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msconnection

Utah State Chapter

Cheers! National MS Society Raised \$101,800 at the Women Against MS Champagne Luncheon and Fashion Show

Every hour of everyday someone hears the words, "you have multiple sclerosis."

Seventy-five percent of the time this person is a woman. This is why the National MS Society holds the Women Against MS Champagne Luncheon and Fashion Show. The record-breaking event, held on Saturday, February 25 at the Little America Hotel, was attended by 650 Utahns and raised an outstanding \$101,800 for MS research and programs.

"The Women Against MS Luncheon has turned into the

premier luncheon for women within the community," said Tami Featherstone, Chapter President,

National MS Society Utah State Chapter. "It is thanks to these outstanding women that we will one day find a cure for this devastating disease."

During the luncheon attendees learned about MS through a research update given

by Dr. Andrea White Ph.D., a Research Associate Professor for the Department of Exercise & Sport Science at the University of Utah. Dr. White spoke about balancing activity and rest in order to

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Steering Committee Member Melisa Mitchell of Great Garb, Steve Holliday, & Kim Thronson enjoy the festivities at the 7th Annual Women Against MS Luncheon. Photo courtesy of Lens Art Photography.



Ask the Neurologist

Series Through Fall 2006

A local MS Specialist will discuss late breaking information about MS.
The remainder of the time will be for your questions.
There will also be a brief 10 minute MS presentation by Teva Neuroscience.

Agenda:

6:00 - 6:30 pm	Arrival and Dinner
6:30 - 6:40 pm	Brief Presentation-Teva Neuroscience
6:40 - 6:50 pm	Late breaking information-MS Specialist
6:50 - 7:40 pm	YOUR QUESTIONS to the Neurologist

This will be a complimentary program with dinner provided.
Please RSVP to: 1-866-227-9788 Ext. 4208. Please state which programs you will be attending along with your name and phone.
Seating will be limited and taken on a first come, first serve basis.

Dates:

Salt Lake City

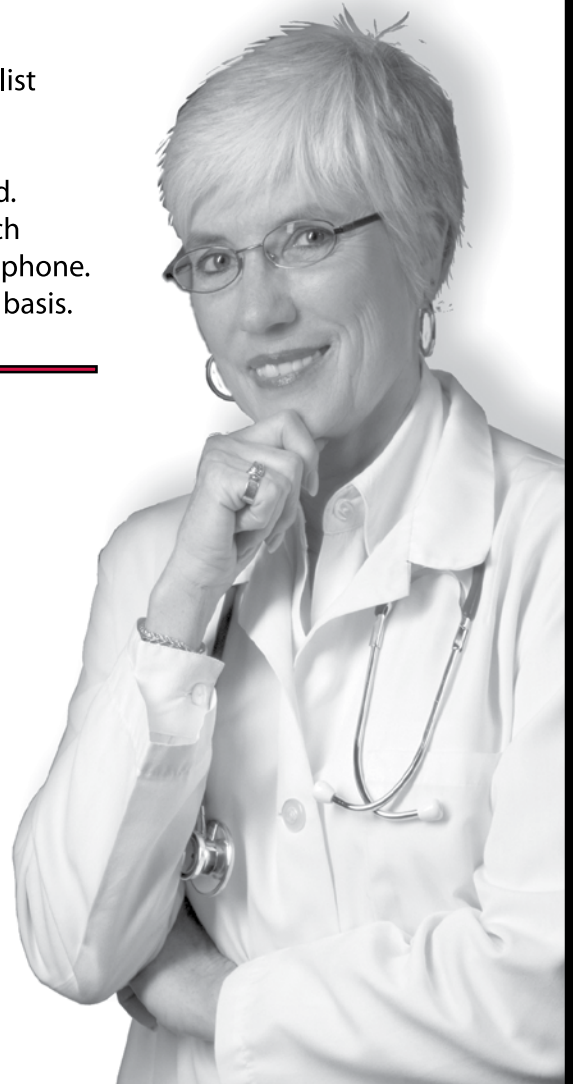
- Tuesday August 29th 2006 Dr. Evan Black
 - Tuesday September 26th 2006 Dr. Dana Dewitt
 - Wednesday November 1st 2006 Dr. Elena James
- Location: **Marie Callendar's • 1313 South Foothill Drive**

Northern Utah

- Thursday May 25th 2006 MS specialist-TBA
- Location: **Maddox Ranch House (Lodge)**
1900 S. HWY 89 • Perry, Utah

Please Join Us!

Dinner and discussion compliments of Teva Neuroscience.
Call 1-866-227-9788 ext.4208 to register.



Upcoming Events

MS 101: Newly Diagnosed Seminars

May 9, 6:00 - 7:00, Speaker: Julia Klein,
Location, Utah Chapter Office, 2995 S. West
Temple, Suite C, Salt Lake City

July 11, 12:00 - 1:00, Location and Speaker, TBD

Family Day

Salt Lake Bees, May 25,
5:00 p.m. Dinner, 6:30 Game Starts,
Franklin Covey Field, 77 W. 1300 S.

Annual Legal Clinic

May 22, Location TBD

Jumpstart for Kids

June 17, 10:00 a.m. - 3:00 p.m.,
National Ability Center

Teleconferences

July, watch for further information

Join us for a research update in July

MS 150 Bike Tour

June 24 - 25, Cache Valley Fairgrounds,
400 S. 500 W.,
40, 75, or 100 mile route available



Utah State Chapter

801.493.0113 / 800.527.8116

Publication of the
National MS Society
Utah State Chapter
2995 South West Temple, Ste. C
Salt Lake City, Utah 84115

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Information provided by the Society is based upon professional advice, 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 MS Society is dedicated to ending the devastating effects of MS.

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■ Cheers! National MS Society Raised \$101,800 at the Women Against MS Champagne Luncheon and Fashion Show

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minimize fatigue and maintain physical function.

Utahns also learned first hand about the disease through guest speaker, Liz Nebeker, a Utahn living with MS. Diagnosed in 1986 when there were no treatments for MS, Nebeker was told by doctors that there was nothing they could do to alleviate her MS symptoms. In 1997, her husband lost a battle with leukemia, leaving Nebeker to wonder how she would face the battle against MS alone. She has since started taking one of the five FDA approved treatments for MS and "Miss Liz," as she is known by many, has found incredible support through her friends, physicians, church, and three wonderful children. It is Nebeker's spirit and zest for life that make her an inspiration to Utahns living with multiple sclerosis.

Attendees enjoyed a pink panther-themed fashion show which previewed Spring's hottest fashions, presented by local clothing boutique, Great Garb. The event also included the "Designers Against MS Boutique" which featured clothing and jewelry donated by designers across the country, with 100% of the proceeds going to the National MS Society for MS research and programs. The boutique even featured a dress donated by actress Eva Longoria, one of the stars of the hit ABC drama, *Desperate Housewives*.

Following the fashion show, the ladies had a chance to win several extraordinary raffle and consortium prizes, including a trip to the Bahamas, and a trip to Rome.

