



CONNECTION

MOVING TOWARD A WORLD FREE OF MS

Winter • 2009:1

Pacific South Coast Chapter

Walk to create a world free of MS!

You can make a difference in the lives of the 18,000 people affected by MS throughout Orange, San Diego and Imperial counties. Each year, thousands of people from Southern California come out to Walk MS for a fun-filled day with family, co-workers and friends, while raising funds to end MS. Enjoy free food and drink, live music, entertainment and much, much more! Last year, more than \$2.1 million was raised at three Walk MS locations. Many programs and services, as well as important research are underwritten by this event.



Join us this spring at the location nearest you!

San Diego County Credit Union Walk MS
Saturday, April 4: check-in at 7:30am
NTC Park at Liberty Station in San Diego

Walk MS
Saturday, April 25: check-in at 7:30am
University of California, Irvine

San Diego County Credit Union Walk MS
Sunday, April 26: Check in at 7:00am
LEGOLAND® California
in Carlsbad

Register today at www.MSwalk.com or call (800) 486-6762.
Read more about Walk MS on pages 2 & 11.

MORE INFO

Register for Walk MS at www.MSwalk.com or call (800) 486-6762

INSIDE THIS ISSUE:



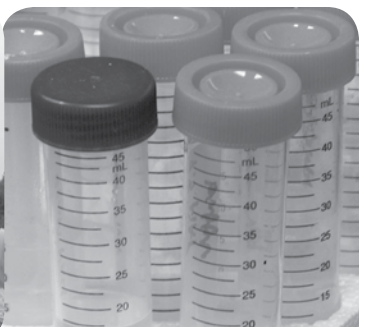
Morgan Stanley MS Golf Classic
Page 8



Resources for Veterans
Pages 4 & 5



Volunteers of the Year
Page 10



2008 Research Updates
Pages 12 - 15

(800) 344-4867

Publication of the
National Multiple Sclerosis Society
Pacific South Coast Chapter

Chapter Offices:
5950 La Place Court, Suite 200
Carlsbad, California 92008

3000-C Airway Avenue, Suite 125
Costa Mesa, California 92626

Karen Hooper
Vice President, Programs & Services

Beth Clark
Director, Marketing & Communications

**Help the Chapter save printing
and postage costs! To receive this
publication via email, send an email
to newsletter@mspacific.org with
"Email me the MS Connection"
in the subject line.**

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

Information provided by the Society is based upon professional advice, published, experience and expert opinion. Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The National Multiple Sclerosis Society recommends that all questions and information be discussed with a personal physician.

The National Multiple Sclerosis Society is dedicated to ending the devastating effects of MS.

© 2009 National Multiple Sclerosis Society,
Pacific South Coast Chapter

Enjoy Walk MS with the Pacific South Coasters

Lee Bulfin was diagnosed with MS in 1991. She says, "I rely on the Society for guidance and support. I volunteer at the chapter office twice a week and participate in free aqua classes to get much-needed exercise."

Last spring, Lee created Walk MS team: "Pacific South Coasters." Lee invited other people with MS and their families to join the team, successfully recruiting 43 members who walked and raised \$3,532! Again this year, the Pacific South Coasters will meet at the blue National MS Society tent at each Walk MS location and walk together. Lee says, "actually I won't be 'walking.' I'll use my scooter on the route – and you can too."

Everyone is welcome join the Pacific South Coasters team by visiting www.MSwalk.com > Click on "more" under Team Rank (right hand side) and scroll down to click on Pacific South Coasters. You can join the movement at any of the three Walk MS locations.

Team Captain Lee will be at the Walks in Irvine on April 25 and Carlsbad on April 26. She's seeking a co-captain for the San Diego Walk on April 4. Email MSwalk@MSpacific.org if you would like to become Lee's San Diego co-captain.

If not you, then who?

People living with MS are in the best position to motivate others to support the National MS Society. Please consider walking, volunteering, or just come enjoy the festivities – and support the Coasters and other Walkers who are moving to end MS.



