

chapter news and events	3-7	volunteerism	27-30
research	8-12	tributes & memorials	31
team talk	13-22	knowledge & programs	32-34
advocacy	23-25	wellness programs	35-38
discovery circle	26		

msconnection

Utah State Chapter

The Utah State Chapter Has A New Home!

The Utah State Chapter of the National Multiple Sclerosis Society opened a new facility on July 1, 2006 at: **6364 South Highland Dr., Suite 101, Salt Lake City, UT 84121.**

"I am very excited about the new location and the way it will improve our ability to pursue the mission of the National MS Society, to end the devastating effects of MS," said Tami Featherstone, Chapter President, National MS Society Utah State Chapter.

The New Chapter Office is located just off the freeway at 63rd South and Highland Drive in Salt Lake City.



"I am very excited about the new location and the way it will improve our ability to pursue the mission of the National MS Society."

This new space enabled the Utah State Chapter to expand the services offered to its clients to include: private meeting rooms where clients may meet with staff one-on-one; ample meeting space to hold educational programs and support groups; a private client internet access area; increased work space for volunteers; improved office accessibility for people with MS; easier freeway access; and more.

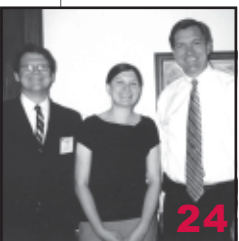
Should you wish to contact the Chapter the new phone number is 801-424-0113, press option 1 for information about MS or a chapter program, and option 2 to speak with Chapter staff about events. Clients may continue to reach the chapter at 1-800-FIGHTMS or www.fightmsutah.org.



4



8



24



35



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, November 2nd, 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.



801.424-0113 / 800.FIGHT MS

Upcoming Events

Long Term Care Seminar

August 31, 2006

Utah State Chapter Office
6364 S. Highland Drive, Suite 101, Salt Lake City

MS:101 Newly Diagnosed Seminar

September 12, 2006 – Evening

Utah State Chapter Office
6364 S. Highland Drive, Suite 101, Salt Lake City

28th Annual Dinner of Champions

September 13, 2006

Downtown Marriott
75 S. West Temple, Salt Lake City

Empolyment Conference

October 10, 2006

6:00 - 9:00 p.m.
Karen Gale Miller Conference Center
SLCC Campus, Sandy
9750 South 300 West

Caregivers Conference

October 21, 2006

8:00 a.m. - 2:30 p.m.
South Towne Expo Center

Annual Meeting & Open House

November 9, 2006

Utah State Chapter Office
6364 S. Highland Drive, Suite 101
Salt Lake City, UT

Women Against MS Champagne Luncheon and Fashion Show

February 17, 2007

Little America Hotel

Publication of the
National MS Society
Utah State Chapter
6364 S. Highland Dr., Suite 101
Salt Lake City, UT 84121

The National MS Society does not endorse products, services, or manufacturers. Such names appear here solely because they are considered valuable information. The National MS Society assumes no liability for the use of contents of any product or service mentioned.

Information provided by the Society is based upon professional advice, 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.

© 2006 National Multiple Sclerosis Society Utah State Chapter

- Index of Advertisers -

Teva Neuroscience	2
Serono Neurology	39
Biogen Idec	21 & 40

Board of Trustees

Board Chair
Cecil Hedger

Vice-Chair
Byrne Hopkin

Board Treasurer
Nicole Lengel

Assistant Treasurer
Jodie Hewitson

Neurologists
John Foley, M.D.
J. Richard Baringer, M.D.

Executive & Dinner
Committee
Jay Gurmankin

Governance Committee
Donald Gartman
Ann Sasich
Cindy Kindred

Dinner & WAMS Chair
Philip G. McCarthy

MS 150 Bike Tour Chair
Mike Morhmon

Team MS Chair
Dave Pugmire

The Chapter Celebrates a Successful 2006 MS Walk and the 20th Anniversary MS 150 Bike Tour

The National Multiple Sclerosis Society Utah State Chapter is pleased to announce that the statewide MS Walks had over XXX participants and raised a record-breaking \$427,000; followed by an outstanding response to the 20th Anniversary MS 150 Bike Tour with over 2500 participants combining to raise more than \$1,247,000 – and the donations keep rolling in. Money raised through the Society’s two biggest fundraisers will fund client programs and MS research, moving us one step closer to our mission; to end the devastating effects of MS.

The 17th Annual MS Walks, presented by Harmons, Your Neighborhood Grocer®, began their routes at the Gateway in Salt Lake City, Christensen Park in St. George, Exchange Park in Provo, Searle Pavilion in Vernal, the Lorin Farr Park in Ogden, and the Providence Shopping Center in Cedar City. This year the MS Walk’s celebrated our “fundraising stars,” with the theme, the MS Hollywood Walk of Fame. Participants came



Ogden walkers enjoy a moment in the sun at Lorin Farr Park



Mountain America Credit Union shows their commitment to walk the walk to fight MS rain or shine

continued on following page

Chapter Staff

Tami Featherstone
Chapter President
801-424-0113 ext. 101
Tami.featherstone@nmss.org

Dee Dee Fox
Director of Chapter Programs
801-424-0113 ext. 104
Deedee.fox@nmss.org

Heidi Larsen
Director of Finance & Administration
801-424-0113 ext. 103
Heidi.larsen@nmss.org

Becky Bailey
Director of Development
801-424-0113 ext. 114
Becky.bailey@nmss.org

Stacy Hughes
Manager of Marketing & Communications
801-424-0113 ext. 120
Stacy.hughes@nmss.org

Development Manager/MS 150 Bike Tour
Rachel Taylor
801-424-0113 ext. 113
Rachel.taylor@nmss.org

Programs Manager
Jessica Strong
801-424-0113 ext. 106
Jessica.strong@nmss.org

Information Systems Manager
Lesli Wallace
801-424-0113 ext. 108
Lesli.wallace@nmss.org

Special Events Coordinator
Tara Bradshaw
801-424-0113 ext. 115
Tara.bradshaw@nmss.org

Marketing Coordinator
Joe Ashton
801-424-0113 ext. 109
Joe.ashton@nmss.org

Programs Coordinator
Chelsey Butchereit
801-424-0113 ext. 107
Chelsey.butchereit@nmss.org

Volunteer & Development Coordinator
Brandon Hill
801-424-0113 ext. 116
Brandon.hill@nmss.org

Administrative Assistant
Kim Gallegos
801-424-0113 ext. 100
kim.gallegos@nmss.org

CHAPTER NEWS

■ 2006 MS Walk and the 20th Anniversary MS 150 Bike Tour

— continued from previous page

dressed as their favorite Hollywood star to add to the fun and festive atmosphere.

“This year’s MS Walks were unlike any we’ve had before,” said Tami Featherstone, Chapter President, National MS Society Utah State Chapter. “We had an incredible turnout. It’s wonderful to have so many people in the community support the fight against MS. It is because of their fundraising efforts that we will one day find the cure for this disease.”

MS 150 Bike Tour

More than 2,500 participants gathered at the Cache Valley Fairgrounds on June 24th and 25th to participate in the 20th Anniversary MS 150 Bike Tour, by far the National MS Society’s largest and most exhilarating event. Participants in the MS 150, presented by Harmons, Your Neighborhood Grocer[®], toured 40, 75, or 100 mile routes each day on the scenic roads of Cache Valley. Riders of all ages had access to rest stops supplied with food and water, first-aid support, and supply, assist, and gear (SAG) vehicles along the route. The yearly



Riders of all ages and abilities joined the pack to ride all over MS.

continued on following page

■ **2006 MS Walk and the 20th Anniversary MS 150 Bike Tour**
 — *continued from previous page*

fundraiser made over \$1,247,000 to support MS research, and programs for those living with MS. Utah's MS 150 is the largest organized, two-day cycling event in Utah.

Over the weekend participants camped at the Fairgrounds or filled up the Logan hotels; all of which were sold out. At the Fairgrounds — home base for the MS 150 — a festival atmosphere came to life with live bands, team tents, great food, and fun for the entire family. Saturday night, riders enjoyed a pool party and an awards dinner presentation with Bill Allred of X96 as the emcee.

To learn more about either event, or to view the photo gallery, visit www.fightmsutah.org.



Team Trisha's Strength shows off their umbrella decorations at the St. George Walk



Frank Roskelly shown here accepts a MS 150 Legends Award for 20 years of riding to cure MS. Also receiving Legends Awards, Jeff Pease (retiring MS 150 Chair), and Tony Furano and the Furano Family (for 20 Years of feeding cyclists at the MS 150 lunch stops)

come face to face
with multiple sclerosis

FaceofMS.org



Thank You Sponsors

The National MS Society would like to thank the following gold sponsors for their generous support of the 2006 MS 150 Bike Tour:

Harmons, Your Neighborhood Grocer
 X96
 KSL
 KLZX 95.9 Classic Rock
 Bingham Cyclery
 Saturn
 Fidelity Investments
 Specialized
 FedEx

The National MS Society would like to thank the following gold sponsors for their generous support of the MS Walk:

Harmons, Your Neighborhood Grocer
 KSL
 Questar
 KZHK
 Western Neurological Association
 Huish Detergents
 Freschetta Pizza
 Open Imaging
 KSOP

Thank You!

Save the Date - Wednesday, September 13, 2006

New Location: Marriott Downtown, 75 S. West Temple, Salt Lake City

It is with great pleasure that the National MS Society Utah State Chapter invites you to join us at a black-tie gala honoring the heroes in our community!

Please join us as we present the T.K. McCarthy Silver Hope Award to a man who has inspired many,

Reverend France Davis

Thank you for your support and loyalty in the fight to end multiple sclerosis.

To reserve your table please call 801-493-0113

The mission of the National MS Society is to end the devastating effects of MS. To learn more call 1-800-FIGHT-MS or visit www.fightmsutah.org

A Gift for the Future: Tissue Donation

Researchers study MS with cutting-edge technologies. But, it takes more than technology to do the job. Sometimes researchers also need tissue from people who lived with the disease.

Tissue donations support the Society's MS Lesion Project, an initiative of Promise:2010, which led to the discovery that there are four types of lesions, each of which can now be identified by MRI. Understanding lesion patterns and identifying the immune factors involved with tissue destruction can provide information about why the disease affects people differently and could lead to developing individualized treatments.