The luncheon is hosted yearly by Utahns who strive to make a difference in the fight against MS. Proceeds fund MS research and local programs including: information and referral, support groups, educational workshops, exercise programs, advocacy, and much more.

The National MS Society would like to thank the Women Against MS Committee and the many generous sponsors.

Special Thanks from the


Women Against MS

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■ Special Thanks from the Women Against MS

— continued from previous page

We also wish to thank the table captains who helped us make the 2006 WAMS a sold out event:

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- Hillari Kwon
- Jeanene Kyle
- Sally Larkin
- Holly Larsen
- Sue Larsen

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Coming Face-to-Face With MS: Founding The Society



Sylvia Lawry wanted to help her brother, who was diagnosed with MS. Looking for information, she placed a classified ad in the *New York Times* and found many other people desperate for answers. Sixty years ago last March, she organized what would become the National MS Society and later the international MS movement. This photo shows her with the first Medical Advisory Board in 1946.

■ Special Thanks from the Women Against MS

— continued from previous page

- Mary Kay Lazarus
- Audrey Leach
- Nicole Lengel
- Beth Lewis
- Dawn Liedberg
- Gayle Linford
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The Year 2005 Saw Outstanding Accomplishments in MS Research

The year of 2005 saw rapid research progress in the fields of science and medicine that impact our understanding of the unpredictable neurological disease of multiple sclerosis. Thanks to its generous contributors, the National MS Society was able to invest over \$35 million in 2005 into MS research projects in the U.S. and abroad. This money supported over 350 projects including the launch of 125 new projects. Since 2004 more than \$2 million from the National MS Society has been given to the state of Utah in research grants, including \$709,171, which is currently dedicated to research that is being conducted at the University of Utah.

Significant advances have been made in both clinical and laboratory studies in MS. In addition, more than 130 clinical trials are underway around the world, and still other experimental drugs are in the pipeline. Key highlights of the year include:

- **Neurological Function** - The largest awards ever made for research aimed at protecting and reversing neurological damage and restoring function in people with MS went to four teams in the U.S. and Europe. These awards are part of the Society's Promise:2010 campaign, a nationwide effort to raise at least \$30 million for under-explored areas of MS research and patient care.
- **MS and Smoking** - This study is the first to show that smoking may be a risk factor for MS progression. Harvard researchers funded by the National MS Society reported that smoking was associated with a moderate increase in the risk of developing MS in a study of 201 people with MS and 1,913 people without MS. They also found an association between smoking and risk of MS progression in 20 people whose MS progressed during the study's follow-up period.
- **MS and Race** - Researchers from the University of California, San Francisco, supported in part by the National MS Society, found significant differences when comparing the clinical characteristics of MS in African Americans and Caucasian Americans. African Americans with MS were more likely to experience a more aggressive course of the disease, more likely to develop mobility impairments, and more likely to develop opticospinal MS and transverse myelitis.
- **MS and Gender** - An international team led by Mayo Clinic researchers uncovered a genetic clue which, if confirmed, may help explain why women develop MS about twice as often as men. The team identified a variation in a gene that controls a powerful immune messenger chemical called interferon (IFN) gamma. IFN gamma has been linked to immune attacks in MS. These findings suggest that men have the gene variant that causes high levels of interferon gamma less often than women.
- **Pediatric MS Centers** - The Society announced the establishment

continued on following page

■ The Year 2005 Saw Outstanding Accomplishments in MS Research

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of the first six Pediatric MS Centers of Excellence. As these new facilities set the highest standard for pediatric MS care, they are simultaneously gathering critical data to ultimately help researchers worldwide better understand the course that MS takes from the beginning of the disease, when symptoms first appear.

- **Myelin Research** - A gene known as Olig1 was linked, for the first time, to repairing damage that occurs to nerve fiber-insulating myelin in MS. The results may help to develop therapeutic strategies for MS that enhance Olig1 capabilities.
- **Diagnosing MS** - An international panel updated the criteria used to diagnose MS, incorporating new data, which should speed the diagnosis without compromising accuracy.
- **Oral Therapies** - Two different experimental oral therapies for MS showed positive results in preliminary Phase 2 clinical trials, according to researchers reporting at the 2005 European Neurological Society meeting. The results suggest that these therapies warrant further clinical study.
- **Oral Contraceptives** - Harvard researchers reported that women who used oral contraceptives had a 40% reduction in the risk of developing multiple sclerosis compared to non-users during the previous three years. This study provides further support for the concept of hormonal influences in MS, but does not provide direct evidence that oral contraceptives can prevent the onset of this disease.

• Improving Therapy Options

With seed funding from the National MS Society, a group of leading MS researchers established a collaborative group of clinical centers poised to conduct major clinical studies to improve care and enhance therapy options for people with MS. In this group investigators design and implement the studies and maintain control of the data generated, unlike many drug company-sponsored clinical trials where the sponsor controls the data and its release.

- **Mapping the Genome** - In partnership with International MS Genetics Consortium (IMSGC), the National MS Society committed \$1.1 million to jump-start an international effort to map the genome (all of the genetic material within humans) of multiple sclerosis. This group is using a new technological advance to test 500,000 individual genetic locations for possible involvement in MS, potentially speeding the genetic analysis to less than one year's time.
- **MS-like Disease** - Researchers at the San Raffaele Hospital (Milan, Italy) published unexpected results of studies in which immature nerve cells (adult mouse neural stem cells) injected into the blood of mice with MS-like disease were able to suppress the immune attacks that damage the brain and spinal cord tissues.

These and other leaps forward have made 2005 a momentous year in the fight against MS.

How Doctors Know It's MS: The McDonald Diagnostic Criteria

The famous trickiness and variation of MS is part of the disease from the very beginning. There is no single examination or test that positively proves a person has MS. Instead, physicians rely on a set of diagnostic criteria—a group of results. Taken together, they rule out any other possible explanation for MS-like symptoms and provide facts consistent with MS.

A new need for speed

Many people with MS tell a story of seeing doctor after doctor, and a frustrating period of confusion before their disease is finally named.

Today, the time between initial symptoms and a diagnosis may be a medical, as well as, a personal crisis.

A long delay between symptoms and diagnosis may represent lost opportunity as well as painful uncertainty, because all the treatments available to help control relapsing forms of MS work best the earlier they are started.

The National MS Society has taken the lead in helping physicians arrive at a definitive diagnosis by organizing meetings where experts hammer out standards.

The International Panel on the Diagnosis of MS, organized in 2001 by the Society with support from the MS International Federation (MSIF), brought experts together to agree on what combination of factors can only mean “this is MS.” The panel created the “McDonald Criteria,” named in honor of Dr. W. Ian McDonald, who chaired the 2001 panel.

New in 2005

The work did not stop then. In 2005, the 14-member panel reconvened, chaired by Dr. Chris Polman. The group reviewed new research and sought input from leading MS practitioners worldwide.

