sets in, and find the nearest shade. I know the drill; I have done this before.

In 2002, I was diagnosed with multiple sclerosis.

For the next year, I was beset with impaired vision and a whole-body buzzing and numbness that made it painful to walk. Relentless fatigue overwhelmed me, and I finally had to give up my teaching job.

When my friend Elaine initially suggested we do the Chesapeake Bay MS Challenge Walk in 2004, I didn't think I could make it. I had walked in the three-mile Annapolis MS walk in 2003, but felt I didn't have the energy for the long ones.

Then, I learned that a friend's MS had become progressive. I needed to walk for her.

What makes us walk these long dis-

tances? Why not stick to the shorter, three-mile walks? What motivates us, beyond the obvious desire to raise money to help people afflicted with these diseases?

Maybe it's the high spirits of the walkers. Arriving from Pennsylvania, Virginia, Maryland and beyond, we converge in Annapolis on opening day: the courageous and the humble, the determined and the slightly nutty. We walk, united in our purpose: to help find a cure for MS.

ms Challenge walk

Day One

Overcast skies and misty showers keep us cool on the first day

of the walk. Stepping off the 50 yard line of the Navy-Marine Corps Memorial Stadium to the cheers of our supporters, we begin our journey of 31 miles.

Cheerful crews decorate their rest stops in different themes. My husband Jonathan, daughter Helen and her friends Finley Ferro and twins Dillon and Tucker Scherger run a stop called Fishing for a Cure, with colorful Cure fish chasing away evil MS fish. Back rubs and hugs renew us.

Fatigue sets in as we approach 10 miles, and we look forward to a break. We have been walking for four hours. We can see the lunch stop ahead, but the white tent seems a mirage. Will we ever get there?

Inertia is real. A body in motion does stay in motion, but a body at rest ... well, let's say we begin to wonder if we will stand up again at each porta-potty stop. At mile 19, Elaine's back pain becomes extreme and she chooses the shuttle. Susan, admitting she feels like she is walking on wooden stumps, continues. "I've never done this before," she says. "I can't quit."

Why We Walk

At the candlelight ceremony that evening, we forget our pains as people speak of why they were walking. For daughters and mothers, for sisters and sons, for grandfathers, wives and friends. I walk for friends with MS, their names written colorfully on the back of my shirt.

Day 2

Training works, aided by a good night's sleep and a little ibuprofen. Creaking only a bit as my joints limber, I begin the second day feeling great. Long strides lead us down Charles Street in Baltimore, on the way to the Inner Harbor.

We continue down Charles, sharing good mornings with pedestrians, slipping through throngs of Ravens' fans preparing for the opener, passing colorfully dressed church-goers. Two homeless men on a stoop cheer us on: Stay strong, ladies! A dapper white-haired gentleman in polo shirt and shorts stops to ask if he can make a donation.



He pulls two 20s from his wallet. "My brother died of MS," he says quietly and walks on.

Like me, others with MS walk with supportive friends. The Proud Tortoises carry a banner the whole way, as they have for four years. Friends Helping Friends wear neon-green T-shirts. Amigos Para Siempre — Friends Forever — sport decorated sombreros. Team Left Right's 23 members raise over \$68,000.

Not all of us walk. Some roll. One woman pushes her friend in a wheelchair all 31 miles. Buddy Hayes, diagnosed in 2003, pushes herself.

Walking into the Future

We raised over \$725,000. Not bad for 350 people. Paige Fairbaugh, who has MS and walked with family members and friends, was last year's top fundraiser nationwide, raising \$25,500. She plans to keep walking.

My daughter Helen and her friend Finley, inspired by the people they met, have decided to walk in 2007. As for me, I'll take a week or so off. Then I will start walking again. It's never too early to start training for next year.

Register today for the 2007 Chesapeake Bay MS Challenge Walk at www.bay-challengewalk.org. ■

Enjoy an O's game

Enjoy an O's game while they take on their biggest rival, help raise awareness about Multiple Sclerosis, & join hundreds of other supporters in the fight against MS!