Mark Your Calendars

Moving Forward: Program for the Newly Diagnosed

Saturday, February 7
8:30am-12:30pm

Moving Forward is an educational seminar for people who have been diagnosed with MS within the past three years. We hope you will learn more about MS and how the chapter can help support you.

Holiday Inn - Orange County Airport
California Room
2726 S. Grand Ave.
Santa Ana, CA 92705

For more information, please call (800) 344-4867.

accept the **challenge** of a lifetime.

journey toward a world free of **multiple sclerosis.**

September 11-13
Carlsbad to San Diego



Southern California 2009



myMSchallenge.com



Two MS Symposiums In 2009

This year the chapter is hosting two collaborative symposiums. You can attend one or both if you'd like – and you are sure to learn something new about MS from our expert speakers. Detailed invitations to the symposium nearest you will be mailed in February.

Annual UCSD MS Symposium

March 14, San Diego
Co-hosted with the UCSD MS Center
Topic: Stem Cell Research and Genetics

Annual Research Symposium

March 21, Irvine
Co-Hosted with the Fountain Valley MS Clinic
Topic: Myelin Repair and Research Panel

Clinical Trial Update

Researchers nationwide are enrolling people who have relapsing forms of MS in a study to evaluate the effects of Tysabri (natalizumab, Biogen Idec and Elan Pharmaceuticals) on responses to common vaccines in order to understand better the immune responses of patients with MS on Tysabri. In Southern California, Dr. Jack H. Florin in Fullerton is a Principal Investigator. *Contact: Kellie Simpson, Clinical Coordinator at the Fullerton Neurology & Headache Center at (714) 738-0800 or Kellie_Simpson@sbcglobal.net.*

Stronger Together - Military Families With MS

Paralyzed Veterans of America

Paralyzed Veterans of America (PVA) will handle any veteran's claim with Veterans Affairs (VA). They specialize in spinal cord injury and diseases, however you don't have to be paralyzed – any diagnosis will qualify you for PVA assistance.



Glen Middleton has been the PVA's National Service Officer in San Diego for nearly three years. Prior to that, he lived in Texas and was an advocacy and legislature volunteer for the National MS Society and local PVA chapter for six years.

After feeling numbness in his hands and feet that progressed to balance issues and then bladder trouble, Glen saw his doctor. Within a month he was diagnosed with MS. It was November 1997, and Glen was active duty Army. "I can relate to clients on many levels – I have MS and I'm a veteran," says Glen. Glen often speaks at chapter support groups and events and says that the PVA provides ongoing support even after benefits are awarded. Any claims, equipment issues, hospital or benefits office issues can be handled by your PVA officer.

"I love my job," says Glen. "It's challenging for me, and at the end of the day, I feel good about what I've accomplished."

Chapter Hours at the La Jolla VA Hospital



On the third Friday of each month, the VA holds a degenerative disease clinic at the La Jolla VA hospital, free to VA members. Each clinic attendee is welcome to visit with Dr. Jody Corey-Bloom. Attendees with MS may also consult with chapter staff member, Amy Keller, to learn about our programs and services. *Contact Amy to learn more at amy.keller@mspacific.org or (760) 448-8403.*

Did You Know?

Take Advantage of VA Benefits for people with MS

A veteran living with MS is likely to be entitled to service-connected benefits if he or she served on active duty for at least 24 months and showed symptoms of MS while in service (or within seven years after leaving service).



received treatment, including service medical records, as well as your DD-214 and notarized statements from your spouse or family about the extent of your condition.

3. You will have a year from the date you initiate your claim to submit any supporting evidence; however, your claim will be adjudicated much faster if you do not wait. *Contact or visit the PVA Service Office or call the VA Regional Office in your area at (800) 827-1000.*

Service connection for MS begins at a minimum of 30 percent disability, currently paid at \$376 a month for a veteran with no dependents. From there, your percentage rating is increased based on the disabling residuals of the disease. If your condition has rendered you with significant loss of use of your arms or legs, bowel and bladder function, eyesight, or erectile function (for males), there is another tier of special benefits to which you may be entitled.