The 2005 Revisions to the McDonald Criteria were published in the December 2005 *Annals of Neurology*.

Most of the changes reflect recent data about MRI results. The changes mean that some people who will be asked to have

continued on following page



Bill Stanton

Dr. Aaron Miller, chairman of the Society's Medical Advisory Board, gives a patient a clinical examination.

■ How Doctors Know It's MS

— continued from previous page

two MRIs may know their results in about a month, rather than a much longer time. Most people may forgo a spinal tap, provided other findings clearly point to MS. And, as in the original criteria, some people with crystal clear signs and symptoms may need no MRI at all. The revisions frame the questions so that doctors can get clearer answers sooner.

One major aspect has not changed: objective, measurable evidence of MS has to be interpreted. No general practice neurologist should be offended if individuals or insurance providers ask for a second opinion by an MS expert.

Getting the word out nationwide

New criteria won't speed diagnosis unless physicians know about them. The Society is affiliated with 150 MS clinical centers in the United States, and through referral programs is in contact with thousands of other professionals with an interest in MS. As soon as the revisions were available, the Professional Resource Center prepared a professionals' tip sheet and mounted it

on the Society's Web site at:
www.nationalmssociety.org/dx-tipsheet.

The Professional Resource Center provides one-on-one consultation to professionals via e-mail on a range of MS questions, including diagnosis.

The Main Types of Evidence

- **Medical history**—From medical records and questions the doctor asks about you and your family.
- **Clinical exam**—Some are simple observations; for example, how easily you move or respond, other parts of a clinical exam involve direct examination and on-the-spot tests.
- **Laboratory results**—These may include information from MRI scans, spinal taps, blood work, "evoked potential" tests, and possibly more.

Protecting Teeth From MS

MS affects teeth?

Yes, it can, indirectly. Numb hands or fatigue may mean less effective brushing and flossing. Medications may affect tooth health. Some cause dry mouth, for example. Periodic steroids for MS attacks can increase the risk of tooth decay. MS can also absorb so much room on a personal health-care calendar that regular dental visits drop by the wayside.

Protect yourself from future problems. Smile and download a copy of **Dental Health: The Basic Facts** at www.nationalmssociety.org/dental.

No Internet? No problem. Call us and we'll mail you a copy.



What We're Learning From the MS Lesion Project

People with MS have known all along that there are huge variations in MS. Among other things, some people respond very well to certain treatments, while others get little benefit. Are these variations due to basic biological differences in the disease?

Since 2000, the MS Lesion Project, funded by the Promise:2010 campaign, has coordinated an international team of researchers focused on this question. Scientists in the United States, Germany, and Austria are examining tissue from MS lesions—areas of brain where myelin has been stripped from nerve fibers—and comparing what they find with records of the person's actual symptoms and disabilities.

Preliminary findings underscore the promise: "There may indeed be several types of MS and these types may have different immune-related causes," wrote Dr. Claudia Lucchinetti of the Mayo Clinic, Minnesota, who is the lead investigator.

The group has identified four distinct lesion patterns in MS. The tissues studied in the project come from autopsy specimens and from brain biopsies, usually performed when a brain tumor was suspected.

Data from the 280 tissue samples analyzed by the end of 2005 indicate that each falls into one of four patterns—and that no one person had lesions matching more than one pattern. However, the common types of MS (relapsing remitting, primary progressive, relapsing progressive, and secondary progressive) do not appear to correlate with these lesion patterns early in the disease. Dr.



Claudia Lucchinetti, MD, heads the Society's MS Lesion Project.

Lucchinetti stresses that longer follow up is needed to determine if the patterns help predict the disease course over time. Here is a sample of other findings from the MS Lesion Project:

- People with one lesion pattern that includes specific antibodies respond better to plasma exchange therapy than those with the other three patterns.
- One lesion pattern is associated with loss or damage to one particular myelin protein while other proteins remain intact.
- People with neuromyelitis optica (also called NMO or Devic's syndrome) can be clearly distinguished from those with MS by the presence of a specific antibody. NMO is often confused with MS.
- A novel mechanism called "tissue preconditioning" appears to be responsible for a pattern of tissue damage in Baló's concentric sclerosis, another rare, severe disease similar to MS.*

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■ What We're Learning From the MS Lesion Project

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- Tissue damage found in areas of the brain where lesions are not seen on conventional MRI may play a critical role in the development of disabilities.
- People with MS who were diagnosed by brain biopsy have clinical courses similar to people diagnosed through conventional means. This is important because it suggests that whatever is learned about MS from brain biopsies can be applied to more typical MS.

- One of the four lesion patterns has distinguishing aspects that show up on MRI.

This last finding has fueled the hope that it will be possible to identify all four patterns through non-invasive scanning. The project investigators are pushing hard for methods that will make it feasible to type a person's lesions before selecting therapy. Dr. Lucchinetti puts it simply: "This project may get us to the very core of finding better ways to treat MS."


* The National MS Society's programs and services are open to anyone affected by these rarer conditions, as well as by "possible MS" or "clinically isolated syndrome" called CIS.

TEAM TALK

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TeamMS

Getting down to business

Welcome to TeamMS! Teams comprise more than 65% of the fundraising for our events in Utah, and nationwide. Teams make a huge difference by coming together to focus on ending the devastating effects of MS.

What is TeamMS?

TeamMS is an easy, fun way to take your participation in the MS Walk and MS 150 Bike Tour to the next level. Any group of four or more people can be a team!

Organize friends and family, or get your company involved. When employees join together for a worthy cause, they have a great time—and company morale gets a BIG boost. Teams are eligible for team photos, trophies, and other prizes.

Here are several reasons why forming a team can benefit MS and you:

- TeamMS provides inspiration and competition for other participants—raising even more money for MS.
- Team members say they have more fun than if they participated alone.
- On a whole, teams raise more per member than if they'd participated solo. The energy that comes from participating on a team is contagious. Participants see teams getting together to raise money and have fun, and they want to do the same.

- Teams provide visibility for MS. Teams have more of an impact than individuals cycling or walking alone. Others see you and ask about your mission, enabling us to educate the community about MS. If you make your team visible at the event, others will ask to join, increasing the number of people helping to end the devastating effects of multiple sclerosis!

Register as a Team Captain Today!

Becoming a team captain is easy. Register today, think of a team name, and then find at least three friends, family members, or co-workers to join you. We will provide you with all the tools you need to ensure a successful experience. After registering, you will receive your Team Captain Kit, complete with tools for recruiting team members, fundraising, and spreading the word about what you are doing to help fight MS.

Ask your employer if they offer “matching funds,” where the company will match your contributions to MS. Many great Utah companies offer this, and it’s an easy way to make a huge difference!

Visit our Web site at www.fightmsutah.org for a partial listing of Utah’s matching gift companies.