Sunday, September 30th, 1:35 p.m.

Orioles vs. Yankees

Tickets: \$18 (\$5 of every ticket is donated to the Society!)

Purchase your tickets by calling our office at (800) FIGHT MS, press 2. ■



Save the Date: MS Golf Classic

Great Course. Great Cause.

Columbus Day

Monday, October 8th

Join us for a memorable day of golf and activities at the area's best course, Bulle Rock. If your business is interested in purchasing a foursome or you are interested in playing in this important event, visit www.MSGolfClassic.org or call (800) FIGHT MS. ■

MS Bike Ride Planned for June 9-10

If you or someone you know enjoys cycling, the MS Bike Ride should not be missed! Information about the Ride is available online at www.marylandmsbikeride.org. ■



Advanced Radiology MRI Finds Cause of MS Bike Rider's Symptoms

For the past five years, 45 year old Yana Karp has diligently biked 100 miles in the MS Bike Ride held each June. For the past three years, two of her three sons have joined her in her quest to cycle for a good cause. Not bad for a woman who had never ridden a two-wheel bicycle until she was 32 years old.

But this June, the incredibly vibrant Ms. Karp found that she will be cycling for a personal reason as well as a good cause. She'll be riding to support people like herself – people diagnosed with MS. That's because, in early February, an MRI (Magnetic Resonance Image) scan found lesions highly suggestive of MS.

"Looking back, I can see I ignored some of my symptoms," reflects Ms. Karp. "I'm extremely active – I play tennis and I dance several times a week. When my leg went numb in September while I was playing tennis and I fell, I thought it was just a problem with my knee. But an orthopedist told me my muscles were weak from my hip down."

When Ms. Karp's neurologist sent her to Advanced Radiology for a complete MRI of her spine, he found some spinal degeneration. Not satisfied that this explained her symptoms, he ordered an

MRI scan of her brain. MRI scans use strong magnets and radio waves to give excellent pictures of soft tissues like the brain and spinal cord.



Ms. Karp felt at home at Advanced Radiology – in part because she happens to work for Advanced as an ultrasound technologist. Her MRI was read by Dr. Nancy Yue, one of nine neuroradiologists (imaging

specialists for brain and nerve problems) at Advanced Radiology. Nearly every day, Dr. Yue interprets MRI scans looking for or revealing MS, experience that's critical to correctly interpreting the MRI.

"Because patients have highly varied symptoms, MS is a difficult disease to diagnose," states Dr. Yue. "MRI remains the imaging gold standard to help diagnose it; no other imaging test gives us such clear pictures of the lesions typical of this disease. But to make sure that you get the best MRI reading, it's best to have a neuroradiologist interpret it."

"Ms. Karp had lesions in the corpus callosum and the periventricular areas of her brain, which were highly suggestive

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New Additions to the Chapter Lending Library

The Maryland Chapter maintains a lending library in our Owings Mills office filled with books, research briefs, literature and DVD & audio copies of recent educational workshops. Newly added to the lending library are:

Just Like Life, Only More So & Other Stories of Illness by Dana Synder-Grant

Complementary and Alternative Medicine and Multiple Sclerosis, Second Edition by Allen C. Bowling, M.D, Ph.D.

Multiple Sclerosis for Dummies by Rosalind Kalb, Ph.D., Nancy Holland, EdD, RN and Barbara Giesser, MD

Multiple Sclerosis: A Guide for Families, Third Edition by Rosalind C. Kalb, Ph.D.

Multiple Sclerosis: A Self-Care Guide to Wellness, Nancy J. Holland, EdD, RN, MSCN and June Halper, MSCN, ANP, FAAN.

Multiple Sclerosis Understanding the Cognitive Challenges by Nicholas LaRocca, Ph.D. & Rosalind Kalb, Ph.D.

To view a list of items available in our lending library or to request to borrow an item dial 800-344-4867 and press one or visit our website www.nmss-md.org.