Steps to take:

1. The VA must receive written notice of your intent to file a formal claim for presumptive service connection for MS. You can do this on your own, or contact a veteran service organization like the PVA, to initiate a claim with the help of a service officer.
2. Support your claim with medical evidence that describes symptoms; a physician's statement is necessary to confirm pre-diagnosis manifestation of MS. Consolidate any medical records from sources where you

Navy Medical Center San Diego: MS Support Group

Third Monday of every month

11:30am – 12:30pm

(January and February meetings are the fourth Monday of the month)

Open to active duty and retired military with MS and their family members.

Meetings are informal and educational. *Please call the NMCS D Neurology Clinic at (619) 532-5648 for more information.*

Chapter Services

MS Hours at Kaiser Permanente in Irvine

The chapter has joined with Kaiser Permanente to offer services to Kaiser members living with MS – through new MS Hours at Kaiser. You can meet one-on-one with a chapter staff person who will help you find out how the Society can support you.

Dr. Parissa Hagh, a neurologist at Kaiser, will also be available for consultation during MS hours. "I'm proud to partner with the Society to offer specialty care for people living with MS. Kaiser medical expertise, Society resources and the chapter's referral of a wide range of community resources make a perfect team." Kaiser and the chapter are proud to partner to offer this opportunity.

We will be visiting Kaiser Permanente every other month at 6650 Alton Pkwy in Irvine. The next dates are on Tuesday, February 17, 2009, 8:00am-2:00pm and Tuesday, April 21 8:00am-2:00pm. Call 1-800-344-4867 (1-800-FIGHT-MS) to schedule an appointment for one of these or other available dates!



**bike
MS**

Bay to Bay Tour

an unforgettable ride.
an unbeatable destination.

a world free
of multiple sclerosis.



biketofinishMS.com

30, 100 or 150 miles
October 10 & 11

2009 MS Fitness Scholarship Sponsor: Dr. Gram

After many years supporting the local community with various outreach programs, this year Dr. Gram has decided to put his commitment to the Society in the form of a grant to support the 2009 MS Fitness Scholarship. His grant dollars will allow two selected recipients the opportunity to participate in a personal training program specifically designed for those living with MS.

Dr. Gram is the President and CEO of SKIN1, a line of skin care he developed with the best ingredients to handle both everyday and not-so-everyday skin issues. For over a decade, he has helped both physicians and patients solve their skin problems. Now, his unique skin-care regimen is available through SKIN1. *To apply for this program or for more information, call (858) 677-9480.*

Bill Howe Plumbing sponsors MSF.I.T.T.

For the second year, Bill Howe Plumbing will be sponsoring the MSF.I.T.T group strengthening class. With Bill Howe Plumbing’s sponsorship, the strengthening class will be offered to people with MS for only \$5 per class. We would like to thank Bill and Tina Howe for their continued commitment to our cause. *For more information about this program, contact Addie’s Studio at (858) 677-8404.*

Cedar Pharmacy supports MS Yoga Program

Cedar Pharmacy is a locally owned business where community involvement helps drive their success. This year, Cedar Pharmacy has offered the Society a grant to support the 2009 MS Yoga Program. Cedar Pharmacy is one of only a few pharmacies in San Diego that compounds medication in addition to delivering all prescriptions to their clients’ front door. The grant dollars that Cedar Pharmacy is providing will support a weekly Yoga class to all members free of any costs. Thank you, CEO Bernard Gramlich, for your commitment to our cause. *For more information about this program, contact Amanda at (760) 448-8404 or amanda.lasik@mspacific.org.*



Another great Sycuan Annual Family Holiday Party



On Saturday, December 6, over 500 chapter members enjoyed attending the Sycuan Annual Family Holiday Party in San Diego at Qualcomm Hall. As title sponsor of the Sycuan Annual Family Holiday Party for nearly a decade, Sycuan has provided a social outing including brunch and entertainment for hundreds of families. When Sycuan increased their commitment from strictly funding to

catering the entire event, the event grew from 350 to 500 attendees annually – to nearly 550 in 2008!