Thank You 2005 MS Walk Top Fundraisers

Name	Pledge Amount
Christa Aquilla	7,400.00
Heather Boies	5,298.00
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Clifta Corless	3,777.00
Terry Fletcher	3,522.00
Holly Widerberg	3,075.00
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Troy Passey	1,860.00

Thank You 2005 MS 150 Top Fundraisers

Name	Pledge Amount
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Charles Trentelman	10,310.00
Andrea Bauer	10,000.00
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Aaron Pauls	4,398.00
Frederick Milad	4,365.00
Kari Nelson	4,360.00
Peter Taylor	4,230.00
Frank Roskelley	3,992.50
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Tony Arnone	3,710.00
Richard Jaramillo	3,530.00
Don Bermant	3,505.00
Steve Gallenson	3,450.00

DISCOVERY CIRCLE

The Utah State Chapter wishes to thank the funders of grants the chapter received in 2005. These funds enabled us to offer high quality programs to our clients throughout the state.

- Henry W. and Leslie M. Eskuche Charitable Foundation
- The Jon and Karen Huntsman Family Foundation
- The Friends of the National MS Society
- Kennecott Utah Copper Charitable Foundation
- C. Scott and Dorothy E. Watkins Charitable Foundation
- Keoh Family Foundation
- Edith Dee Green Foundation
- George S. and Dolores Dore Eccles Foundation
- Herbert I. and Elsa B. Michael Foundation
- Dorsey & Whitney Foundation

Gifts with a Purpose

Most people have a specific intention in mind when they include a charitable bequest to the National MS Society in their will. A bequest reflects a vote of confidence in the work the Society is doing and serves as a powerful illustration of an individual's life purpose.

Over a lifetime, this purpose can take on many forms. Volunteering, participating in fundraising events, serving on committees, or encouraging others to give are expressions of purpose-driven giving. When writing a will with a charitable bequest, an individual makes a long-term commitment to support that purpose in the future. What you put into your will is what people will remember you by. It is your legacy.

An estate gift or bequest is shaped by your interests or by your vision of an outcome in the future. Bequests can be restricted to specific services, such as emergency loans, college scholarships, educational programs, or to research in specific areas. Or, bequests can be unrestricted in support of our mission to end MS.

Bequests can come in all sizes—and they may be a specific amount or represent a percentage of the total estate. Residual bequests are set up to help the National MS Society after family and friends are provided for.

Estate planning experts like to use the "80/20 Rule": 20 percent of what we do now affects 80 percent of what happens in the future. They suggest:



- Consider possibilities. Plan for life's uncertainties.
- Organize. Identify all your assets and liabilities.
- Inform your potential beneficiaries. They will be able to thank you.
- Use caution. Consult a qualified estate-planning attorney.

National MS Society staff can give you all the information and materials you and your advisor need to develop a purpose-driven charitable bequest that reflects your values and fits your estate plan. Investing your assets to reflect what you consider most important can be deeply satisfying. In addition, careful planning may save your loved ones from complex probate procedures and taxes.

Ask for our brochure, "Creating a Legacy for Tomorrow." Call the Gift Planning office at 1-800-923-7727, or visit our Web site at nationalmssociety.org, click on "Donate to the Society," and explore the "Guide to Giving" section.



Charting Your Course in MS

Free Programs

Through June 2006

REGISTER NOW>

www.healthtalk.com/ms or call 1-800-522-3254

May 18, 2006

Am I Losing My Mind?

Understand how cognitive issues may affect you, and learn strategies that can help.

June 22, 2006

Treating MS: The Disease and Its Symptoms

Hear how medications are improving to slow long-term progression and manage day-to-day symptoms.

More programs are on the way.

Replays

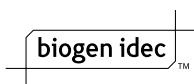
Visit www.healthtalk.com/ms for our popular replays on:

- Managing Symptoms – Bladder, Bowel, Fatigue, Spasticity and Cognition
- Relapses and Rehabilitation
- Building Your Personal Healthcare Team
- Finding Resources and Community Assistance

Live on the phone or Internet

www.healthtalk.com/ms or 1-800-522-3254

Program times are 8:30 pm ET/5:30 pm PT



These programs are produced by HealthTalk and supported through an educational grant from MS ActiveSource. MS ActiveSource is sponsored by Biogen Idec and Elan Pharmaceuticals, Inc. HealthTalk provides resources for people living with multiple sclerosis, but this information is not a substitute for medical care. Please see your doctor for medical advice most appropriate for you.

Ready To Volunteer?

The National MS Society has joined VolunteerMatch, a national database that matches people who want to volunteer with volunteer openings at more than 35,000 nonprofit organizations across the country.



Using the service is easy. Go to volunteermatch.org on the Web. You can select organizations by their type, who they serve, the distance from your home, the training offered, and the positions currently open. More than 2 million people have used this service.

VolunteerMatch will not only help us recruit the volunteers we need, it will help anyone interested in volunteering to match their personal skills and requirements to a range of choices available in our area.

Thank You to our Office Volunteers

As we begin another year working to end the devastating effects of MS we would like to thank the many dedicated volunteers who gave their time in the office. We couldn't accomplish our mission without you.

- | | | | |
|--------------------|------------------------|----------------------|-----------------------|
| • Laura Andersen | • Jennifer Ellis | • Susan McNeil | • Kathy Streeper |
| • Gerri Archuleta | • Michelle Fischer | • Clara Susan Morey | • Chelsey Sundloff |
| • Shawn Benvegna | • Daniel Freed | • Milton Morgan | • Gayna Svee |
| • Lauren Bluth | • Jenne German | • Samantha Nielson | • Pat Sweeney |
| • Tiffany Bradshaw | • Sharon German | • Erin Okazaki | • Bonnie Rae Tolman |
| • Scott Bringham | • John Greenhall | • Kathy Oney | • Debra Walke |
| • Randy Burton | • Michele Graves | • Jen Pace | • Kathy Ward |
| • Lynn Chandler | • David Hagan | • Janet Parker | • Michelle Welch |
| • Tom Christensen | • Sandi Hill | • Carrie Lee Perry | • Denene Whetman |
| • Julie Clark | • Karen Hill-Burmester | • Mattie Provo | • Clay & Wendy Wilker |
| • Colene Clouse | • Jessica Hernandez | • Vicki Ragsdale | • Margy Wilde |
| • Joel Collett | • Nancy Holt | • Ryan Riveland | • JoAnne Woolley |
| • Anita Coots | • Heidi Jackson | • Sue Salin | • Pat Woolley |
| • Andrea Deming | • Sally Jones | • Scott Savage | • Tracy Woolston |
| • Mary Divver | • Don Kendrew | • Kyle Shaw | • Wendy Wright |
| • Cheryl Duncan | • John LePore | • Gary Shelton | • Sharrie Wrona |
| • Dennis Eagan | • Ena Lowry | • Danny Smith | • Shana Yem |
| • Tom Edmunds | • Tammy Long | • Shauna Springer | |
| • Janeen Elkins | • Nathan Luce | • Spring Ann Stathos | |

MS Walk Thank You

As we wrap up the 2006 MS Walk we would like to take the time to show our gratitude for the volunteers who made the 2005 MS Walk a success statewide. We couldn't accomplish our mission without you.