The decision to donate should be shared with family and doctors in advance so that tissue may be taken within a few hours of death. Minimal paperwork is involved and there is no cost to the donor or family. Strict privacy practices assure that tissue and medical records are not identified by name. Donation does not prevent normal funeral arrangements.

There is no substitute for this gift from individuals and families committed to MS research. Simply contact the Rocky



Mountain MS Center Tissue Bank, 303-788-4030, ext. 105, www.mscenter.org, or the MS Human Neurospecimen Bank at UCLA, 310-268-3536, www.loni.ucla.edu/uclabrainbank.

Both are supported by the Society. Information and links to these sites can be found at www.nationalmssociety.org/tissuedonate.

KNOWLEDGE Is Power

Knowledge Is Power! is an 8-part free, at-home educational series for people who are newly diagnosed. Mail or e-mail formats. To register, call 1-800-FIGHT-MS, or visit www.nationalmssociety.org.

This is why we're here.

**Do YOU have the knowledge
to overpower MS?**

Mickey and Minnie Have Different Myelin

More and more, research shows males and females really are different.

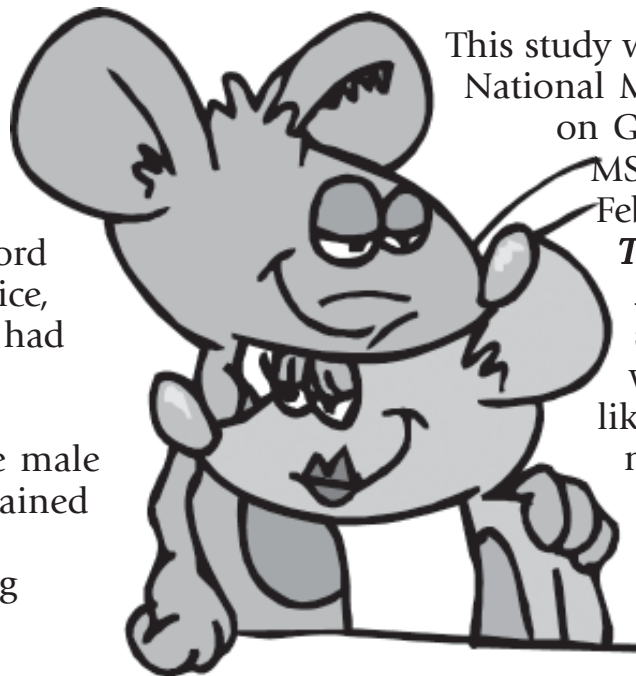
Take myelin (the insulation surrounding nerve fibers that is damaged in people with MS.). A new study shows that myelin-making cells, called oligodendrocytes, have different life-spans in male and female mice.

When researchers compared the number of oligodendrocytes in the brain and spinal cord of male and female mice, they found male mice had 20–40% more oligodendrocytes than females. Moreover, the male oligodendrocytes contained twice as many genetic instructions for making myelin proteins.

Looking further, they found female mice produced greater numbers of new oligodendrocytes than males—but with a shorter lifespan.

Females also had higher levels of a protein associated with myelin damage.

To see if there was a hormonal connection, researchers removed a male sex hormone (testosterone) from the male mice, which shortened the life of their oligodendrocytes. This suggests that testosterone keeps the oligodendrocytes revved up longer, possibly providing greater protection to the nervous system.



This study was funded through the National MS Society's Initiative on Gender Differences in MS and is reported in the February 2006 issue of *The Journal of Neuroscience*. It may shed more light on why women are twice as likely to develop MS as men. Exploring the role of gender has already led to clinical trials studying sex hormones in people with MS. (See AAN Round Up on page 10 for more information.)

“When researchers compared the number of oligodendrocytes in the brain and spinal cord of male and female mice, they found male mice had 20–40% more oligodendrocytes than females.”

AAN Round Up

The results of more than 200 MS-related clinical trials and studies were presented at the American Academy of Neurology's 58th Annual Meeting in San Diego this past April. Among the highlights:

Researchers reported on the results from a phase 2 clinical trial of an oral MS drug, **FTY720**, or Fingolimod. Relapse rates and inflammation as detected by MRI were significantly reduced in participants taking the drug, which blocks T and B cells from the central nervous system where they can cause MS-related damage.

A study funded by the National MS Society's Initiative on Gender Differences in MS showed that applying **AndroGel** (a testosterone gel) to the skin of 10 men with relapsing-remitting MS for one year improved cognitive function and slowed brain tissue loss.

An early study showed that a combination of **BHT-3009**, an immune system modifier, and **Lipitor**, a cholesterol-lowering drug, was safe and may provide protection from immune attack in MS.

The results of the **BENEFIT** study showed that, of 487 people at high risk for developing MS, the half given an inactive placebo was 50% more likely to develop definite MS than those given **Betaseron** (interferon beta-1b). Participants in this trial had CIS, or clinically isolated syndrome, meaning they each had a single demyelinating event, but had not been diagnosed with MS.

Professor **William A. Sibley, MD**, of the University of Arizona, Tucson, received the 2006 **John Dystel Prize for Multiple Sclerosis Research**, given jointly by the National MS Society and the AAN. Dr. Sibley's research showed how infections can influence the occurrence of MS relapses.



Intermountain Multiple Sclerosis Project: Research Aimed at Understanding the Genetic Elements of Multiple Sclerosis Susceptibility Seeks Participants

The Intermountain Multiple Sclerosis Project (IMSP) is a new study at the University of Utah which investigates factors that contribute to the development of MS and examines factors that may be markers of disease activity.

MS is seen as the interplay of genetic susceptibility, environmental exposure, and deregulation of the immune system. MS is probably triggered by an environmental factor in persons who are genetically susceptible. The role of genes and environment are not fully understood in MS. Determining factors influencing familial tendency in MS would be a major step to understanding the roles of genetics and environment in MS.

The Intermountain Multiple Sclerosis Project will address genetic factors in MS disorders by studying participants and their families. Individuals with MS can be evaluated in population studies that focus on susceptibility factors related to the illness. In addition, families with

three or more affected individuals are also significant for our investigation of genetic susceptibility in MS. These family studies will involve analysis with a unique population database and advanced computer programs to find responsible disease genes for MS.

The research is especially interested in participants and families from different ethnic backgrounds. For example, individuals and families of Northern European and Greek descent are especially valuable in this type of investigation.

Blood samples will also be screened for markers of autoimmunity, inflammation, and neurodegeneration. In addition, researchers will search for abnormalities that may assist in the diagnosis of the MS.

For more information on the IMSP or genetics of multiple sclerosis contact Dr. John Rose, MD (801-585-7909) or Dee Husebye, Study Coordinator (deehusebye@genetics.utah.edu)

Viral Triggers in MS Exacerbations Study Seeks Participants

University of Utah School of Medicine physicians are seeking persons with MS to participate in a new research study. This study will investigate the specific viruses responsible for common colds and their relationship to MS “attacks” (also called “exacerbations” or “relapses”).

U of U doctors are seeking approximately 60 MS patients with colds who have experienced nasal or respiratory symptoms for only one or two days. Participants will be asked to come to the University of Utah Neurology Clinic, provide informed consent, samples of blood and nasal mucus, and have a neurological examination. One or more additional visits will be required during the subsequent five weeks.

Participation in this study is free for study subjects – and entirely voluntary. It is a good opportunity for persons with MS to contribute to locally-conducted research into the causes of MS attacks. The study is strongly supported by the Utah State Chapter.

Dr. John D. Kriesel, Assistant Professor of Internal Medicine and Infectious Diseases, will head the two-year study funded by the National Multiple Sclerosis Society (in the amount of \$242,900). Dr. John Rose, Professor, Department of Neurology, and Dr. David Hillyard, Medical Director Molecular Infectious Disease, ARUP Laboratories, are the Utah co-investigators involved with the study. The study will also involve Dr. William Sibley, Professor of Neurology at the University of Arizona, with an additional study site at the Northwest NeuroSpecialists MS Clinic in Tucson.

Persons interested in receiving more information about the study are encouraged to contact:

**Mark McKeough
Study Coordinator
Viral Triggers of MS Study
Phone: 801-581-6406
Email:
mark.mckeough@hsc.Utah.edu**

Thank you to all the team captains who helped to make our MS Walk and MS 150 so successful!

MS Walk Captains

Kimberly Adams	The Team with the Tie Dyed Shirts	Dori Chadwick	Team Chadwick's
Heidi Adams	Team Discovery	Lee Chamberlain	TEAM RHA
Shawna Ahlborn	Team Costco Cares	Denise Chandler	Team Fannypack
Angie Aikens	Team Mountain America Credit Union	Joni Chandler	Team Fannypack
Danielle Alexander	Team DiggleSLC	Emily Chappell	Team Saving Grace
Stephen Allen	Team DATC-VICA	Jeff Chase	Team Troop 1237
Gina Anderson	Team Lainas Courage	Kris Chavez	Weight Watchers- Biggest Losers
Brandi Angel	Team The Chocoholics	Lynn Christensen	Team Odyssey HealthCare
Christa Aquilla	Team Goldman Sachs	Autumn Cole	Team Cosmo Girls
Heather Atkin	Team Atkin Family	Danielle Coleman	Team Castellano's
Matt Bagby	Team Focus Youth Ministry	Jan Condie	Team Condie's 4 the Cure
Claudia Baker	Team Mountain America Credit Union	Cynthia Connors	Team Sarah
Justine Barber	Team Wisdom for Life	Amanda Cook	Team Hobbits for Health
Corban Barbuto	Team TAG-A-LONGS	Sandy Cook	Team Webco Recordettes
Ruth Barrow	TEAM SUNSHINES PALS	Shelie Cook	Team Sanich
Diana Bateman	Team Diana's Dream	Larry Cutler	Team LaPoint Ford
Mckensie Bayer	Team WNA	Evelin Damian	Team Ames Volunteers
Carrie Bennett	Team Bluff Street Babes	RaNae Davidson	Team Beaver's Best
Cheryl Bennett	Team Nightwalkers	Kristie Davis	Team Fun4Grandma
Nicholas Bielaczyc	Team Bielaczyc	Patricia Davis	Team Watchers
Laurel Bills	Team Extracting Mgrs	Tonia Davis	Team Walking For A Cure
Holly Bird	Team Flyin with the Birds	Heather Davis	Team Bug
Christie Black	Team Equal-I-Zer	Joe Denning	Team UPS
Carol Blackburn	Team Barberettes	Chris Dick	Team Jazzettes
Tanya Blake	Team Blake Family	Michael Djunaedi	Team Aspen Homes
Heather Boies	Team Boies	Julie Doherty	Team Mystery Solved
Logan Bowen	Team Focus Communications	Cathryn Eaton	Team Friends with Hope
Brenda Brasher	Team Allen Family	Elaine Elliott	Elaine's MS Walk Team
Travis Brgoch	Team Survivor	Jennifer Ellis	Team Starbucks
Charles Brinkerhoff	Team Charlies Angles	Quinn Elzinga	Team IKON
Caitlin Bryant	Team Sissy	Lisa Eppley	Team MSPEEDY
Mandy Bunn	Team Bunn's Babe	L. Ericson	Team Tim Dahle's Team
Leslie Burkett	Team UGLY Feat	Crystal Evans	Weight Watchers-Nightwalkers
Toby Bushman	Team High Flyers	Laurie Farina	Team Hurricane Rehab Center
Darla Butterfield	Team Froggers	Alane Ferney	Team Friends
Tamara Carter	Team Castle Creek	Rebecca Figueroa-Olsen	Team Colleen
Cindy Castro	Team BD Medical	Heather Fillmore	Team Wee Haw
Tammy Chacon	Team Sherry	Beth Fletcher	Team Havana
		Stacy Flockhart	Team Paisley
		Mark Fordham	Team Alpine Garrison