Families enjoyed all the traditional holiday treats, such as gingerbread, hot chocolate and gifts for children, as well as brunch favorites like fresh quiche, fruit and warm breakfast pastries – provided and staffed by Sycuan. With Sycuan’s support, the chapter also provides our Orange County clients with complimentary round-trip accessible transportation to the brunch. Thank you, Sycuan!

Funding the Mission

Morgan Stanley MS Golf Classic



Golfers, please join us in taking a swing at MS – on Monday, May 4, at the 15th Annual Morgan Stanley MS Golf Classic at the prestigious La Jolla Country Club. The event hosts a maximum of 120 players and always sells out early – so reserve your invitation now! Foursomes will consist of flights for men, ladies and mixed. Entry donation includes green fees, cart, lunch, special tee gifts and prizes, an “after golf” reception, gourmet awards dinner and auction. *For more information or sponsorship opportunities, contact Angela Northrup at (760) 448-8434 or angela.northrup@mspacific.org.*

Car Donations

You can donate your car, truck, motorcycle, boat, trailer or RV to the Chapter! It's simple:

- Avoid the hassle and cost of selling your vehicle!
- Free towing and pick-up!
- All DMV registration documents handled by us for you!
- Tax-deductible!

To donate your vehicle, please call Car Program, LLC, toll free at (800) 513-6560, or contact Nida Tolentino at (760) 448-8423.

22nd Annual San Diego County Credit Union MS Dinner Auction

San Diego County
Credit Union®

MS
DINNER AUCTION

On November 22, 2008, 450 guests joined us for San Diego's largest and most prestigious black-tie charity event, the MS Dinner Auction, held at

Loews Coronado Bay Resort. Over \$420,000 was raised at this “Journey to the Far East” while guests enjoyed a gourmet dinner, complimentary champagne, and silent and live auctions. Winning bidders got a jump-start on their holiday shopping, purchasing domestic and international travel packages, golf foursomes, spa services, gift baskets, memorabilia and one-of-kind experiences from over 1,000 packages.

A special thank you to our title sponsor, San Diego County Credit Union, as well as Sycuan Resort and Casino, Continental Airlines, Biogen IDEC, Kaiser Permanente, Nordstrom, Qualcomm, EMD Serono, Clear Channel, Barefoot Wine and Divine Ink.

To join the excitement next year, participate in the auction committee, or learn more about sponsorship contact Angela Northrup at (760) 448-8434 or angela.northrup@mspacific.org.



Can I afford to start on MS therapy?

Will not starting cost me even more?

If you have relapsing MS, cost should be the last thing on your mind. Find out more about MS LifeLines Access Made Simple, a new program that makes starting therapy simpler and more affordable for many people. Participation is subject to eligibility requirements.

To learn more, visit www.MSLifeLines.com/california



MS LifeLines
access made simple

MS is challenging. Getting on therapy shouldn't be.



MS LifeLines is a registered trademark of EMD Serono, Inc. or its affiliates.

© 2007 EMD Serono, Inc. All rights reserved. 07-19787 RBU00122 11/07

Supporting the Mission

Volunteers of the Year Honored at Annual Meeting

On Saturday, December 13th at the Laguna Cliffs Marriott Resort, the chapter's Volunteers of the Year were honored for their outstanding service and dedication.