- Chase Acres
- Paula Acres
- Tanisha Anderson
- Kimberly Antonsen
- Kalee Aragon
- Gerri Archuleta
- Lynn Arnold
- Amanda Artigues
- Diane Atwood
- Scott Atwood
- Brittani Baker
- Corrie Barnes
- Jamie Barnes
- Diana Bateman
- Karen Bennion
- Caitlin Bohner
- Carson Bohner
- Janet Bowen
- Alec Bowman
- Jake Bowman
- Max Bowman
- Laura Bowne
- Robert Bowne
- Jennifer Bright
- Scott Bringham
- Sandy Burgess
- Josh Byrd
- Michelle Cable
- Dorothy Callister
- Thomas Callister
- Melvin Campbell
- Alec Carson
- John Carson
- Lalena Carson
- Megan Carson
- Tyler Carson
- Zachary Carson
- Tonja Cecala
- Cynthia Chadwick
- John Chandler
- R.Lynn Chandler
- Stacy Chandler
- Joana Chatelain
- Monica Chavez
- Stacie Chidester
- Karl Christensen
- Anna Cich
- Kathy Clark
- Mary Clark
- Robert Clark
- Sean Clark
- Gayla Colby
- John Colby
- Ranae Colby
- Alicia Cone
- Jose Corona
- Zane Corona
- Scott Critchlau
- Shanevia Daniels
- Susan Davidson
- Veronica Davidson
- Nikita Davis
- Tonia Davis
- Kristine Deal
- Dan Dent
- Mary Divver
- Paul Doty
- Jill Drown
- Travis Drown
- Christina Duran
- Neomi Dyal
- Ahsley Earl
- Sondra Earnhart
- Christine Ellingson
- Dacy Elmer
- Monica Emerzian
- David Eyring
- Taylor Eyring
- Dani Farrimond
- Clark Featherstone
- Gloria Ferrin
- David Fitt
- Jen Fitt
- Jon Fitt
- Karen Fitt
- Keven Fitt
- Kimberly Fitt
- Steven Fitt
- Tim Fitt
- Ben Folsom
- Gerald Folsom
- Janet Forrester
- Barbara Frame
- Daryl Frame
- Rod Garay
- Melodie Gay
- Kami Gefrom
- Dolly Germundson
- Vicki Gines
- Steve Glauser
- Kevin Godinet
- Barbara Gondor
- Caroline Gondor
- Claude Grant
- Nathan Grigg
- Seth Gunderson
- Jay Gurmankin
- Jonathan Hansen
- Mike Harney
- Alisia Harry
- Blake Harsh
- Hayden Harsh
- Josilyn Harsh
- Keven Harsh
- Valene Harsh
- Launa Harvey
- Megan Harvey
- Cecil Hedger
- Henry Hekker
- Roselyn Hekker
- Kendall Henderson
- Joshua Hill
- Connie Hinerman
- Craig Hinerman
- Sherrie Hirst
- Mark Hodgson
- Vicky Hodgson
- Hans Holland
- Ashlee Hone
- Gordie Hull
- Jerry Hutchins
- Christi Hydrick
- Sandra Ishii-Johnson
- Ellen Jackson
- Willie Jackson
- Brock James
- Coco James
- Josh James
- Kelly James
- Ryan Jamison
- Richard Jenkins
- Graydon Jensen
- Daniella Jex
- Erik Jex
- Ron Jibson
- Cindy Johnson
- Jordan Johnson
- Kathleen Johnson
- Loni Kaye

*continued on
following page*

■ MS Walk Thank You

— continued from previous page

- Stanna Kendrick
- Kamie Kirton
- Rich Knickerbocker
- Shirley Knickerbocker
- Torre Kowlowski
- Kevin Kruse
- Brenda Kukuchka
- Chris Kukuchka
- Karisa Kukuchka
- Nora Lacasse
- Anthony Lagoon
- Sue Lane
- Mike Larson
- Margaret Latey
- Mercadeez Latimer
- Rhonda Latimer
- Tori Latimer
- Rochelle Lewis
- AJ Liau
- Dawn Liedberg
- Lois Long
- Alyssa Loughdudge
- Brian Lucas
- Vanessa Lucas
- Danny Lyon
- Montana Lyon
- Archie Marsden
- Marie Mason
- Landon May
- Amy Mayberry
- Brittany McKenna
- Carol Miller
- Melissa Millward
- Jennifer Mitchell
- Kami Mitchell
- Todd Mitchell
- Trisha Mitchell
- Celeste Montoya
- Amy Mower
- Shummy Muse
- Laura Myers
- Byron Nelson
- Jesselyn Nelson
- Sarah Nelson
- Lorrie Nielsen
- Jennifer Nielson
- Karrie Nielson
- Brittni Nomura
- Rachel Olsen
- Stewart Olsen
- Suzi Olsen
- Whitney Olsen
- Kevin O’Riordan
- Larry Osbourne
- Margaret Osmond
- Patience Ouimette
- Janet Papastamos
- Bob Park
- Brenda Park
- Brendon Park
- Bryce Park
- Shane Park
- Sharise Park
- Nancy Parry
- Dan Pero
- David Peterson
- Lorraine Peterson
- Laura Peterson
- Corinne Rampton
- Eileen Ranson
- Mary Rapture
- Ami Regni
- Mike Renlund
- K.A. Riser
- Emily Roberts
- Dale Rogerson
- Dottie Rogerson
- Phyllis Rogerson
- Scott Romney
- Frank Roskelley
- Cindy Ruybal
- Richard Saurer
- Beth Schafer
- Brenda Schultz
- Donn Schultz
- Thomas Seipel
- Shelley Shelley
- Gary Shelton
- Joyce Shelton
- Natalie Sherling
- Trevor Shumway
- Estrellita Silva
- Destiny Simpson
- Amy Smith
- Bud Smith
- Kim Smith
- Mary Smith
- Qualyn Smith
- Sharon Smith
- Tori Solmons
- Dick Sour
- Michael Stallings
- Rebecca Stallings
- Alan Story
- Matthew Story
- Bayley Strickling
- Gayna Svee
- Angelina Sylva
- Clyde Sylva
- Rene Sylva
- Samantha Sylva
- Pete Taylor
- Valeria Taylor
- Kayla Teal
- Randy Teal
- Karen Thompson
- Andrew Trumbo
- Randy Turner
- Connie Upp
- Cheryl Vincent
- Rena Waddell
- Bill Walke
- Debra Walke
- Anna Marie Wallan
- Kathy Wallin
- Crystal Ware
- Amy Watson
- Susan Whitesides
- Brenda Wiener
- Margy Wilde
- KC Williams
- Rulene Williams
- Shiloh Williams
- Audrey Wilson
- Dwayne Woolley
- Melissa Zitting

MS Satellite Walk Sites

Our Thanks to:

- Glade Hamilton and the many dedicated volunteers from the Cedar City Area Walk.
- Joe & Linda Stallings and the many dedicated volunteers from the St. George Area Walk.
- Tashina Stocker and the many dedicated volunteers from the Provo Area Walk.
- Verney Heenie and the many dedicated volunteers from the Vernal Area Walk.
- Frank Roskelley and the many dedicated volunteers from the Ogden Area Walk.