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for MS," Dr. Yue continues. "Luckily, she did not show any scarring and her lesions did not "enhance" with contrast dye, the combination of which give her a better prognosis."

While initially shocked by her diagnosis, Ms. Karp has not let it stop her. "I'm learning to listen to my body," she says. "Not to panic, but not to ignore it either. My knee often shakes when dancing, and I get tired easily. But I'm still trying to keep up with my activities and I still plan to ride in the MS Bike Ride this year."

To contact Advanced Radiology, call 1-888-972-9700 or visit www.advancedradiology.com

This article was provided by Advanced Radiology, the presenting sponsor of the 2007 MS Walk. The Society is proud to be a source of information about MS but does not endorse products, services or manufacturers. ■

DO U IM?

Thanks to a new Society relationship with Microsoft, every single time you have an IM conversation using Windows Live™ Messenger, Microsoft will donate a portion of the program's advertising revenue to the National Multiple Sclerosis Society. There is no fee for using Messenger, and it only takes a minute to download and select the Society as your organization when you join.

Visit im.live.com for more details and to sign up. Join the movement. ■

2007 Ed Duggan Community Champion Award NOMINATION FORM

Please complete this form and return by Saturday, June 30 to:

National MS Society, Maryland Chapter
11403 Cronhill Drive, Suite E
Owings Mills, MD 21117
or FAX to (443) 641-1201.

If you have any questions, please call (443) 641-1200.

Please nominate an individual in one of the following categories for the Ed Duggan Community Champion Award 2007 by checking the corresponding category and answering the nomination questions on a separate sheet of paper.

- Activism:** Your nominee should give voice to people with MS through relentlessly advocating for federal, state and local government programs essential to people with MS. He or she should champion the rights of people with MS while working to improve community resources tailored to the specific needs of people with MS. Your nominee should help people learn how to advocate for themselves. Examples of activists are elected officials, lobbyists, employees of state or disability organizations etc.
- Volunteer:** Your nominee should use his or her talents to identify opportunities and eliminate barriers so that people with MS can help each other and contribute meaningfully to the well being of people with MS. He or she should be able to lend specific expertise to addressing the many

complex issues of Multiple Sclerosis. Examples of volunteers are MS Society event fundraisers, office volunteers, committee members, MS Society event volunteers, etc.

- Health Professional:** Your nominee should be a bright and caring mind who guides research efforts, patient care and or clinical advances. Your nominee should be involved in the delivery of health care while impacting the quality of life and care for people with Multiple Sclerosis. Examples of Health Care Professionals are medical doctors, nurses, neurologists, physical therapists, etc.
- Self Help Group Leader of the Year:** Self-help group leaders play a valuable role in your community. From rallying support for legislative issues to arranging educational programming for their group members they truly help the National MS Society fulfill its mission. Your nominee should be committed to bringing those in your community who are living with MS together for support, education, and mutual aid.

2007 Ed Duggan Community Champion Award NOMINATION FORM

YOUR NAME _____

Company Name (optional) _____

Home Address _____

Phone Number _____

E-mail _____

NOMINEE NAME _____

Address _____

Phone Number _____

E-mail Address _____

Your relationship to the nominee _____

- 1) Please describe your nominee's participation in efforts for individuals living with MS. (75 words or less)
- 2) What type of leadership, creativity or innovation has the nominee demonstrate in his or her occupation or way of living for individuals living with MS? (150 words or less)
- 3) Identify and describe ONE outstanding contribution that your nominee has made to advance the quality of life for individuals with MS. (75 words or less)
- 4) List ONE positive change that your nominee would like to make to improve the quality of life for individuals with MS. (75 words or less)
- 5) Describe how the nominee has created MS awareness in his or her community. (75 words or less)
- 6) Please share any additional information that you feel is relevant as to why this nominee should be chosen to receive this award. (150 words or less)

Creating a Movement

Can one person's voice launch a movement?