continued on following page

■ Team Captains

— *continued from previous page*

Christopher Fox	Team Joyce's Crew	Debbie King	Team Deb's Family
Elizabeth Frith	Team LEAPING LIZARDS	Jessica Knickerbocker	Team Cubies Unite
Katherine Frith	Team LEAPING LIZARDS	Deidre Knox	Team Roll On
Mary Furness	Team Myelin Builders	Mindy Kopelson	Team Fantastic Four
Jennifer Garner	Team Garner Group	Alisa Kramer	Team Adams
Michelle Gehrett	Team Poppy Walkers	Heather Krapsicher	Team Nexus
Jennifer Gillett	Team Frozen Waffles	Jennifer Kruse	Team Jennifer's Krusers
Patricia Glenn	Team Glenn's Gal's	Pamela Laishley	Team MS Fits
Kelly Gomez	Team Gomez Landscaping	Chantal Lancaster	Team MS Fighters
Ann Gomez	Team Gomez Landscaping	Mary Laveder	Team Spanelli Sprinters
Devin Gongora	Team Walking Janke	Melissa Lee	Team Against All Odds
Paulette Goodwin	Team Go Goodwin	Chantae Lessard	Team Kennecott
Rebecca Greenwood	Team Multiple Striders	Kathryn Lewis	Team Lewis
Penny Gutierrey	Team Lightning Bolts	Susan Loamanu	Team 2 Health With U
Tracie Haaksma	Team HAAKSMA	Amanda Lowe	Team Peanuts
Beverly Hall-Knudson	Team Dreamweavers	Tyra Ludgate	Team Ludgate's fight MS
Katie Harrison	Team Katie's Crew	Jan Luger	Team Soles for Sisters
Kate Harvey	Team MS Fits	Sean MacKay	Team Raptors
Tyson Haslam	Team Tysdog	Jennifer Magee	Team Walking for Mom
Anna Hawkins	Team Worldmark	Cassandra Manders	Team Wal-Mart Walkers
LaTonya Heaton	Team Hurricane Rehab	Andrea Mangum	Team Fannypack
Vernie Heeney	Team The Mayor's Own	Kursten Martinez	Team 649 CLSS
Rebecca Henson	Team Lochner Lionhearts	Patricia Mavor	Team PCMC
Kimberly Hernandez	Team Steel Her Jen	Cindy Maxwell	Team Roper
Nathan Higgs	Team Higgs	Amy Mayberry	TEAM TURTLE
MaryJane Higley	Team Stan	Danielle Mayo	Team Cat Clan
Debbie Hill	Team Dennis' Shoes	Donald McArthur	Team Gubler Goers
Connie Holgate	Team 4-H Walks For Becca	Tamara Mendenhall	Team Mendenhall Fighters
Susan Hopkins	Team MS Cruisers	Kara Menning	Team Rajua
Christina Hopkinson	Team The Hopkinson Team	Loraine Militello	Team Grace Gadabouts
MarDee Hosley	Team Jensen	Mandy Miller	Team Eam Nick Nack
Erin Howell	Team 4 Breck	Kim Milligan	Team Bubble Butts
Sophie Humphreys	Team Mountain America Credit Union	Megan Moore	Team The Baristas
Robert Ingleby	Team Artistic Entertainers	Michele Morgan	Team VMS Against MS
Ellen Jackson	Team Rosemary	Mary Moyes	Team National Fitness Financial Systems
Venice Jensen	Team All the brains & some braun	Samantha Muir	Team The Munchkins
Stephanie Jewkes	Team DaisyJewkes	Patricia Naisbitt	Team QueStar Walkers for MS
Tricia Johnson	Team Delightful Dames & Dears	Krista Nash	Team Lady Leggers
Cindy Johnson	Team The Survivors	Chad Nelsen	Team JEEP
Sally Jones	Team Nash	Marianne Nelson	Team Seestas Plus
Kelly Kelso	Team Leclerc	Jackie Lyn Nielsen	Team Walkets
Carol Kinder	Team Fighters	Stanton Nielson	Team Utah Sigma Sae
		Dennis Nordfelt	Team Mystery Solved
		Jody Norton	Team SOS
		Samantha Nyborg	Team Samantha's Rai

continued on following page

■ Team Captains

— continued from previous page

Jessica Ogden	Team Friends Helping Friends	Ashlie Steele	Team Steel Herjen
Kristen Ott	Team Ott Team	David Stephenson	Team Rams
Sharon Oveson	Team SOS	Shauna Stephenson	Team Capture Today
Angelo Papastamos	TEAM TANKERS	Susan Stetich	TEAM STETICH
Mac Pearson	Team Cokey-Beano	Chancee Stoker	Team Warrior Student Council
Kristie Pederson	Team Steelers	Keri Stone	Team Team Littlewings
Amanda Perkins	Warnes Walkers	Jacque Stonehocker	Team Treasure
Kevin Pfunder	Team Pfunder Pfighters	Anne Sullivan	Team Sully
Casey Phelts	Team Slowsky's	Alisha Sykes	Team SPS
Randy Phillips	Team Leann's Legion	Natalie Tate	Team Just Crawl'n' Along
Elizabeth Piercy	Team Lizblizz	Dave Taylor	Team Taylor Tigers
Brooke Poulson	Team WSU Social Work Club	Diane Taylor	Team The Taylors
Ben Rand	Team CEntry	Kendra Taylor	Team Firebirds
Melissa Richins	Team Gamma Phi	Rachel Taylor	Team Cure
Larry Rider	Team WALKING RIDERS	Sally Teal-Holman	Team The Teal Ducks
Cami Rimington	Team Weebles	David Thompson	Team Jones Paint & Glass
Karla Roberts	Team Break Away from the Ordinary	Devin Thomson	Team Walking Warriors
Margaret Rose	Elaine's MS Walk Team	Bonnie Tolman	Team BRT's Friends
Robert Rosenberg	Team Bob Cats	Weight Tonja	Team Believe
Trudi Rouse	Team HRO	Richard Toomey	Team Cedar Breaks Academy
Erika Sabrowski	Team Erika's Buddies	Kelli Triplett	Team Dam Walkers
Hank Schnaubelt	Team Red Mountain Trekkers	Charlene Trolson	Team Trolsons Trekkers
Barbara Schneider	Team Bustin Buddies	Cathy Tucker	Team Wonder Women
Cathy Schooler	Team Lochner Lionhearts	Tara Turner	TEAM PINK
Jeremy Schwinck	Team The Walking Amigos	Susie Turner	Team Qwest Chasing Cures
Bamba Scott	Team North Star	Aubrey Vance	Team Sassy Southerners
Elizabeth Scott	Team Grace Gadabouts	Donna Varnell	Team Seestas Plus
Debora Seiter	Team GOT MYELIN	Karen Villnave	Team Ramona Racers
Janet Sessions	Team Janet Sessions	Jenny Waldrip	Team Go Jane Go!
Lin Shaffer	Team VECC	Kelcie Walker	Team K's Crew
Rodney Shirley	Team Walkin Rod	Annie Wallin	Team G/T 2008
Kay Shosted	Team Westside Baptist Church	April Weiler	Team THE PIRATES
Dawn Silcox	Team Snoopy	Paula Weloth	Team Leepin Leezards
Carma Slaugh	Team MACU	Sandy West	Team West Walkers
Justine Smith	Team Cougars	JeriAnn White	Team Rubes
Lysa Smith	Team White Real Estate Associates	William Wilcock	Team Tricia's Strength
Jerry Sorensen	Team Sorensen Stompers	Emily Wilde	Team Equal-I-Zer
Amy Sorensen	Team Amy's Friends & Family Against MS	Kimmi Dee Williams	Team FEET ON THE STREET FOR MS
Jaime Sorensen	Team Walk N Talk	LuAnn Wilson	Team USDA
Brenda Spearman	Team Friends of Brenda	Chayito Woolsey	Team Murray Curves
Linda Stallings	Team Linda's Lifesaver's	Sarah Wyman	Team Pioneer Valley Hospital
Terri Stark	Team Katie	Dianna Young	Team A Walk For Shelly
		Jana Zufelt	Team Adult Education