MS 150 Thank You

As we approach the 2006 20th Anniversary MS 150 Bike Tour we would like to take the time to show our gratitude for the volunteers who made the \$1,000,000 2005 MS 150 Bike Tour such a success. We couldn't accomplish our mission without you.

- | | | | |
|-----------------------|------------------------|----------------------------|---------------------------|
| • Craig Adams | • Dwight Curry | • Grayden Jensen | • Carolyn Pease |
| • Tammy Adams | • Heidi Dangerfield | • Debbe Jones | • John Petajohn |
| • Gerri Archuleta | • Danielle Denne | • Kelly & April Jones | • Teri Price |
| • Jammie Argyle | • Chris Draper | • Greg Kordas | • Steve Reid |
| • Ed Baker | • Korbin Durham | • Dale Kovalczyk | • Mike Renlund |
| • Lindsay Ballard | • Luke Embly | • Jennifer Kruse | • Cami Rimington |
| • Lee Ballentyne | • Debbie Empey | • Judy Kruse | • Leissa Roberts |
| • Julie Ban | • Morgan Empey | • Bob Kuster | • John Rodriguez |
| • Cheryl Banks | • Teri Erikson | • Bev Larsen | • Noreen Roeca |
| • Meghan Banks | • Rex Estes | • Jamie Larsen | • Steve Roll |
| • Thomas Banks | • Jackie Fehr | • Ron Larsen | • Jim Rosetto |
| • Karen Barton | • Timothy Fehr | • Ty Larsen | • Mark Sarette |
| • Angela Benedetto | • Heather Fischer | • Kitty LeValley | • David Sarette |
| • Kelley Bible | • Bob Fowler | • Becky Lindley | • Lisa Schmidt |
| • Sara Bingham | • Dan & Mary Fullerton | • Mary Lindsay | • Barbara Schneiter |
| • Andrew Bishop | • Lorraine Gale | • Kate Lingwall | • Catherine
Schwaegler |
| • Catherine Blakemore | • Amory Gardner | • Larry Lloyd | • Scott Schwaegler |
| • Daniel Blakemore | • Mike Gardner | • Lorraine Long | • Gary Shelton |
| • Spense Blauer | • Amy Gibbs | • Jody Mecham | • Rich Simmons |
| • Tiffany Braaksma | • Lyn Gibbs | • Bonnie Miner | • Andrew Smith |
| • Jeremy Brasfield | • Wade Gibbs | • Rex Miner | • Katherine Smith |
| • Jaci Brenchley | • Eileen Glathar | • Shelbi Moore | • Ashley Smith |
| • Ellie Brownstein | • Ralph Glathar | • Shelbi & Sonora
Moore | • Bud Smith |
| • Peter Brownstein | • Stu Grater | • Sonora Moore | • Judy Smith |
| • Rhonda Bulcher | • Howard Gravelle | • David Morgan | • Sharon Smith |
| • Rob Burr | • Nathan Grigg | • Olivia Namdar | • Michael Stallings |
| • Michelle Byrd | • Kathy Hale | • Sydney Nanayakkara | • Rebecca Stallings |
| • Adrie Campbell | • Stephen Hambor | • Bryan Olchek | • Shelley Stoker |
| • Annette Carhart | • Jared Hansen | • Suzi Olsen | • Jacque Stonehocker |
| • Cynthia Chadwick | • Carmen Harris | • Valarie Olsen | • Jeff Stowell |
| • Tyler Christensen | • JoAnne Hawe | • Colton Olson | • Caryn Summers |
| • Brooke Clark | • Hayley Hortin | • Linda Olson | • Steve Summers |
| • Quinn Coleman | • Bryant Jakeman | • Wynette Pace | |
| • Bill Connell | • Kari Jaramillo | • Jenn Pardue | |
| • Scott Critchlow | • Jenny Jaspersen | • Randel Patten | |
| • Megan Crump | • Daniella Jex | | |

*continued on
following page*

■ MS 150 Thank You

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- | | | |
|------------------|------------------|---|
| • Ashley Sumner | • Nicole Welch | • We also wish to thank local law and traffic enforcement officers and agents for keeping the MS 150 riders safe. |
| • Kaitlyn Sumner | • Justin Wentz | |
| • Rachel Sumner | • Clay Wilker | |
| • Lemuel Sutton | • Clinton Wilker | |
| • Sallie Sutton | • Wendy Wilker | |
| • Ray Thacker | • Karen Wyatt | |
| • Clint Thompson | • Taylor Wyatt | |
| • JoAnn Thompson | • Noreen Wynn | |
| • Todd Vanburen | • Bessie Zobell | |
| | | |

the Cache Valley emergency first response crews who keep the MS 150 riders safe.



Volunteers Needed for the MS 150 Bike Tour

Want to be a part of the 2006 MS 150 Bike Tour, but don't want to ride? Volunteer!! There are plenty of opportunities for you to help out before, during, and after the events.

During the days leading up to, and the weekend of the MS 150, we need help with decorations, registration, meals, and lots more. When the event is over, we're already working hard to organize for next year's bike tour. Please come be a part of our team, help us beat MS!

A few volunteer positions we always need help filling include:

- Loading and Unloading Trucks -Thursday and Sunday
- SAG Vehicle Drivers
- HAM Radio Operators
- EMT Assistance
- Clean up
- CDL Class A Drivers

Contact Jessica Knickerbocker for more information. You can also register to volunteer online at www.fightmsutah.org.



A Volunteer hands out a medal to a rider as he crosses the finish line on Saturday afternoon of the 2005 MS 150 Bike Tour.



TRIBUTES & MEMORIALS

Marriage

Alonzo Watson Jr.

By Mary Behrens

Brian J. Pugh

By Roger Green
Randall Petersen

Evelyn Konigsmark

By Mary Behrens

Harriett Grove

By Mary Behrens

Jack Petajan

By Raymond Hupfer
Loyd Neve
Glenn Thomsen

Jane Caldwell

By Mary Hammond

Jay Tugaso

By Mary Behrens

Joe Woodruff

By Trudy Muse

John Bradford

By Barbara Burnah
Anne Cannon
John Poulton
Lee Richards
Loren Anderson
Clayton Axthelm
Weston Barker
Lena Bond
Janis Bradley
Bill Buchanan
Bill Burleson
Rio Caballero
Bill Crymble
Arla Dean
Linda Faddis
Tom Hermansen

John Bradford (cont.)