Laura Wieden, the daughter of Dan Wieden, has been living with MS since she was 24. Dan's award-winning ad agency, Wieden+Kennedy, is world famous for creating brands for organizations like Nike and ESPN, just for starters. So when the Society approached Wieden+Kennedy about working together on a new brand for the organization, Dan Wieden saw it as an opportunity to do something important and long-lasting for his daughter. He asked Buz Sawyer, managing director of the New York Office, if he was willing to work pro bono on the project—he said yes. Sawyer's sister also lives with MS and their mother died from complications of the disease.

A full team of strategic planners and creative staff was engaged to develop the new brand for the Society, resulting in more than \$1 million worth of time and creative talent for the video, print ads, billboards, and TV spots to debut in March during MS Awareness Week. The new brand is authentic—every person featured lives with MS.

Thanks to everyone at Wieden+Kennedy, you'll notice a shift in how

the Society looks and talks about itself and the disease. The brand is built around the core concept of movement: **"MS stops people from moving. The National MS Society exists to make sure it doesn't. Join the Movement."** Because moving is so much of who we all are, we believe that everyone will be able to identify with this universal message and call to action.



A new identity

Our new logo clearly identifies the Society and celebrates movement and personal expression. The color is a warm orange, which creates urgency, and stands out in a world where so many other colors represent so many other things.

Through research, we know orange is optimistic, contemporary, and cutting edge. It's also a color that people with MS find highly readable and can become a symbol for MS around the world.

The transformation is part of a long-term process. For a while you'll be seeing both of our looks—old and new—together. But the movement has started.

We are asking everyone to Join the Movement. To learn how, visit jointhemovement.org or call (800) FIGHT MS or (800) 344-4867. ■

Getting the benefits of insurance

Health, disability, and life insurance ensure our long-term economic security. How do people with MS fare in the insurance world? To find out, the Society funded a telephone survey that asked 983 working-age people with MS (ages 21 to 64) about their insurance coverage.

Mixed picture

The good news is that most have health insurance. People who work or have a working spouse have the most benefits. The not-surprising news is that a majority struggle to meet expenses, even when they have health insurance. In addition, services such as rehab, home care, mobility aids, and complementary and alternative therapies are limited or not covered.

Survey details:

- Almost all (96.3%) had some health insurance, a much higher rate than the general population. About 40% have Medicare or other public health insurance.
- Almost 75% had private health insurance. This includes people who have Medicare plus private supplemental insurance. Over 40% had this insurance through a partner.
- Despite having health insurance, 70% reported financial difficulties paying for health care. About 30% of this group spent less on food, heat, and other necessities in order to meet their health-care needs.
- In the previous year, 20% did not fill a prescription, skipped medication, or split doses because of cost concerns;

30% postponed health care.

- One-third of the group received Social Security Disability Insurance (SSDI) benefits and almost 9% received Supplemental Security Income (SSI). About 30% in each of these two groups had their initial applications denied.
- Up to 15% paid for home care services out of their own pocket. Of this group, 20% said paying for these services was very difficult.

Working for improvements

In December, MS activists pushed Medicare to revise a restrictive evaluation and reimbursement policy for wheelchairs and power scooters. A major push to address the high rate of SSDI/SSI denials is in progress. Society staff and volunteers are working with Social Security offices nationwide to improve understanding of MS problems. And a new video for employers shows that accommodating employees with disabilities can be good for business. More initiatives are in the works.

Go to nationalmssociety.org/Planning for information on getting and keeping health insurance. Click on Health Insurance and Medicare for FAQs on health insurance, help with SSDI applications, to order the book *Health Insurance Resources—Options for People with Chronic Disease or Disability* and more. A link to Medicare Interactive provides an online tool for Medicare information. To join the MS activists, go to nationalmssociety.org/ActionNetwork or call us at 1-800-344-4867. ■

Newly Diagnosed? Get a Team on Your Side

Society president and CEO Joyce Nelson likes to tell people that the toughest part of multiple sclerosis isn't the "sclerosis," it's the "multiple." Living well with MS requires multiple game plans and a team of people.