■ Team Captains

— continued from previous page

MS 150 Team Captains

Leslie Allaire	Team Wasatch Road Runners	Steven Donnelly	Team HealthInsight
Bill Allred	Team x96	Michael Dotson	Team The Pedlin' Penguins
Stacy Ames	Team Expeditors	Randy Doyle	Team Brighton
Kelly Amott	Team Albertsons	Steven Dwyer	Team BAD ASS COFFEE
Jadon Andersen	Team KSL	Mckell Eldredge	Team Blakemore's Bikers
Layla Anderson	Team Halo	Christine Ferrario	Team Bistro
Brent Arnold	Team Kern River	Barbara Fink	Team University Sports Medicine
Diane Atwood	Team Sequoia Group	Channon Foote	Team Bush Decor & Construction
Roy Bartee	Team Vicious Cycle	Dave Fulghum	Team Novara
Jeffery Bean	Team Salsa America	Steve Gallenson	Team Espoir
Mona Beckstead	Team Serono	Kurt Gammill	Team Autoliv
Gregory Bell	Team Alta	Vern Gangwisch	Team Albertsons
Kristi Bergstrom	Team CTR-Choose To Ride	Jo Garuccio	Team The Canyons Resort
Lisa Blakemore	Team Blakemore's Bikers	Kimberly Gerard	Team FLH
Emily Bolding	Team Starbucks Utah	Wesley Gibbs	Team Wes
Harvey Brown	Team Schreiber Cheese Peddlers	Ken Gibby	Team UCCU
Jolyn Brown	Team Warp Lizards	Bernhard Gotz	Team Little America Hotel
Tracy Buckeye	TEAM ABP Association	Sarah Gray	Team Chaos
J Bunderson	Team Motivation	Rebecca Greenwood	Team Multiple Striders
Brian Bush	Team Good From The Waist Down	Leslie Gregersen	Team Cancer Wellness House
Holly Byers-Stewart	Team NBG	Todd Groll	Team Orbit Irrigation
Russ Campbell	Team Bush Decor & Construction	Kellen Gunderson	Team Sky Captain and the Salt Sea Pirates
Jim Carpenter	Team Hilti	R. William Habel	Team Saints and Spinners
Ray Carsey	Team Mountain America Credit Union	Kim Haggin	TEAM HILL
Richard Caruso	Team Bush Decor & Construction	Mallory Hamblin	Team Bush Decor & Construction
Matthew Clark	Team Mountain America Credit Union	Jake Hardy	Team SignThis
Misty Clark	Team Snowbird	Martha Harvey	Team Discover
Karen Curtin	Team Bonneville Bicycle Touring Club	Rusty Healey	Team Bistro
Jennifer Cutler	Team Saturn	Todd Higley	Team Scott Machinery
Jared Dain	Team Quickutz	Claire Hillis Buck	Team Mountain America Credit Union
Jen Decker	Team Bush Decor & Construction	Gregory Hinton	Team Wee-Haw
Andrea Deming	Team Singles 41st Ward	Wendy Hobson-Rohrer	Team Wine and Cheese Club
Damian Dennison	Team Slipstream	Shannon Holden	Team Abra Autobody & Glass
Brian Diamond	Team Cache Valley Veloists	Eric Hulphers	TEAM HILL
Kerry Doane	Team Doane	Christine Hult	Team Cache Valley Veloists
William Dolinar	Team Iron Eagles	Heidi Huntsman	Team Hot Babes on Bikes
		Thomas Jackson	Team Blazing Saddles
		Ken Jackson	Team Stars
		RaeAnn Jensen	Team Flight
		Rhonda Joa Huffaker	Team Rhonda
		Dave Jones	Team Baker
		Gregory Jones	Team Harmons
		Jason Jones	Team Janet

continued on following page

■ Team Captains

— continued from previous page

John Jonkman	Team P3
Natalie Kaddas	Team Bush Decor & Construction
James Kaddas	Team Bush Decor & Construction
Matthew Kriech	Team ATK
Kevin Kruse	Team Bush Decor & Construction
Todd Larsen	Team Breeze
Aaron Larsen	Team Corre Caminos
Kitty LeValley	Team Jewels
William Long	Team Tina
Mark Longson	Team Bluff Riders
Brett Mackay	Team Spin Dixie
Tim Magaw	MS Team FedEx
Dennis Marcus	Team OSWAD
Michael Mayor	Team Saints and Spinners
Jodi McPherson	Team Harmonics
Annette Mead	Team Wells Fargo Utah
Lisa Moore	Team Moore Family
Michael Moore	Team Tracy
Bret Moulton	Team Avonex
Kathleen Myers	Team Amazing Survivor
Jeff Newman	Team Road Dogs
Terry Noorda	Team Flying Spokes
Martin Nowling	Team 'Z' Team - Zions Bank
Mark Nuttall	Team IKON
Mary O'Connor	Team Espoir
Linden Olson	Team Moore
Tomi Ossana	Team Figaro
Stacy Palen	Team The Cyclotrons
Janet Papastamos	Team Blakemore's Bikers
John Paras	Team John Paras Furniture
Mark Pasternak	Team Spare Tires
Mac Pearson	Team Cokey-Beano
Jeff Pease	Team Logan Race Club
Mary Perry	Team Ride
Eric Peterson	Team Health Quest
Kirk Phillips	Team Cheryl
Janice Pinterics	Team Watson Pharmacyclists
Jayde Prudden	Team Tinderbox
David Pugmire	Team Fidelity Investments
Paul Pugmire	Team Skyline Event Group
Ben Rand	Team CEntry
Jon Reese	Reese ROCKET
Tara Rollins	Team Utah Housing Coalition
Margaret Rose	Team RHSM Riders

Keith Rossberg	Team Bush Decor & Construction
Brahim Salami	Team Zaramedia
Jane Santora	Team DogMeat
Joseph Sepulveda	Team DNA Cycling
Daniel Severinsen	MS Team FedEx
Chris Simmons	Team Stars
Brian Smith	Team Cyprus Credit Union
Spencer Sorensen	Team BAD ASS COFFEE
Jay Spector	Team Cancer Wellness House
Jonathan Springmeyer	Team Barbie
Cj Stewart	Team UTA
John Sumsion	Team Performance
Dan Thirkill	Team Sun Riders
Cindy Thompson	Team Qwest
Duane Thurber	Team UBS
Chris Tolsma	Team Bingham Cyclery
Dan True	Team BD Medical
Naomi Vasquez	Team Pioneer Valley Hospital
Devin Watts	Team Health Quest
Dave Wharton	Team Fidelity Investments
Jay Whiting	Team Bush Decor & Construction
Stefanie Wilson	Team Bush Decor & Construction
Annette Wood	Team Hospice Alliance
Jim Yorgason	Team Naste



ms 150
bike tour®

MS 150 Bike Tour

Top 100 Fundraisers

Thank you to everyone who participated in the 2006 MS 150 Bike Tour. Listed below are the top 100 fundraisers as of our publishing date of August 1, 2006. We apologize if your information is incorrect.



Name	Event Team Name	Total
Keith Rossberg	Team Bush Decor & Construction	52803.10
Andrea Bauer	Team Blakemore's Bikers	25000.00
Lisa Blakemore	Team Blakemore's Bikers	11845.00
Denise Bermant	Team Jewels	10000.00
Kitty Levalley	Team Jewels	10000.00
Charles Trentelman	Team Rhonda	7080.00
Dean Peterson	Team Harmons	6000.00
Kevin Kruse	Team Bush Decor & Construction	5835.00
Michael Walters	Team Cyprus Credit Union	5741.00
Peter Taylor	Team Blakemore's Bikers	5606.00
Jim Smith	Team Cyprus Credit Union	5600.00
Bob Harmon	Team Harmons	5550.00
Andrew Sorensen	Team Cyprus Credit Union	5340.00
Jennifer Pratt	Team Cyprus Credit Union	5335.00
Steven Pratt	Team Cyprus Credit Union	5280.00
Steven McIntyre	Team Espoir	5250.00
Jessica Thompson	Team Cyprus Credit Union	5200.00
Ashley Chandler	Team Cyprus Credit Union	5130.00
Brian Smith	Team Cyprus Credit Union	5000.00
Dana Thompson	Team Cyprus Credit Union	5000.00
Aaron Pauls	Team Blakemore's Bikers	4625.00
Fred Cvar	Team Tinderbox	4565.00
Frank Roskelley	Team Espoir	4287.50
Blaine Blonquist		3535.00
Raul Casillas	Team University Sports Medicine	3125.00
Jane Fischer	Team Blakemore's Bikers	3000.00
Kimberly Gerard	Team FLH	2980.00
Janet Papastamos	Team Blakemore's Bikers	2935.00
Kendall Robins	Team Espoir	2687.00
Kara Reese	ReeseROCKET	2640.00
Blaine Walker	Team Espoir	2625.00
Dan Wilcox	Team IKON	2585.00
Lammert Veenstra	Team Blakemore's Bikers	2515.00
Karen Paine	Team Blakemore's Bikers	2500.00
Hilea Walker	Team Espoir	2500.00
Kristy Haws	Team Stars	2460.00

continued on following page

Name	Event Team Name	Total
Randy Hartwig	Team Alta	2425.00
Tara Peterson	Team Stars	2336.00
Heidi Brett	Team Blakemore's Bikers	2335.00
Jenn Mitchell	Team Rhonda	2326.00
J Greg Spencer	Team FLH	2250.00
Eric Petersen	Team ATK	2190.00
Christopher Bias	Team Kern River	2180.00
Rosanne Bruegmann	Team Harmons	2169.82
Frank Lundquist	Team Harmons	2100.00
Jay Spector	Team Cancer Wellness House	2057.00
Byron Johnson	Team Harmons	2025.00
Jo Garuccio	Team The Canyons Resort	2000.00
Rod Fick	Team University Sports Medicine	1945.00
Jon Schumann	Team Blakemore's Bikers	1815.00
Mitch Taylor	Team Blakemore's Bikers	1805.00
Gary Slayton	Team BAD ASS COFFEE	1790.00
Victoria Radke	Team Bush Decor & Construction	1790.00
Bernhard Gotz	Team Little America Hotel	1773.65
Christopher Kurtz	Team Hilti	1750.00
Pat Burrus	Team University Sports Medicine	1740.00
Sharon Cahoon-Metzger		1710.00
Shaun Sorensen	Team BAD ASS COFFEE	1650.00
Mike McHugh	Team Logan Express	1650.00
Christopher Pullos	Team Blakemore's Bikers	1635.00
Margaret Rose	Team RHSM Riders	1610.00
Steve Gallenson	Team Espoir	1600.00
Michael Murphy	Team Blazing Saddles	1560.00
Craig Brimmer	Team Tinderbox	1551.00
Alexis Papastamos	Team Blakemore's Bikers	1540.00
Erick Montes	Team Bush Decor & Construction	1525.00
Diane Mitchell	Team Blakemore's Bikers	1500.00
Sherie Murphy	Team Blazing Saddles	1500.00
Colin Reid	Team Bush Decor & Construction	1500.00
Regina Aldisert	Team Espoir	1500.00
Terrence Laughlin	Team Espoir	1500.00
Lori Rossberg	Team Bush Decor & Construction	1493.00
William Long	Team Tina	1485.00
Ann Hoffman	Team BAD ASS COFFEE	1481.00
Wayne Sowers	Team Espoir	1450.00
Tammy Thornley		1440.00
Kent Anderson	Team Espoir	1410.00
Wesley Gibbs	Team Wes	1397.00