Dave, Maria and Isabella Cavella

Chapter Volunteers of the Year

Rick Doten

Challenge Walk Volunteer of the Year

Larry Barnett and Kevin Elder from Fly by Night Corporation

Walk MS Volunteers of the Year

Dave Brooks

Bike to Finish MS Volunteer of the Year

Laurelle Palmer

MS Dinner Auction Volunteer of the Year

Karen Craven

General Office Volunteer of the Year

Mark Wegener

Health Care Provider Volunteer of the Year

YogaWorks

Health & Wellness Partner of the Year

Jewish Family Service of San Diego

Service Provider of the Year

Ability Center

Programs Community Partner of the Year

Frank Austin & Mike Milne

Self-Help Group Volunteers of the Year

Emily Hansen

Angel Visitation Volunteer of the Year

Senator Tom Harman

Legislator of the Year

Nan Luke

Activist Volunteer of the Year

ROEL Construction

Corporate Partner of the Year

CO's Traffic Control

Community Partner of the Year

Randy Kaforey

Media Partner of the Year



We are always in need of volunteers to help us with the day-to-day operations of the Chapter? Office volunteers provide critical support in our various departments. *If you have four or five hours once a week, Monday – Friday, during business hours and would like to volunteer at the chapter, please contact Linda Ingram at (760) 448-8416 or linda.ingram@mspacific.org.*

INTERN NEEDED!

The Volunteer Department is looking for a college student intern. This is a non-paying position but you will be learning to recruit and manage volunteers for our large events. The ideal candidate will be available 16 hours per week, knowledgeable of Excel, Word, good phone etiquette and a winning attitude. *For more information contact Linda Ingram at (760) 448-8416 or linda.ingram@mspacific.org.*

Funding the Mission

Walking on Water

You don't have to "walk" to be a part of Walk MS. You can donate, get your company to become a sponsor, volunteer as an individual or with a group, fundraise as a Virtual Walker (register and fundraise as a Walker but do not walk), use a mobility aid **or even swim.**

Take for example, Walk MS team:

Water Walkers.

Each year, this team of people living with MS (who participate in aquatic exercise) holds their own event in a swimming pool.

According to Team Captain Karen Cooper, the Water Walk began in 1998 and has raised more than \$293,000 over the years. "This is our own way of participating in the Walk and raising money to end MS," said Cooper, who uses a motorized wheelchair. This year's event will be held at 10am on Friday, April 17, at "The Plunge" Wave House Athletic Club, 3146 Mission, San Diego, near Belmont Park's Giant Dipper roller coaster.

New this year, another team called the **South Bay Splashers** is planning a water walk at 10am on Wednesday, April 15, at the South Bay Family YMCA, 1201 Paseo Magda, Chula Vista. The South Bay Splashers are led by long-time Walk MS Team Captain, Rachel Chapman who is also a member of the chapter's Government Relations Committee, and Ramona Ackerman, a Society aquatic

instructor. Rachel says, "This is a great opportunity for community involvement in the South Bay. The water exercise benefits people with MS, and I look forward to



the community awareness that this event will bring."

Join either team by visiting www.MSwalk.com > Click on "more" under Team Rank (right hand side) and scroll down to click on South Bay Splashers or Water Walkers.

Or come to the pool on April 15 & 17 to cheer the "Walkers" on!

THANK YOU FRAZEE!

Special thanks to Frazee Paint & Wallcovering for their ongoing dedication to



a world free of MS through logistical, staff, trucking and all the amazing support they provide for ALL of our events. We couldn't do it without you!

Research Spotlight - Year In Review

Great Strides Moved MS Research Forward During 2008



The year saw rapid research progress in virtually every field of science and medicine that impacts our understanding of the unpredictable neurological disease of multiple sclerosis. Thanks to its generous contributors, in 2008 the National MS Society invested nearly \$50 million to support over 440 new and ongoing MS research projects as part of its international effort to prevent, treat and cure MS.

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 – with over one dozen final-phase trials of new therapies including some taken by mouth. Key highlights of the last year include:

Treatment/Pipeline

- Walking speed improved significantly in a clinical trial of 240 people with all types of MS taking Fampridine-SR (MS-F204, Acorda Therapeutics, Inc.) compared with those taking inactive placebo. Fampridine-SR is a sustained-release formula of 4-aminopyridine, which temporarily enhances nerve signaling. The company is planning to file in 2009 for approval of this drug to treat mobility issues in MS.
- **Positive results were published** from at least three phase 2 trials of drugs in the pipeline for relapsing-remitting MS. Two are the experimental oral therapies laquinimod (Teva Pharmaceutical Industries) and BG00012 (Biogen Idec, Inc.); the other is alemtuzumab (Genzyme Corporation and Bayer Healthcare), given by yearly infusion. Each was found to reduce MS disease activity by modulating the immune attack. Larger phase 3 trials are ongoing for each of these agents.
- One course of the IV drug rituximab (Rituxan®, Genentech and Biogen Idec) was shown to **reduce MS disease activity** for 48 weeks in people with relapsing-remitting MS. Rituximab depletes immune B cells, which may play a role in the immune attack on brain and spinal cord tissues in MS. A clinical trial of rituximab in people with primary progressive MS brought disappointing results, with no apparent benefit, but researchers are still analyzing data from that study for possible signs of impact on the disease.
- Fast Forward, the National MS Society's initiative aimed at translating

Research Spotlight

promising laboratory discoveries into effective new treatments for MS, got off to a flying start during its first year of operation. Fast Forward entered talks with several companies with the aim of developing novel therapies or repurposing existing drugs for the treatment of MS, and closed its first deal, details of which will soon be announced.

Nervous System Protection/Repair

- University of Rochester researchers funded in part by the National MS Society showed for the first time that human glial progenitor cells – immature myelin-making cells – **restored the myelin insulation on nerve fibers** as well as neurological function when transplanted into the brains of some mice born without the ability to form myelin. Myelin is a key target of the immune attack in MS.
- Researchers from the Salk Institute for Biological Sciences and other institutions reported that adult stem cells in mice that were on their way to becoming nerve cells could be reprogrammed by changing a single gene to **turn into cells that make myelin**. Further research is needed to translate these findings in people and to determine their significance to myelin repair in MS.
- A study of brain tissue obtained from people with MS indicated that, while many areas of damage showed expected loss of myelin and nerve cells, a few older lesions showed a 72% increase in nerve cells when compared with neighboring brain regions. The findings, by Society-funded investigators at the Cleveland Clinic Foundation, support the possibility that **nerve cells in the white matter of**

the brain can be replaced after they are destroyed by MS.

- Brigham and Women's Hospital researchers supported by the National MS Society reported that an experimental compound (a derivative of fullerene, a form of carbon molecule) **reduced disease progression**, as well as damage to nerve fibers and their myelin insulation, when administered to mice with a progressive MS-like disease.
- Two teams of researchers funded by the National MS Society reported findings on nerve tissue injury and repair that add important information needed to stop MS progression and **develop nervous system repair strategies**. One team (from the Mayo Clinic) found two enzymes that may serve as markers of progressive MS and nerve fiber injury, and the other team (from Mount Sinai School of Medicine) reported that another enzyme is essential for replenishing myelin-making cells that have been depleted by MS. Both teams hope to identify targets for the development of new therapies for MS.

Risk Factors/Disease Activity

- Investigators from the University of Queensland, funded by the National MS Society and MS Australia, published results suggesting that a person's set of immune-related genes may help determine which parts of the brain and spinal cord are attacked by the immune system during the course of their MS, and may explain why individuals with MS experience tissue damage, and corresponding symptoms, differently.

Research Spotlight

- In a major step toward discovering molecules that may be used as “markers” to predict MS disease activity and progression, researchers at the University of California, San Francisco identified a **pattern of gene expression** (i.e., patterns of genes being turned on or off) within immune cells that was associated with quick conversion to MS in a study of 37 people with CIS (clinically isolated syndrome, a first event suggestive of MS). This study was funded in part by the National MS Society.
- University of Toronto researchers investigated 117 children at high risk for MS – youngsters who have had one neurologic episode. They reported at the World Congress of MS Research that vitamin D levels were significantly lower in the 16% of the children who went on to develop definite MS. Future studies are needed to determine whether vitamin D supplementation alters disease susceptibility or course.
- An international collaboration of investigators found **differences in genetic material** between people who respond to interferon beta treatment and those who don't, in a study of 287 people with relapsing-remitting MS. If confirmed by larger studies and explored further, these results are an important step toward using genetic information that may one day guide treatment decisions for patients and their doctors.
- Researchers at Stanford University and other institutions conducted high-tech analyses of different types and stages of MS brain lesions to uncover hundreds of proteins that may be active at different

stages of the disease. To validate the approach, which was funded in part by the National MS Society, they narrowed in on two of the proteins and blocked their activity using existing drugs in mouse models of MS, and were able to improve symptoms.