The medical stuff

First there's the multiple medical aspect. Most people are diagnosed by a neurologist ... and thus begin their MS journey with two doctors, a family practitioner (their "regular" doctor) and neurologist. What is their relationship? What is covered by insurance? Is it feasible or important to have an MS specialist? A team of specialists?

We can help. People with MS successfully manage their medical care in a number of different ways. We have referral lists of clinical centers and professionals in this area who have patients with MS. Give us a call. Also ask for the booklet *Choosing the Right Health Care Provider*, or check it out online at nationalmssociety.org/HCPProvider.

The home team

We hope you are interested in our 6-week home study series, Knowledge Is Power. But individuals also need to create a home team based on individual needs. The partner or family members who are closest are often struggling with their own overwhelming feelings about the diagnosis. They need time and knowledge to be your best home team. (Consider sharing Knowledge is Power, especially the introductory DVD.) If you're a parent, ask about our materials

for your kids. A good home team usually goes farther: Would you benefit from contact with an MS friend? An old hand or someone who is also new to MS? Mental health counselors offer a safe place to unleash emotions and hash out tough issues. Remember, too, your spiritual or religious advisors.

At work or school

As much as people may want the relief of having their employer, teachers, or peers know what's going on, it's wise to plan disclosure at work or school very carefully. Here's why: a person's first few months with MS may provide little indication of how the disease will behave later on. Waiting will provide perspective.

Ask us about our employment advisors, financial planners, even referrals to legal help. And go to nationalmssociety.org/Employment for more information online. ■

KNOWLEDGE
Is Power

Knowledge Is Power is a 6-week free, at-home educational program for people who are newly diagnosed. Mail or e-mail formats. To register, call 1-800-FIGHT-MS (1-800-344-4867), or visit www.nationalmssociety.org.

This is why we're here.

Moving Forward on Nerve Repair



Dr. Calabresi, of Johns Hopkins University School of Medicine, heads a multidisciplinary team focused on the repair of nerves damaged by MS. The

goal is restoring function—returning abilities that MS has stolen from legs and arms and hands.

Dr. Calabresi's nerve repair research is funded by the Society's Promise: 2010 program. The following is from an interview with Dr. Calabresi conducted late last year.

Old Drugs, New Purposes

The concept of nerve loss is not a new one to neurologists. We also know from lab studies that nerve loss is reversible. In fact, there are repair or protective medications out there that were tested for Parkinson's, Lou Gehrig's (ALS), and others. They had limited success, but those diseases are diagnosed in older people who have significant damage. We diagnose MS much earlier, when people are younger and healthier. These drugs may work better for them. There are other drugs approved for other conditions that also merit testing in MS.

If your target drug is already approved for something else, you can go directly to what's called a Phase II-B clinical trial. That saves years and years of safety testing.

Which Old Drug?

At Johns Hopkins we have a library of some 10,000 drugs and a three-part system for looking at them. First we identify those with the most promising properties. Then we ask about safety and which ones can be given as pills. Parallel

with that we have to figure out how we're going to know if a drug really makes someone better. It would be great if we could just give something and people would get up and dance again. But nerves aren't like that. They take quite a while to grow out and do their thing. At the very least it would take 6–12 months for nerves to

start functioning better or become more normal.

We need to know what's happening sooner. If a drug doesn't work, we want to try another on our top 10 list. We're going to test some of these drugs in people in the next five years. We may even do it in three. ■



Study Refutes MS Blood Test Prediction

Scientists world-wide have been searching for ways to predict if a person will get MS. In 2003, Austrian researchers at the University of Innsbruck thought they had found a way.

The Austrian team claimed to have found levels of two antibodies—anti-MOG and anti-MBP—in blood samples taken from people with CIS that predicted who would later be diagnosed with MS. CIS stands for “clinically isolated syndrome,” meaning a single neurological attack. Not everyone who has such an attack goes on to develop MS.