Sandy Johnson
Arlene Jones
Jim Reeves
Grant Seeke
Ingebjorg Stork
Clarence Vranish
Neal Walker

Marvin Reed Damron

By Jill Duke
Dorothy Olsen

Steven Poulos

By Charlene Polychronis

In Honor Of

Catherine Lyna

By Mary Behrens

Charles Behrens

By Mary Behrens

Cortney Klein

By Klein Don

Dan Turner

By Brandilyn Turner

Donna McCormick

By Barbara Burningham

Ellen Behrens

By Mary Behrens

John and Margaret Maryshuff

By Anonymous

Sarah Behrens

By Mary Behrens

Anniversary

The Lake Family

By Tova Arnold

Tributes & Memorials Program at the Utah State Chapter

The National MS Society Utah State Chapter appreciates your contribution to help expand the research and programs available to help people with MS, their families, and friends.

I (we) wish to support the Utah State Chapter with a gift of \$ _____

Name: _____

Method of Payment:

Address: _____

Check enclosed. (Make checks payable to the National MS Society)

Phone Number: _____

VISA MasterCard Amex

E-mail: _____

Name of Cardholder: _____

Wedding/Anniversary: Birthday:

Account # _____

In memory of: In honor of:

Exp. Date: _____

Please send notice of this gift to:

Enclosed is my company's matching gift from:

I have made charitable giving plans through my will, trust, or life insurance arrangements.

I would like information on charitable giving plans.

Please send me an invitation to the Discovery Circle.

Please send me information on volunteer opportunities at the Utah State Chapter.

KNOWLEDGE & PROGRAMS

The Heuga Center and the National MS Society Utah State Chapter Invite You:

JUMPSTART: A Program for Kids

June 17th at the National Ability Center

3351 N. Hwy 248 • Park City, Utah

10:00 a.m. – 3:00 p.m. – registration starts at 9:00 a.m.

Scheduled presenters: Rosalind Kalb and Nicholas LaRocca

Program includes interaction with experts in MS management and experimental learning activities geared toward children ages 5 – 12 years old. Parents will have the opportunity to participate in selected activities offered at the NAC. Call the Chapter at 801-493-0113 to RSVP, or register online at www.fightmsutah.org.

** Supported through grants from The Eccles Foundation and The Underdog Foundation*

MS Journey Club: Helping Children Cope with a Parent's MS

In January this year, the Utah State Chapter implemented a new program, entitled MS Journey Club for families with a parent with MS.

This 6-week program was designed so that all family members could attend together and learn complementary skills.

The program provided parents and children with the opportunity to voice their concerns, dispel misunderstandings and myths about MS, and learn about MS together. It was also designed to help parents develop strategies for parenting with MS.

Children were given the opportunity to learn about MS symptoms, feelings, family changes, and to discuss their fears about MS with their parents. The adults in the group found companionship and camaraderie from other parents dealing with similar concerns about coping with MS in their homes.

One parent said, "The program helped my daughter to communicate her feelings and was very helpful in her understanding that Mom will be OK."

Jamie Smith, Ph.D. from *Living Well* facilitated the parents group and Kim



Fisher-Dickson facilitated the children's group. They both were a huge asset to the success of the program. We wish to thank them for their help!



The Utah State Chapter would like to repeat this program to give more families the opportunity to participate. Please contact Jessica Strong if you are interested in this program.

Many of the sessions utilized the children's newsletter, *Keep S'myelin*, which is aimed at children ages five to twelve.

Please call the chapter if you would like to add your child to the quarterly mailing.

Just Been Diagnosed? Start With the Basics.

MS isn't well understood and there is plenty of misinformation about it. Here is some of what we do know:

- **MS is not fatal.** Statistics show that most people with MS have a normal or near normal life span. Most deaths associated with MS are due to complications in advanced, progressive stages of the disease. Early treatment should help to prevent those complications.
- **The cure for MS is currently unknown, but it can be managed.** In addition to "disease-modifying" drugs, there are a number of treatments for MS symptoms. Go to nationalmssociety.org/Brochures-SpecificIssues.asp for free brochures

- on symptom management, or call us.
- **The decision to tell someone you have MS is yours.** Our fact sheet, **Disclosure: The Basic Facts**, discusses both personal and work situations. Download a copy at nationalmssociety.org/Brochures-Disclosing.asp, or call us.
- **Self-help groups and family counseling can help.** Self-help groups bring people together who share a common life experience, for support, education, and mutual aid. Contact us for referrals.

Knowledge Is Power

This at-home study program provides a basic education in MS, including

continued on bottom of following page

Family Day

Thursday May 25th

Dinner 5:00 p.m. Game starts at 6:30 p.m.

Franklin Covey Field

77 West 1300 South, Salt Lake



Join the National MS Society for dinner and a baseball game with the Salt Lake Bees.

Tickets are limited, register early online at www.fightmsutah.org or call 1-800-FIGHT MS. Pick up your tickets and vouchers at the table by the main entrance.

Free parking is available first come, first serve in the north lot. Tell the attendant you're with the National MS Society.

Sponsors:



Attention: Peer Support Volunteers Needed

The effects of multiple sclerosis are not only physical, but emotional as well. Having someone to talk with who understands is a way to cope with the challenges of living with a chronic illness.

The Utah State Chapter offers the Peer Support Program as an outlet for people who need to talk with someone about their experiences with multiple sclerosis.

How do peer support volunteers help?

- Provide answers to questions that only someone affected by MS understands
- Answer newly diagnosed questions
- One-on-one support
- Someone to listen and relate about life with MS

What does a peer support volunteer need to know?

Being a peer support volunteer requires good listening skills, the ability to encourage and empower, and the willingness to make a rewarding volunteer commitment. The chapter will train peer volunteers with any other information they need.

We are in need of the following types of Peer Support Volunteers:

- A man with MS to support other men
- An MS caregiver to support other caregivers
- A Teen with a parent with MS to support another teen whose parent has MS.

If you're interested in learning more or beginning the Peer Application process, contact Jessica Strong.

■ Just Been Diagnosed? Start With the Basics.

— *continued from previous page*

symptom management, treatment options, disclosure, family issues, and employment. Sign up to receive the six weekly mailings (e-mail or regular mail) online at nationalmssociety.org/Knowledge, or call us at 801-493-0113.

If you need more information:

Other free publications are on our Web site at nationalmssociety.org/NewlyDiagnosed. Or call us to request a list at 801-493-0113.

We also recommend:

- **The First Year—Multiple Sclerosis: An Essential Guide for the Newly Diagnosed**, by Margaret Blackstone.

Marlowe & Company, 2003, 232 pp., \$15.95.

- **Multiple Sclerosis: A Guide for the Newly Diagnosed, 2nd Edition**, by Nancy Holland, RN, EdD, T. Jock Murray, MD, and Stephen Reingold, PhD. Demos, 2002, 160 pp., \$21.95.
- **Multiple Sclerosis: The Questions You Have—The Answers You Need, 3rd Edition**, by Rosalind C. Kalb, PhD. Demos, 2004, 640 pp., \$39.95.