continued on following page

Name	Event Team Name	Total
Peggy Hancock	Team Alta	1385.00
Brett Mackay	Team Spin Dixie	1380.00
Kaylee Jensen		1380.00
Christine Martin	Team Espoir	1360.00
Greg Colf		1350.00
Steve Horton	Team FLH	1345.00
Todd Lemon	Team MS Team FedEx	1337.00
Todd Larsen	Team Breeze	1336.00
Thomas Jackson	Team Blazing Saddles	1322.00
Robyn Seldin	Team Spinning Dervishes	1310.00
Cade Iverson	Team Little America Hotel	1301.17
Dellene Stonehocker	Team BAD ASS COFFEE	1300.00
Margo Littley	Team Figaro	1295.00
Stephen Bons	Team Bush Decor & Construction	1290.00
David Baird		1271.00
Jack Cole	Team Snowbird	1266.00
Randy Schoeck	Team Blakemore's Bikers	1250.00
Andrea Marwedel	Team Cancer Wellness House	1250.00
Kirt Lewis	TEAM HILL	1243.00
Scott Childs	Team Qwest	1242.00
Martin Neunzert		1230.00
Jim Cooper	Team Albertsons	1221.67

Please contact the chapter if these totals are incorrect; changes are made daily which influence the accuracy of these numbers.



I got my life back....
Thanks to my self-help group I found a support network and understand what to expect living with MS.

My bequest to the National MS Society is like a gift of love to my family.

Contact the Society and ask how you can help others with MS through your will or trust.

I want to help those with MS ... this is why I give.

1-800-923-7727



visit nationalmssociety.org

Listen & Learn

"Advances in the Treatment of MS"

Wednesday, September 13, 2006

Program time: 6:00 PM MST

Featured Speaker

David Renner, MD

University Medical Center, Salt Lake City, UT

*Please register by August 31st
to receive materials.*



Information is power in the battle against multiple sclerosis (MS). Equip yourself with the facts by registering for this educational opportunity today.

A physician expert will discuss the most current treatment options available, including side effects and dosage requirements.

Whether you are on treatment, tried treatment or are curious about treatment options, you'll learn things that can help you face your MS challenges with renewed strength. Don't miss this free teleconference!

The MS
Teleconference
is perfect for:

- People recently diagnosed with MS
- ✓ People who have had MS for a while
- ✓ Caregivers
- ✓ All of the Above

★ Join us!

*Don't miss
upcoming
teleconference!*

Code: F

biogen idec™

MS Active SourceSM
Take an Active Role

Register now for this free program!
1-866-955-9999 or visit online
www.MSActiveSource.com

0-3070-01

MS ActiveSource® is a trademark of Biogen Idec. This program is sponsored by Biogen Idec and Elan.

Top Teams for the 2006 MS 150 Bike Tour and 2006 MS Walk

Thank you to all of the team's who participated in the 2006 MS 150 Bike Tour. Our top 20 teams at the time of publishing were:

Event Team Name	Team Total
Team Blakemore's Bikers	\$106,884.25
Team Bush Decor & Construction	\$103,206.00
Team Espoir	\$58,560.44
Team Cyprus Credit Union	\$52,051.87
Team Fidelity Investments	\$51,356.00
Team Harmons	\$30,120.61
Team Jewels	\$28,249.00
Team Stars	\$25,596.01
Team BAD ASS COFFEE	\$24,913.50
Team ATK	\$22,151.95
Team Albertsons	\$20,021.28
Team Little America Hotel	\$19,029.50
Team Mountain America Credit Union	\$16,693.61
Team FLH	\$16,670.00

Team Rhonda	\$16,011.00
Team University Sports Medicine	\$15,570.00
Team 'Z' Team - Zions Bank	\$14,804.00
Team Brighton	\$14,448.90
Team Cheryl	\$12,230.07
Team Cancer Wellness House	\$10,834.00



Thank you to all of the teams who participated in the 2006 MS Walk. The top twenty fundraising teams as of publishing on August 1, 2006 were:

Team Name	Team Totals
Team The Mayor's Own	\$23,791.00
Team Lightning Bolts	\$14,843.00
Team Goldman Sachs	\$11,405.00
TEAM TURTLE	\$10,292.50
Team The Pfunder Pfighters	\$8,244.66
Team Boies	\$8,127.00
Team HRO	\$5,854.94
Team K's Crew	\$5,807.00
Team SPS	\$5,786.00
Team BD Medical	\$5,121.47
Team The Chocoholics	\$4,859.00
Team Mountain America Credit Union	\$4,373.59
Team VMS Against MS	\$4,336.00
Team Havana	\$4,333.00
Team Beaver's Best	\$4,295.00

Team Mystery Solved	\$4,251.00
Team Gubler Goers	\$3,641.00
TEAM STETICH	\$3,611.00
Team Red Mountain Trekkers	\$3,445.00
Team Amy's Friends & Family Against MS	\$3,404.61



Please forgive us if your team total is incorrect, or if you were not included. These numbers were deemed accurate at the time they were published, changes to team totals are made daily based on new information.

National Surveillance of MS

Knowing how many people are diagnosed with MS each year and how many have MS at present is important information for health-care policy, advocacy, and planning.

Federal agencies and state health departments have not generally tracked chronic neurological diseases such as MS, focusing instead on infectious diseases such as TB. Steps are being taken to change this. In March, researchers from the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry (CDC/ATSDR) held a workshop to discuss national surveillance of MS and ALS (amyotrophic lateral sclerosis, or Lou Gehrig's disease).

Plans are in the pipeline to develop pilot studies to track MS and ALS in a few geographic areas. The CDC is using MS and ALS to test the feasibility of ongoing surveillance for a number of chronic diseases, in part because substantial work, much of it supported by the Society, has already been done.

The CDC/ATSDR has funded small studies in a few areas of the U.S. where possible MS clusters have been reported. However, it's difficult to determine whether a true cluster exists without solid numbers for the normal incidence and prevalence of MS in a given region.



A surveillance system would establish those numbers. If clusters can be verified, they may provide clues to environmental and genetic risk factors which might contribute to triggering the disease.

Obtaining an up-to-date count of people with MS in the U.S. is one of the issues being considered by the Society's new Task Force on the Epidemiology of MS. (Epidemiology is the study of who gets a disease, its geographic distribution, and events that may contribute to a person's risk of getting it.)

The Task Force will collaborate closely with the CDC/ATSDR in their efforts to develop a national surveillance system for MS. The Task Force will also consider the feasibility of MS studies on environmental risk factors, migration patterns, and racial/ethnic distribution. Better numbers about MS will help the Society to develop research initiatives, service programs, and advocacy priorities.

The Utah State Chapter visits with Legislators on Capitol Hill

2006 Public Policy Conference a Success

This spring, chapter employee Chelsey Butchereit and Government Relations Committee Chair Dale Boam, met with hundreds of other National MS Society staff members, volunteers, and people with MS from across the country.

The meeting took place in Washington, DC where the National MS Society holds its Public Policy Conference each year. During the three day conference attendees were educated about advocacy tactics and current issues relating to MS.

The highlight of each conference is an opportunity to visit with elected officials on Capitol Hill. Each year conference participants converge in solidarity on Capitol Hill to increase awareness of MS and issues related to living with MS. Several hundred visits were made during this day. Dale and Chelsey met personally with Senators Hatch, and Bennett, and Representative Jim



Chelsey Butchereit, Chapter Programs Coordinator Dale Boam, Government Relations Committee Chair, and Representative Jim Matheson met in April to discuss issues relating to MS research and treatment.

Matheson. Staff members from Representative Rob Bishop's and Chris Cannon's offices also met with Dale and Chelsey.

The issues discussed included increased funding for NIH, support for stem cell research, and eliminating Medicare rehabilitation therapy caps.

To learn more about the Public Policy Conference, or to get involved with our Government Relations Committee, contact Chelsey at 801-424-0113.

For SSDI Beneficiaries Who Work or Want to Work

Do you receive SSDI (Social Security Disability Income)? The amount of money that can be earned during a “Trial Work Period” has been increased to \$620 per month. Allowable earned income or “Substantial Gainful Activity” income has also been raised—to \$860 per month for people considered disabled but not blind and \$1450 per month for people deemed blind.

To make this work for you

Staying within these limits ensures that SSDI income and medical benefits are not affected. But first, contact the nearest Social Security Benefits Planning Assistance and Outreach program. Despite the awkward initials, people

find that SSBPAO staff specialists are trained to help and have expert advice on all the ins and outs of Social Security’s work incentive programs. SSBPAO is housed in community-based organizations, not Social Security offices. For a state-by-state listing, visit www.socialsecurity.gov/work/ServiceProviders/BPAODirectory.html or call our office if you don’t have access to the Internet.

COLA all around

Both SSDI and SSI (Supplementary Security Income) beneficiaries received a 4.1% cost of living adjustment or COLA starting January 2006. Call 800-772-1213 or your local Social Security office if you have questions.

Next Medicare Part D Enrollment: November 15 - December 31

If you are currently covered by Medicare but missed the May 15th deadline to enroll in a Medicare Part D prescription drug plan, your next opportunity to enroll will be during the open enrollment period Nov 15–Dec 31. Once enrolled in a Part D plan during the open enrollment period, coverage begins January 1, 2007. People on both Medicaid and Medicare (so-called “dual eligibles”) who were not automatically enrolled in a Part D plan will be able to enroll between May 15 and Nov 15.