But a new, much larger study by Swiss and German researchers, using methods similar to the earlier study, found no correlation between anti-MOG and anti-MBP levels in blood samples and a later diagnosis of MS.

The new study was published in the January 25, 2007, *New England Journal of Medicine*.

“While the news this time is not what we wanted to hear,” said Dr. John Richert, vice president for the

Society’s Research and Clinical Programs, “we’re still hoping to find ‘biomarkers’ that one day will accurately predict the onset or future course of MS.” ■

Participants Needed for Research Study:

Participants are needed for a research study of the effects of multiple sclerosis and aging on short-term memory in persons aged 18 to 80 years old. The experiment consists of computerized tasks in which participants attempt to hold numbers and locations in memory for short periods of time. Paper-and-pencil tests of memory and cognitive skills are also given, as well as a brief questionnaire on depres-

sion. Participants receive \$20/hour for their time spent in the study. The total duration of the study is approximately 2 to 2.5 hours. Persons both with and without multiple sclerosis who live in the Baltimore-Washington area are encouraged to contact the principal investigator, Susan Courtney, Ph.D., Dept. of Psychological and Brain Sciences, Johns Hopkins University, courtney@jhu.edu or (410) 516-8894. ■

2007 General Assembly Comes to a Quiet Close

At midnight on April 10th, the 2007 Maryland General Assembly Session came to a relatively quiet end with many of our State's looming issues deferred till next year.

While much of the anticipated health insurance expansion failed to obtain passage, there were some other pertinent developments that could have an impact on those living with MS in Maryland.

The Maryland Stem Cell Research fund, enacted by Governor Ehrlich and the General Assembly in 2006, received a notable increase in funding before the close of the legislative Session. Originally, Governor O'Malley had proposed increasing the funding to \$25 million for fiscal year 2008 (a stance the National MS Society fully supported). Despite concern over encroaching budget shortfalls, the Governor was able to retain the lion's share of his proposal and push through a final funding level of \$23 million for next year.

In addition to stem cell research funding, the Society also supported legislation protecting a program that provides assistance with Medicare Part-D expenses.



This service, known as the Senior Prescription Drug Assistance Program, provides financial grants to assist with the cost of Part-D insurance premiums and co-payments. Originally due to terminate at the end of this year, both advocates and the administration were successful in extending the program end date until December 31 of 2009.

Next year will likely be an extremely active and volatile General Assembly Session. The Society's efforts at expanding access to affordable health insurance for those with MS and increasing the availability of community-based long-term care services will feature heavily in

future legislative and budget discussions.

As always, we will need the help and support of our members to get the word out to our elected officials and communicate the need for these changes TODAY!

For more information about our state and federal advocacy efforts this year, please visit our website at www.nmss-md.org or call/email Tom Liberatore at (443) 641-1202 or tom.liberatore@nmss.org. ■

You, too, can be a Pillar of Society

Sharon and Bill Dodge say they don't feel particularly noble. Nonetheless, they are Pillars of Society.



By including the National MS Society in their wills, this middle-class, military family has joined the elite Pillars of Society, a recognition program for those who remember the Society in their estate planning or wills.

After their twins were born eight years ago, the Dodges knew it was time to think beyond today and to update their wills.

"As we sat down to decide who would take care of our children, our home, our finances if something happened to us, the National MS Society was a big part of the equation" says Sharon, an active volunteer, top fundraiser, and a Maryland Chapter board member. Bill's MS Bike Team, Team Navy, is also one of the top fundraising team – raising more than \$24,000 last year.

"We don't have millions of dollars, but we have always made planned giving a priority. The National MS Society first came into my life when my dad was diagnosed with MS in the late 70's. My dad's death at the young age of 48 was overwhelming but nothing could compare to the shock of being diagnosed with MS myself. Since being diagnosed, the Society has become an invaluable

source of support and an important part of my life, and we want to help in whatever way we can. Everyone has that opportunity, and responsibility to give back," Sharon said.