Books from Demos are discounted when you order from their Web site: www.demosmedpub.com, or call 1-800 FIGHT MS to borrow any of these publications from the chapter Lending Library.

Self Help Groups

Please contact Jessica Strong for more information at jessica@fightmsutah.org or 801-493-0113

Before you choose a group, ask yourself what group atmosphere you feel comfortable with and what you'd like to gain from participation. Each group is unique and open to everyone, those with MS, spouses, family, and friends. Please contact the group leader (listed) before attending a group to ensure the correct time and location of the group. If you are unable to find a group to meet your needs, contact the chapter about starting your own group.

Northern Utah

Ogden

2nd Tuesday
11:00 am
Roy Library
1950 W 4800 S
Barbara Schneider 731-7088
Joyce McCall 547-9840

Logan

3rd Saturday
1:00 – 3:00 pm
Independent Living Center
1095 N Main Street
Sally Anderson 751-8270
Monica Eames 245-4919

Salt Lake Area

Bountiful

Scrapaholics
3rd Wednesday
6:30 - 8:30 pm
Davis County Library
725 S. Main Street
Julie Doherty 951-1507
Sandi Hill 543-1915

Salt Lake City

Child or Teen w/MS
2nd Saturday 10:00 am
Call for Location
Lynne Myhre 832-0173

Beyond MS

Wednesdays 7:00 pm
Utah State Chapter
2995 S West Temple
Beverly Trabanino
280-4480
Cheryl Hyman 886-0256

Knowledge is Power

Saturdays 10:30 am
Utah State Chapter
2995 S West Temple
Cheryl Hyman 886-0256
Heather Horne 262-5967

Riverton

3rd Thursday 4:00 pm
Intel Corporation
3740 W 13400 S #116
Lori Stevens 580-7885

West Valley Area

2nd & 4th Thursday
6:30 – 8:30 pm
St. Stephens Episcopal
Church, 4615 S 3200 W
Dan Herron 965-6885

Central Utah

Lehi

3rd Thursday 7:00 pm
Best Western
195 S 850 E
Kim Horinek 789-3164

Eastern Utah

Price

1st Tuesday 7:30 pm
Health Department
28 S 100 E
Danny Velasquez
637-0712

Vernal

3rd Thursday
6:30 – 7:30 pm
Vernal City Offices
Vernie Heeney 789-1903

Southern Utah

St. George

4th Saturday 10:00 am
Knight Education Ctr.
300 E 600 S
Ruby Edmondston
674-3533

Cedar City

3rd Saturday 11:00 am
Chamber of Commerce
(Enter west doors)
Linda Lohrengel 586-8001

Physical Health

Please contact Chelsey Butchereit at chelsey@fightmsutah.org for more information.

Physical Therapy

University of Utah

Salt Lake City
Mon, Wed, Fri
8:00 am – 12:00 pm
Cost: \$20/ month

Health South

Sandy
Tuesday or Thursday
11:00 am – 12:00 pm
Cost: \$20/ month

Orem Sports Medicine

Orem
Tuesday
10:00 am – 12:00 pm
Cost: \$20/ month

Aquatics

Steiner West

855 W. California Ave
Salt Lake City
Tuesday and Thursday
5:00 pm – 6:00 pm
Cost: \$22.50/ 15-class punch pass

Roy Recreation Complex

2150 W. 4700 S.
Roy
Monday, Thursday
6:00 pm – 6:45 pm
Cost: \$10/ 10-class punch pass

Yoga

Look for a SLC daytime yoga class coming soon! Time and location to be determined. Please contact Chelsey if you are interested in participating in any of these classes. Information will also be posted on our Web site www.fightmsutah.org.

WANTED: *Your Voice*

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The Medium is the Massage

Massage therapy has been practiced for thousands of years, from ancient Greece and Egypt to India and China.

In the U.S., more than 150 kinds of massage therapy are used but most are variations of Swedish massage, which was invented in the 19th century.

What massage can do for you

Most of what we know about massage is anecdotal. In one small scientific study of 24 people with MS, massage appeared to improve self-esteem and body image.

Patricia Kennedy, RN, CNP, MSCN, a nurse practitioner at the Rocky Mountain MS Center in Colorado, told **MSConnection** that many of the people she sees report positive benefits.

"My patients use massage to relieve spasticity and pain," Kennedy said. "Massage can also provide a chance to relax, helping to relieve anxiety and fear. The simple act of touch conveys comfort, caring, and acceptance," she said.

A few cautions

Massage therapy is generally safe. However, consult a physician if you have:

- **Pain.** Get a recommendation for the best type of massage therapy for you.
- **Pressure sores.** While massage may be helpful in preventing pressure sores, it should be avoided if pressure sores or reddened areas of inflammation are

present on the skin.

- **Edema.** Swelling caused by a buildup of fluid can have many causes. Get a diagnosis before beginning massage.
- **Osteoporosis.** People with MS tend to have lower bone mass and have a greater risk for fractures. When osteoporosis is present, massage therapy should be given only with the advice of a physician.



Write it off

Forget your insurance—few plans cover massage, and never long-term. But you may be able to write it off on your taxes as a medical

expense. Kennedy said that many people get prescriptions from their doctors, which they save with their tax records. Consult with a qualified tax specialist.

People who knead people

Ready for a massage, but not sure how to find a masseuse? The American Massage Therapy Association can supply names of approved therapists. Most states also have licensing programs. For further information, contact:

- American Massage Therapy Association, 820 Davis Street, Suite 900, Evanston, IL 60201. Web: www.amtamassage.org. Phone: 877-905-2700.
- Touch Research Institutes, Department of Pediatrics, University of Miami School of Medicine, P.O. Box 016820, Miami, FL 33101. Web: www.miami.edu/touch-research. Phone: 305-243-6781.

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FAMILY NIGHT

June 9th, 2006

6 pm – 9 pm

“Emerging MS Therapies”

Guest Speaker

John Steffens, MD

University of Utah-Department of Neurology

Boondocks Fun Center



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Your Role in your Healthcare Seminar

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Seminar: 7:00 PM - 9:00 PM

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Please call 801-373-2222 for directions to hotel.

Complimentary hors d'oeuvres will be served.

MS Experts will answer your questions

John Foley, MD

Dr. Foley received his Neurology training at the University of Utah. Currently he is a Partner at Rocky Mountain Neurology in Salt Lake City. He is a general Neurologist with special focus in Multiple Sclerosis.

Nathan Winget, Patient Advocate

Nate was 27 years old when he was diagnosed with MS and at the prime of a budding career at a prestigious accounting firm. Within a month of witnessing the birth of his first child, Nate began having episodes of vertigo. He was rushed to the hospital after 4 days of vertigo had left him dehydrated and almost unconscious. Today, Nate works a demanding schedule as an auditor for a bank, plays golf once a week, and lives an active lifestyle, despite physical limitations associated with MS.



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