If you were eligible to enroll before May 15 and did not enroll, your premium cost will go up at least 1% per month for every month after May 2006 that you have delayed enrolling in a Part D plan. For a \$30 monthly premium, a 10-month delay adds 10% to become \$33. It adds up.

People who become eligible for Medicare after May 2006 can enroll in a Medicare Rx plan without penalty if they enroll when they first become eligible. In

continued on page 37

Calmly Doing Your Will

Getting around to writing or updating a will is one of those things that always seems to wind up at the bottom of our “to-do” list.

Sometimes, however, we get a nudge that makes us act. A far happier sense of urgency about preparing a will is vacation planning. A long-awaited vacation easily becomes the motivation to get all kinds of things in order. We know nothing bad will happen on vacation, but still the nudge is there to buy trip insurance and to take the time to write or update a will.

Even unexpected news from a physician can cause us to take the first steps toward making those long-delayed estate-planning decisions.

Urgency is good and bad

Following through on a mental nudge is a good thing, but acting on nudges has its downside too. Poor or faulty decisions are a common result when we are hurried.



Your friends in the Planned Giving department at the National MS Society urge you to set aside a block of time and find the mental tranquility that will yield sound estate-planning decisions.

For answers to many of your estate planning questions visit the National Multiple Sclerosis Society on the Web. Go to www.nationalmssociety.org. Click on “Get Involved,” then on “Guide to Giving.” Or call the national Planned Giving department at 1-800-923-7727.

2006 MS Walk Volunteers

Thank you to all of the volunteers who served at the 2006 MS Walk

April Adams
 Stacey Anderson
 Doug Anderson
 George Antonsen
 Brecken Arnold
 Brooke Baranowski
 Ruth Baxter
 Daniel Blatter
 Christin Bott
 Jocelyn & Joe Boud
 Kacey Bowles
 Alec Bowman
 Jake Bowman
 Max Bowman
 Ryan Braski
 Travis Brewster
 Scott Bringham
 Christine Burgess
 Joshua Byrd
 Russ Campbell
 Cynthia Chadwick
 Dana Condie
 Karen Condie
 Michael Cook
 Shayla Craig
 Evelin Damian
 Azia Dansie
 Tonia, Nikita, & Demarcus Davis
 Aaron Doehler
 Jill & Travis Drown
 Ashley Earl
 Julie Earl
 Bev Folsom
 Daryl & Barbara Frame
 Jeff Frame
 Melodie Gay
 Donalyn Germundson
 Jenn Gonnely
 Abbi Green

Jewly & Murray Harris
 Cecil Hedger
 Sharon Heightman
 Amanda Herbert
 Connie & Craig Hinerman
 Sherrie Hirst
 Hans Holland
 Heather Horn
 Nellene Howard
 Charese Jamison
 Richard Jenkins
 Kesli & Richard Jensen
 Versell Johnson
 Rich & Shirley Knickerbocker
 Dale Kovalczyk
 Torie Kowslowsky
 Jeremy Kraus
 Kevin & Jennifer Kruse
 Rene & Angelina Kump
 Liz Leyda
 Andrew Madden
 Dennis Marcus
 Brenna Marron
 David Martini
 Angela McClure
 Truly Memmott
 Sharon Mintiloglitis
 Charlie & Michelle Morgan
 Shummy Muse
 Suzi & Stew Olsen
 Rachel & Whitney Olsen
 Nubia Pena
 Dawn & Ivan Perry
 Jessica Peterson
 Stephanie Peterson
 Bruce Peterson
 Jason Phillips
 Mary Rappley
 Rachel Ringheimer

Nick Robbins
 Christal Ruehl
 Aliitasi Saumani
 Jill Sawaya
 Kirsten Schoetz
 Joyce Shelton
 Gary Shelton
 Jaclyn Sides
 Brenda Spearman
 Lori Stevens
 Katherine Stevens
 Ashley Stolworthy
 Jacque Stonehocker
 Trevor Thinnis
 Sarah Timms
 Viliamu Touli
 Cheryl & Heidi Vincent
 Marilyn Voravong
 Lesli Wallace
 Heidi Wallick
 Leslie Ward
 Brenda Wiener
 Cody Wilcox
 Kari Willis
 Dwayne & Jaron Woolley
**Glade Hamilton and the
 Cedar City MS Walk
 Volunteers**
**Frank Roskelley and the
 Ogden MS Walk
 Volunteers**
**Liz Davis and the Provo MS
 Walk Volunteers**
**Joe Stallings and the St.
 George MS Walk
 Volunteers**
**Verney Heeney and the
 Vernal MS Walk
 Volunteers**

2006 MS 150 Bike Tour Volunteers

Thank you to all of the volunteers who served at the 2006 MS 150 Bike Tour

Laurie Adams
 Jeremy Adams
 Craig Adams
 Tamara J Adams
 Amber Adams
 BreeAnn Allred
 Jessica Allred
 Samuel Allred
 Lisa Andersen
 Alex Anderson
 Ariella Anderson
 Arie Anderson
 Crystal Anderson
 Nikki Archibald
 Gerri Archuleta
 Jammie Argyle
 Gina Atalah
 Andy Averett
 Carla Averett
 Jason Averett
 Deb Badger
 Jackie Baird
 Edward Baker
 Lee Ballentyne
 Julie Ban
 Cheryl, Thomas, &
 Meghan Banks
 Launa Barker
 Kalai Barrow
 Karen Barton
 Katie Bastron
 Diana Bateman
 Ruth & Adam Baxter
 Sara Baza
 Angela Benedetto
 Shawn Benvegna
 Rylee Berglund
 Derek Berglund
 Kelley Bible

Sara Bingham
 Richard David Bishop
 Andrew Bishop
 Jessica Black
 Daniel & Catherine
 Blakemore
 Spenser Blauer
 Christin Bott
 Norman Bowers
 Tiffany Braaksma
 Lynn Bradley
 Lana Braegger
 Tammy Braegger
 Jeremy Brasfield
 Jacalyn Brenchley
 Linda Brigance
 Stacia Brown
 Robert Brown
 Brianna Browning
 Laura Browning
 Bianna Browning
 Ellie & Peter Brownstein
 Brent Bryan
 Rhonda Bulcher
 Rob Burr
 Nate Burrige
 Trenton Bute
 Travis Bute
 Ashley Bute
 Laurie Bute
 Michelle Byrd
 Joshua Byrd
 Kylie Cahoon
 Brighton Callaghan
 Michelle Callister
 Adrie Campbell
 Mel Campbell
 Annette Carhart
 Cindy Castro

Cynthia Chadwick
 Lynn Chandler
 Mark Chapman
 Noelle Christensen
 Tyler Christensen
 Brent Christensen
 Teresa Christensen
 Michael Christensen
 Brenda Christensen
 Kimberly Christenson
 Tonianne Christenson
 Linda Christenson
 Rick Christenson
 Lorraine Cole
 Quinn Coleman
 Vonda Collins
 Jennie Conder
 Alan Condrat
 Bill Connell
 Sherri Cotton
 Scott Critchlow
 Megan Crump
 Dwight Curry
 Heidi Dangerfield
 Tonia, Nikita, &
 Demarcus Davis
 Andrew Davis
 Rachel Davis
 Michelle Dean
 Kathleen Dean
 Brenda Dean
 Bobbi Degrado
 Theresa DeGraw
 Tammy DeGraw
 Andrea Deming
 Danielle Denne
 Cathy Denton
 Josh Dewitt
 Tammy Dickerson

Chris Draper
 Jackson Druce
 Cheryl Duncan
 Jean, Travis, Jesse, &
 Madison Dunn
 Korbin Durham
 Neomi Dyal
 Julie Earl
 Ashley Earl
 Darek Eggleston
 Ella Eldredge
 Janeen Elkins
 Christine Ellingson
 Tanner Elton
 Luke Embly
 Debbie Empey
 Morgan Empey
 Teri Erikson
 Tanna Ernest
 Rex Estes
 Susan Everett
 Katie Evertsen
 Zak Evertsen
 David Eyring
 Taylor Eyring
 Michelle Eyring
 Julie Eyring
 Cauley Family
 Gibbs Family
 Farrell Family
 Wilker Family
 Fulghum Family
 Jackie & Timothy Fehr
 JoAnne Ferranti
 Heather Fischer
 Megan Fluckinger
 Bob Fowler
 Jade Pearl Frost
 Keith Fullenkamp

2006 MS 150 Bike Tour Volunteers

Dan & Mary Fullerton
 Furano Family
 Amory Gardner
 Mike Gardner
 Maurine Geiger
 Sharon German
 Amy Gibbs
 Lyn Gibbs
 Wade Gibbs
 Allison, Bryce, & Taylor
 Gibbs
 Cindy Gillman
 Jolene Grant
 Stu Grater
 Howard Gravelle
 Margaret Graves
 Marian Graves
 Nathan Grigg
 Brad Grover
 Kathy Hale
 Stephen Hambor
 Whitney Hansen
 Walter Hanssen
 Vicki Harder
 Ben Harris
 DeAnn Haslam
 Emily Haslam
 JoAnne Hawe
 Rachel Hawker
 Jay Hawley
 Tressa Heil
 Keith Heil
 Jamie Helgesen
 Erik Helgesen
 Febie Hermansyah
 Sandra Hill
 Joshua Hill
 Teresa & Joseph Holm
 Hayley Hortin
 Katherine Humphreys
 Jacobs Humphreys
 Emma Humphreys
 Sarah Humphreys

Malia Humphreys
 Melissa Humphreys
 Michael Humphreys
 Heidi Jackson
 Bryant Jakeman
 Charese Jamison
 Crystal Janke
 Kari Jaramillo
 Jenny Jaspersen
 Richard Jenkins
 Shelly Jensen
 Karen Jensen
 Kyle Jensen
 Debbe Jones
 Sally Jones
 Kelly & April Jones
 Lauren Jones
 Jerrynah Khanhnara
 Souyanthong Khanhnara
 Sharlene Kierstead
 Robert Kierstead
 Heather Kimber
 Jason Kimber
 Debbie Kimose
 Greg Kordas
 Dale Kovalczyk
 Torie Kowslowsky
 Jeremy Kraus
 Jennifer Kruse
 Bob Kuster
 Thu Lam
 Ron Larsen
 Ty Larsen
 Beverly & Jamie
 Larsen
 Diana Jean Law
 Donna Librecht
 Becky Lindley
 Mary Lindsay
 Kate Lingwall
 Larry Lloyd
 Lorraine Long
 Tammy Long