Like the Dodges, you don't have to be wealthy to make a big difference. People who join the Pil-

lars of Society might leave a few thousand dollars, tens of thousands, or more.

"Don't just hope that some of what you leave behind will go to the Society. Make it official," Sharon advises. "Whatever you can do, making the commitment and putting it on paper are important."

Members of the Pillars of Society are recognized in publications, invited to local and national programs, and receive special mailings. Joining is simple – just call or email David Cotter at the Maryland Chapter, (443) 641-1219 or david.cotter@nmss.org, to let him know you're including the Society in your will or to put your attorney or financial planner in touch with David.

70% of Americans die **intestate**, that is without a will. Therefore, the courts decide what happens to your legacy, and the Federal government gets the majority!

Call the National MS Society, (800) FIGHT MS, to learn how to remember the Society as your legacy. ■

Discovery Weekend!

On May 4-6th more than 120 individuals and family members journeyed out to the Rocky Gap Lodge & Resort in Cumberland for the National MS Society's Discovery Weekend. This weekend, geared towards families and individuals who are living with MS, was a fun, relaxing retreat.

"Discovery Weekend was created as an opportunity for people to get away from their typical environment to reconnect with the people they care about, learn about new techniques for dealing with MS and its impact on daily lives, network with other families, and most importantly, to have fun!" said Julie Hedges, VP of Community Development.

There was something for everyone at Discovery Weekend, from the young to the young at heart. Friday night kicked off the weekend with a special camp fire and local folklore from Cumberland native Rick Webb. On Saturday adults attended several workshops on topics such as Long Term Financial Planning and Acupuncture. The afternoon was highlighted by a spirited address from Dana Snyder-Grant the author of *Just Like Life, Only More So, And Other Stories of Illness*.

Kids and Teenagers who attended the weekend had their own special workshops. Teenagers were able to express their opinions on what the state government should do about MS when they wrote and starred in their own advocacy video that will be shown to lawmakers in Annapolis. Kids had a chance to try on the symptoms of MS, and were able to become authors in their own right when they wrote the stories of their families' experience with MS.

Plenty of downtime was to be had with activities that included tie-dye, pontoon boats, and fishing. Saturday evening was capped off with a dance for the adults, an astronomy workshop for the teens, and a Cinco de Mayo party for the kids.

With such a fun weekend, the Maryland Chapter decided one weekend wasn't enough! We've planned a Fall Discovery Weekend to be held in Ocean City, MD. It is sure to be a repeat of this fun, family friendly retreat! To make your reservations or find out more, please dial 1 (800) FIGHT MS (800-344-4867) and press one.

Discovery Weekend was sponsored by Teva Neuroscience, Serono Inc., The Doyle Family and Chesapeake Rehab Equipment. ■

Thank you to our Sponsors:



- Patrick H. Doyle Memorial Fund • Serono • Waganer Digital Video •
- Amigo • Chesapeake Rehab Equipment •

From January 5-April 10 2007, gifts were made to the National MS Society, Maryland Chapter in honor of:

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From January 5-April 10 2007, gifts were made to the National MS Society, Maryland Chapter in memory of:

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Tributes & Memorials are a thoughtful and convenient way for you to acknowledge someone important to you while supporting the work of the Society. To make a contribution, please send your donation to the Chapter or visit us online at www.nmss-md.org. We will notify the honoree or family member you designate.



The mission of the National Multiple Sclerosis Society is to end the devastating effects of MS.

Maryland Chapter Self-Help Group Meetings

Allegany County

Lavale

First Friday, 4 p.m.

Norma301-777-9613

Karen301-478-2802

Kent301-729-8065

Anne Arundel County

Annapolis

Third or Fourth

Thursday, 7 p.m.

Faye410-573-0914

Bowie/Crofton

First Thursday, 7:30 p.m.

Third Thursday, noon

Donna410-793-3896

Jeanne.....410-648-5978

Glen Burnie

Fourth Tuesday,

11 a.m. – 1 p.m.