Wendy Magaw
 Ron Mason
 Annie Mead
 Jody Meham
 Terry Meidinger
 Stephanie Michaelson
 Rex & Bonnie Miner
 Shelbi & Sonora Moore
 Brenda Moore
 David Morgan
 Emily Morgan
 Doug Morgan
 John Morgan
 Matt Mozingo
 Olivia Namdar
 Shawnee Nash
 Liz Nebeker
 Steven Nelson
 Rebecca Ng
 Ingrid Niesen
 Bryan Olchek
 Rachel & Suzi Olsen
 Whitney Olsen
 Valarie Olsen
 Stuart Olsen
 Charlie Olsen
 Suzi Olsen
 Rachel Olsen
 Linda Olson
 Jen Pace
 Wynette Pace
 Jennifer Pardue
 Brenda Park
 Jay Partridge
 Dan Paskett
 Randel & Debra Patten
 Carolyn Pease
 Andrea Perez
 Anthony Perez
 Roy Perez
 Espie Perez
 Dawn Perry
 Bruce Peterson

John Pettijohn
 Jaclynn Pettingill
 Michael Pettit
 Krista Phillips
 Joshua Pineauit
 Misty Presser
 Jeff Presser
 Kaden Price
 Kaylee Price
 Kate Quan
 Matt Rager
 Tyler Raines
 Leticia Ramirez
 Mary Rappleyi
 Louise Rausch
 Steve Reid
 Suzanne Ren
 Olson & Sutton Residence
 Cami Rimington
 Nick Robbins
 Leissa Roberts
 Tyler Roberts
 John Rodriguez
 Noreen Roeca
 Danny Rogers
 Steve Roll
 Ron Romero
 Jim Rosetto
 Deb Roskelley
 Mark & David Sarette
 Employees of Saturn of
 Ogden
 Lisa Schmidt
 Barbara Schneider
 Kirsten Schoetz
 Scott & Cathy
 Schwaelger Dixie
 Lee Schwartz James
 and Crystal Scott
 Lori Scott
 Matt Scott
 Susanne Scott
 Jenna Seeley

2006 MS 150 Bike Tour Volunteers

Jina Severisnsen
 Launie Severisnsen
 Robert Severisnsen
 Beva Shelby
 Gary Shelton
 Ryan Shelton
 Richard Simmons
 Judy Smith
 Andrew Smith
 Ken Smith
 Andrew Smith
 Mark Sosette
 Carlene Spaulding
 Shauna Springer
 Craig Stahl
 Rebecca & Michael
 Stallings
 Joshua Stevens

Shelley Stoker
 Mykelle Stokes
 Ashley Stolworthy
 Jacque Stonehocker
 Jeff Stowell
 Caryn Summers
 Steve Summers
 Rachel Sumner
 Kaitlyn Sumner
 Sallie & Lemuel Sutton
 Lemuel Sutton
 Gayna Svee
 Dee Taylor
 Laycee Taylor
 Team Red Ex
 Ray Thacker
 Spring Theisen
 Chambre Thomas

Jenni Thompson
 Kim Thompson
 JoAnne Thompson
 Susie Turner
 Jay Turner
 Jacilyn Udy
 Ladd Udy
 Lisa Ung
 Todd Vanburen
 Amir Varedi
 Lammert Veenstra
 Christopher Virgin
 Marilyn Voravong
 JJ Wallace
 Heidi Wallick
 Bryce Ward
 Jay Waters
 Nicole Welch
 Lynette Wescott

Don Wescott
 Sam Western
 Shawn Western
 Stephen Western
 Mary White
 Vickie Whiting
 Clay, Wendy, & Clinton
 Wilker
 Lesle Wilkinson
 Davis Lane Willie
 Stefanie Wilson
 Treva Wolfley
 Kevin Wood
 Taylor Wyatt
 Karen Wyatt
 Noreen Wynn
 Rhonda P. Yorgason
 Phil Yorgason
 Bessie Zobell

Thank you to all of the members of the 2006 MS Walk Committee

Robert Clark
 Tonia Davis
 Meta Hutchinson
 Kim Antonesen
 Sandy Pearce

Pete Taylor
 Jennifer Kruse
 Sandra Ishii-Johnson
 Frank Roskelley

EJ McCaffrey
 Angelo Papastamos
 Melissa Adamson
 Greg Nicholes



Thank you to all of the members of the 2006 MS 150 Bike Tour Committee



Gina Atalah
 Peter Ballantine
 Skylere Bingham
 Pat Burrus
 Guy Curtis

Susan Everett
 Raleigh Fehr
 Garrett Harding
 Graydon Jensen
 Kevin Kruse

Dennis Marcus
 Mike McHugh
 Jeff Pease
 Mike Renlund
 Frank Roskelly
 Pete Taylor

MEMORIALS & TRIBUTES

MEMORIAL

Ginnie Cragun

By Ruben Gottardi &
Cassandra Stuercke
Anonymous Gift

Al Cortez

By Dr. & Mrs. Charles
Behrens

Randy Olsen

By Leslie Richards

**Shirley Callister
Barton**

Anonymous Gift

**William Charles
Barney**

By Mary Behrens

Aldo Aronie

By Rob Camden

Alice Forbes

By CG and Kathy Caruthers

Joseph Lachica

By CG and Kathy Caruthers

Ron Zabriskie

By CG and Kathy Caruthers

Annie Papp

By Betty Smith

Harold Roberts

By Betty and Chad Smith

Darren Thompson

By Maxine Marcusen and
Family
By Bob and Marilyn
Olson
By Sharon Thompson

Memorials & Tributes 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: _____

Signature: _____

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.

Podcast or Webcast?

Your Choice with MS Learn Online

MS Learn Online is a webcast series hosted by experts on a wide variety of topics related to MS. New programs will now also be available as podcasts.

A podcast is an audio file that can be downloaded to a computer, imported to an MP3 player such as an iPod, or burned to a CD. You'll be able to listen

to a program at any time or place or share it with a group on a CD player.

The first MS Learn Online podcast programs are "Starting with the Basics" and "Complementary & Alternative Medicine: Integrating Unconventional Approaches."

To download, go to www.nationalmssociety.org/podcast. The Web page includes how-to instructions.

Exacerbation? Relapse? Attack? Episode? Flare?

by Dr. Lael Stone, Mellen Center for Multiple Sclerosis, The Cleveland Clinic

Exacerbation, relapse, attack, episode, or flare-up, in MS, all these words refer to exactly the same thing: all mean a period of sudden worsening, with symptoms that last 24 hours or more.

Exacerbations are characteristic of three of the four clinical courses in MS—relapsing-remitting, secondary-progressive, and progressive-relapsing.

The fourth course is called primary-progressive. These people will have the same good-day, bad-day phenomena that many people with MS and, indeed, many healthy individuals experience. But they don't have a sudden worsening of symptoms, lasting longer than 48 hours. Instead they say that over several years or

maybe even decades something has gradually worsened. For example a mild foot drop increased to the point where now the foot is slapping on the ground with every step.

Silent attacks and clinical attacks

Many MS attacks are silent or "subclinical"; that is to say, they are only seen on MRI of the brain or spinal cord. These people appear to be stable and don't notice any unusual symptoms but when we take an MRI we can see that they have more lesions present.

Both clinical and silent attacks can be reduced and/or shortened by taking one of the disease-modifying medications.

Tysabri Returns to the Market with Tighter Controls

On June 5, the U.S. Food and Drug Administration (FDA) approved Tysabri's return to market for people with relapsing MS, despite its risk of causing PML, a potentially fatal disease. To minimize this risk, those wishing to use the drug will be required to participate in a rigorous monitoring program and may receive treatment only at authorized infusion centers. The drug became available in July.

Tysabri (natalizumab), which is given as a monthly IV infusion, was withdrawn in 2005 by Biogen Idec and Elan Pharmaceuticals, Inc., after three people, among the 3,000 who had been taking the drug in clinical trials, developed PML (progressive multifocal leukoencephalopathy). Two of them died.

But, last March at a special hearing a Food and Drug Administration Advisory Committee evaluated clinical trial data suggesting that Tysabri may have twice the efficacy rate of other available MS treatments. After reviewing additional safety studies, and the manufacturer's proposed risk management plan, the panel recommended the drug be returned to market for the treatment of relapsing MS, a recommendation that has now been formally approved by the full regulatory board of the FDA. The approval, however, is linked to a strict mandatory registration and monitoring program for patients and their prescribing physicians. The drug also carries a "black box" warning describing the risks.

A new option added to our list

"It's important that people with relapsing MS now have a new treatment option," said John R. Richert, MD, vice president of Research and Clinical Programs for the Society.

"Because of the risk of PML," Dr. Richert continued, "the FDA is recommending that Tysabri be given to people who have not responded adequately to, or cannot tolerate, other treatments for MS." It has been left to individual physicians and patients to define 'inadequate response' and what it means to be 'unable to tolerate' other therapies.

Patients with MS are already wrestling with the pros and cons of turning to Tysabri as a treatment option. James Blog, a consultant from Huntington, NY, had been on Tysabri for 18 months, and was actually in the midst of an infusion, when Tysabri was withdrawn from the market last year. Says Jim, "I am worried about it. I think if I go back on, I am taking X number of risks, which is why I want to see what precautions they'll take to protect patients."

Advises Dr. Richert, "We believe that the mandatory patient registry and the designated post-marketing observational study will help clarify the potential benefits and risks of this new therapy for people with MS."

continued on following page

■ **Tysabri**

— *continued from previous page*

Tysabri: a closer look

Who should take Tysabri?

- The FDA has approved Tysabri as a **monotherapy** for people with relapsing forms of MS who do not have a compromised immune system or who are not taking other drugs that suppress or modulate the immune system such as Avonex, Betaseron, Copaxone, Rebif, Novantrone, or monthly IV steroids.

How is Tysabri given?

- Tysabri is given every four weeks by intravenous infusion, at an authorized infusion center.

How will safety risks be managed with Tysabri?

- In order to use Tysabri, physicians and patients will be registered in a mandatory program called TOUCH. Prescribers and infusion personnel will receive special training in recognizing early signs of PML. Information about the risks and potential side effects will be given to each patient. Before every infusion, medical staff and patients will complete a checklist to identify any new neurological signs or symptoms that require evaluation by a physician.

- Patients on Tysabri should be evaluated by the prescribing physician 3 and 6 months after the first infusion and every 6 months thereafter.

Is Tysabri available everywhere?

Starting in July, Biogen and Elan began supplying Tysabri to authorized infusion sites and they are planning to train health-care professionals and register new sites around the country. For

information about the location of these sites, contact Biogen Idec's MS Active Source.

What is the cost of Tysabri?

- According to the company's Web site, Tysabri will cost \$2,184.62 per vial. It is administered 13 times per year for an estimated cost of \$28,400. Biogen Idec and Elan advise that they are committed to making Tysabri accessible to appropriate patients who may benefit from therapy. To achieve this goal, programs have been developed to assist patients who are uninsured or who require financial assistance. The Society will work with the companies to ensure they pursue this commitment.

Will insurance cover the cost?

- There may be a lag time before the drug is included in private health plans. Prior authorization will probably be necessary for most health plans.

- Tysabri is expected to be covered by Medicare Part B because it is given at a medical facility.

- People with Medicaid should check with their state program. There may be a delay before Tysabri is included in the Medicaid preferred drug list.

More information is available: On the Society Web site at www.nationalmssociety.org/tysabri or call the chapter at 1-800-FIGHT-MS (1-800-344-867)

From the FDA at www.fda.gov/cder/drug/infopage/natalizumab/default.htm

From Biogen Idec's Active Source at www.biogenidec.com or call 800-456-2255.

Hit the Road, Jack

by Dana Bard

Last year Pat and I headed off on a two-week road trip. I had wanted to spend the whole time camping under the stars, but Pat proposed a more MS-friendly plan that involved dividing our time among a suburban motel with a pool, a bed & breakfast in a small town, and two campgrounds—all of them accessible. Camping the whole time would have been a bit much for me, and the plan we made wound up providing us exciting variety.

Based on the success of last year's trip, we put together a list of things to remember for this year's outing.

Driving tips

- **Take turns driving.** If you have lots of energy in the morning, let your partner take the wheel in the afternoon.
- **Keep travel time to a minimum.** Choose numerous destinations, no more than six hours apart, and plan to stay more than a day whenever possible.
- **Check the weather.** If it's going to be hot, make sure your vehicle has adequate AC. Early summer road trips are usually cooler than July or August.
- **Keep a cooler with ice and a towel in the backseat.** Wrap the towel around your shoulders if you get overheated. Lots of bottled water or one of the cooling products are also a good idea.
- **The rest stop is your friend.** Don't be shy! Pull over when you see a restroom sign, even at the slightest "urging."

Make sure your destination is accessible

"Accessible" is a word that seems to mean as many things to as many people as "multiple sclerosis." Know where



you're going, and call ahead. Ask specific questions:

- Are the trails dirt, rock, or paved?
- How wide is the door into the bathroom and stalls?
- How high is the bed?
- Are there ramps for raised areas, or just steps?

Take a vacation from your vacation

There's nothing worse than going back to work the day after you've returned home from a long trip. Plan to get home on a Thursday night or early Friday morning, give yourself a full three-day weekend before going back to the grind.

Last year, Dana Bard wrote about virtual camping. Go to www.nationalmssociety.org/IMSJune05-SeaToSea.asp for the article, which includes links to accessible travel resources on the Web.

Dana also recommends Candy Harrington's *Barrier-Free Travel: A Nuts And Bolts Guide For Wheelers And Slow Walkers* and *There is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers*. (Both published by Demos Medical Publishing; 800-532-8663; www.demosmedpub.com.)

Managing MS

Tame MS with a Better Diet

You've just been diagnosed and you've already been told: "Change your diet!" You want to be as healthy as you can—and your diet is something you can control.



The Google search engine offers 2,500 **million** websites on "diet and multiple sclerosis"—many predicting doom if a person with MS fails to eliminate all dairy products, animal fat, meat, sugar in any form, gluten, "allergens"—the list goes on.

Ouch!

Who has the skinny?

The National MS Society respectfully suggests that—based on all evidence available to date—there is no scientific reason to suspect that burgers and fries cause MS or make MS worse. There is data suggesting that smoking and low vitamin D levels may affect susceptibility to MS.

There is also scientific reason to suspect that saturated fats (burgers and fries) increase the risk of other serious ills. In fact, a high fiber, low-fat diet is recommended by a host of medical advisors for everyone. Eating well means enjoying "five a day"—five servings of fruits or vegetables, limiting (not eliminating) certain foods, and balancing calories and physical activity.

Is that all there is?

Not quite. There is substantial data that people with relapsing forms of MS benefit from faithfully taking one of the approved disease modifying drugs.

Some data also suggests that people with MS benefit from a diet low in animal fat and higher in PUFAs (polyunsaturated fatty acids) specifically Omega-6 (found in sesame, sunflower, safflower, and evening primrose oils) and Omega-3 (found in ocean fish and flax-seed oils.)

According to Dr. Allen Bowling of the Rocky Mountain MS Center, who directs a Web site on complementary therapy in MS*, making changes in the types of fats eaten—in combination with a disease-modifying drug if indicated—may be worth considering for those who want a dietary approach. But taking PUFA supplements should be discussed with a health-care professional, especially if you use anticoagulant medication, have

continued on following page

■ Tame MS with a Better Diet

— continued from previous page

diabetes, or may need surgery. The data showing PUFA benefits in MS are “suggestive but limited,” he says.

Healthy eating isn't boring but change is the pits

Changing eating habits is hard. It takes time, imagination, and support. But it can be done. For starters, type “low fat fun” on your search engine and experiment. Bon appetit!

*For more information on diet and other alternatives, see www.MS-CAM.org or Dr. Bowling's book, *Alternative Medicine and Multiple Sclerosis*, Demos, 2001.

■ Next Medicare Part D Enrollment

— continued from page 25

addition, anyone who wants to switch to a different Rx plan may do so between November 15 and December 31 of each year. The new plan would take effect January 1 of the following year.

The Society has a one-stop list of resources at www.nationalmssociety.org/medicare. There are links to your State Health Insurance Assistance Program and to Medicare's Web site where you can Compare Medicare Prescription Drug Plans.

**For help , call us at
1-800-FIGHT-MS
(1-800-344-4867).**

Physical Health

Please contact Chelsey Butchereit or 800-FIGHT MS and select option 1 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

West Valley City

Tuesdays and Thursdays

5:00 pm – 6:00 pm

Cost: \$22.50/15-class punch pass

Roy Recreation Complex

2150 W. 4700 S.

Roy

Mondays and Thursdays

6:00 pm – 6:45 pm

Cost: \$10/10-class punch pass

Self Help Groups

Before you choose a group, ask yourself what atmosphere you feel most 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 to start your own.

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
6364 S Highland Dr
Beverly Trabanino
280-4480
Cheryl Hyman 886-0256

Knowledge is Power

3rd Saturday 10:30 am
Murray City Library
166 E 5300 S
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

Contact the chapter to
begin your own group.

Eastern Utah Price

1st Tuesday 7:30 pm
Health Department
28 S 100 E
Danny Velasquez
435-637-0712

Vernal

3rd Thursday
6:30 – 7:30 pm
Vernal City Offices
Vernie Heeney
435-789-1903

Southern Utah St. George

4th Saturday 10:00 am
Knight Education Ctr.
300 E 600 S
Ruby Edmondston
435-674-3533

Cedar City

3rd Saturday 11:00 am
Chamber of Commerce
(Enter west doors)
Linda Lohrengel
435-586-8001

***Please join us for dinner & an
informative evening!***

MS
IN BALANCE™
your life in full

KNOWLEDGE IS POWER- OGDEN

**September 21st with Tamara Myers, PA-C
Jasoh's-4590 S Harrison Blvd. 6-9PM**

SUCCESS with MS - PROVO

**September 27th with Pam Vincent, MD
Magelby's Grill- 4801 N University Avenue 6-9PM**

MS BASICS- TOOELE

**October 5th with Emily Kriech, PA-C
The Eagles Nest-Tooele Army Depot 6-9 PM**

CHOICES & CHANGES- SLC

**October 19th with Sheri Rosenblatt, PA-C
Red Robin- 316 E Winchester Street (Fashion Place) 6-9PM**

*MS in Balance complimentary seminars with dinner provided are for people living with MS,
their families, friends & caregivers to provide information & insights
that can help keep MS in Balance!*

RSVP Toll Free 1-877-329-8327

Please state which programs you will be attending



MS LifeLines™

Services sponsored by  

You're invited to learn the facts about MS



● ● ● MS experts have put it together for you.

You need accurate information to make choices for your life. A multiple sclerosis (MS) specialist will take the time to describe and explain what MS really is, a range of treatment options and what you can do to live well.

So whether you are recently diagnosed or have had MS for a while, take advantage of the information and support a live event can offer.



Advances in the Treatment of Multiple Sclerosis

September 7, 2006

Registration: 5:30 PM

Seminar: 6:30 PM-8:30 PM

Jordan Commons Megaplex Theatres

35 East 9270 South • Sandy, UT

Complimentary dinner buffet will be served

Complimentary parking available



Featured Speakers:

John F. Foley, MD

Kara Menning, NP

Molly Roy, PA

And hear inspiring stories from a patient advocate

Code: N



Call now to register now for this free program!

1-866-955-9999 or visit online

www.MSActiveSource.com



biogen idec™

0-3050-01

MS ActiveSource® is a trademark of Biogen Idec. This program is sponsored by Biogen Idec and Elan.

Paid Advertisement - Not a National MS Society Program



Utah State Chapter

National Multiple Sclerosis Society
Utah State Chapter
2995 South West Temple, Suite C
Salt Lake City, Utah 84115

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Salt Lake City, UT
Permit # 2318