Denise410-255-0109

Mike443-694-6180

NEW

Men's Only Group

Glen Burnie- MSfits

1st Monday, 7:00 p.m.

Kurt.....443-618-9018

Pasadena

Second Monday, 7 p.m.

Laura.....410-360-5988

Denise410-255-0109

Baltimore City

"All Together Group"

Second Saturday, 10 a.m.

Ages: 20-39, 40-59;

60-79, 80+

Dana.....410-644-0822

Isabelle.....410-358-5267

NEW

Baltimore City

2nd Saturday, 10:30 a.m.

Karen..... 410-866-1983

Baltimore County

Perry Hall

"Supportive Partners
Group"

First Tuesday, 7:30 p.m.

Ken410-391-9396

Perry Hall

"Mildly Affected Group"

Second Tuesday, 7 p.m.

Jane.....410-529-5457

Perry Hall

Third Thursday, 10:30 a.m.

Chris410-821-5790

Central Maryland

Wellness Programs

Severna Park Aquatics

Spy Aquatics

Saturdays 10:30-11:30 a.m.

623 Baltimore/
Annapolis Blvd.

Severna Park, MD 21146

Maureen410-315-7779

MAC Aquatics-Maryland Aquatics Club

Tuesdays 1-2 p.m.

110 West Timonium Rd.

Timonium, MD 21093

Call410-308-9027

**reduced membership for
MS clients*

Towson Yoga

The Newman Center

Wednesdays 5-6 p.m.

5828 York Rd.

Towson, MD 21252

Call410-828-0622

Calvert County

Prince Frederick

Second Saturday, 10 a.m.

Carl410-535-1298

Carroll County

Westminster

"Mildly Affected Group"

Fourth Tuesday, 7 p.m.

Dawn.....410-756-1033

Joan410-848-8658

Maryland Chapter Self-Help Group Meetings

Westminster

"MS Self-Help Daytime Group"
 Second Monday, 10 a.m.
 Cassie410-756-1943
 Donna.....410-875-4173

Charles County

LaPlata

Second Tuesday, 11 a.m.
 Shayla.....301-539-4399

Southern Maryland Wellness Programs

LaPlata Yoga

Southwinds Senior Center
 Mondays 11-noon
 4225 South Winds Pl.
 White Plains, MD 20695
 Call301-870-8343

Dorchester County

Cambridge

Third Wednesday, 1 p.m.
 Brenda410-228-8446

Frederick County

Frederick

3rd Monday, 7:00 p.m.
 Deann.....301-293-6080

NEW

Newly Diagnosed Group
 4th Sunday at 3:00 p.m.
 Melissa301-668-2948

Harford County

Aberdeen

Last Friday, 3 p.m.
 Rosemary ..410-272-5637

Howard County

Columbia

First Wednesday, 11 a.m.
 Marie410-312-9905

Columbia

"Mildly Affected and Supportive Partners Group"
 Third Wednesday, 7 p.m.
 Mary410-442-2736
 Ed410-715-1325
 Evelyn410-715-1325

Queen Anne's County

Kent Island

Third Wednesday,
 1:30 p.m.
 Christine..410-643-1878
 Bill410-604-0479

St. Mary's County

Lexington Park

Second Thursday,
 6:30 p.m.
 Patty301-737-1901

Talbot County

Easton

Third Monday, Noon
 Mary Lou..410-819-6856

Washington County

Hagerstown

Third Tuesday, 7 p.m.
 Debbie301-797-3793
 Carole.....301-393-8589

Wicomico County

Salisbury "Lunch Group"

Third Thursday, Noon
 Phyllis410-341-6797
 Debbie-410-749-1623

Worcester County

Ocean Pines

Call for more details
 Barb.....410-213-7735



Autos-4-MS

Donate Your Used Car or Truck to the National MS Society.

Call (443) 641-1197 for more information or visit www.AUTOS4MS.org.



Maryland Chapter

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