Impacts of MS on People

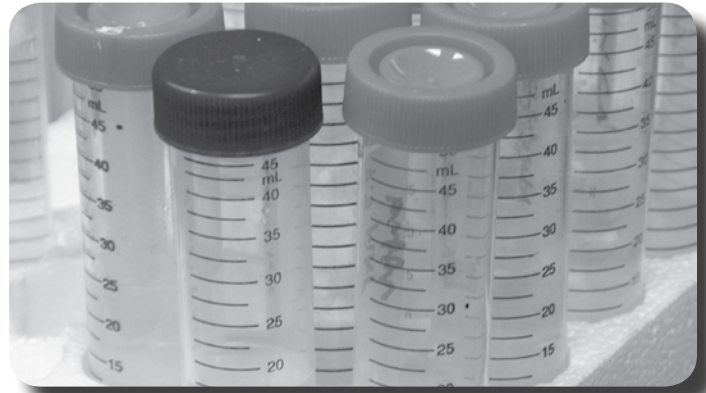
- People with MS who see neurologists are more likely than those who see other providers to receive treatment with disease-modifying agents and to see rehabilitation specialists and urologists, according to a project using data from the Sonya Slifka Longitudinal MS Study (funded by the National MS Society's Promise 2010 research and care initiative). The study suggests that those who only consult non-neurologists for their MS care may not be receiving the latest advice or widest spectrum of treatments that have been shown to improve outcomes.
- The Atlas of MS was unveiled by the MS International Federation at the World Congress on MS. This international survey reached people in 112 World Health Organization member states, area and territories, representing 88% of the world's population, to gather data on resources available to diagnose, treat, and support people with MS. The Atlas highlights the need for improved MS care. www.atlasofms.org
- The symptoms of MS that affect mobility have a significant impact on quality of life, safety, and financial and emotional health among many people living with MS, according to the results of two 2008 surveys conducted by Harris

Research Spotlight

Interactive on behalf of Acorda Therapeutics, Inc. and the National MS Society. The findings provide new data related to the impact of mobility loss and walking difficulty on different aspects of daily life for people with MS.

Driving Research and Collaboration

- For the first time, **\$5 million has been awarded for MS research** within the Congressionally Directed Medical Research Programs, thanks in large part to efforts by MS activists across the country. This line-item allocation for investigator-initiated research projects is funded through the Department of Defense.
- The international teams focusing on nervous system repair and protection in MS, funded through the Society's Promise: 2010 initiative, published or presented over 60 reports in medical journals and scientific meetings over the last year to share their discoveries with the research community. The teams will convene in January 2009 to further collaborations toward the goal of testing repair and protection in MS.
- The network of Pediatric Centers of Excellence established by the National MS Society chose a data coordinating center that will expedite efforts to investigate MS in children. Although the centers have already begun conducting research investigations, this data center is establishing the infrastructure necessary for larger, more comprehensive studies.
- The National MS Society's first Tykeson Fellows Conference was held to spur new ideas and collaborations among young scientists and physicians across North



America and to offer insights into ways they can pursue successful careers as MS researchers.

- Over 5,000 clinicians, clinical researchers and basic scientists from around the world convened in Montreal, Quebec in September to share findings at the first World Congress on Treatment and Research in Multiple Sclerosis. Research on nervous system repair, pediatric MS, new therapies in the pipeline and much, much more was reported in nearly 1,000 presentations at this exciting meeting.

These and many other advances this year helped move us closer to a world free of MS.

For more information, visit nationalmssociety.org/research

SUPPORT RESEARCH

To make a donation in support of National MS Society funded research, visit www.MSpacific.org, or contact Karen Barton at (760) 448-8412 or karen.barton@mspacific.org.

February

- 7 Moving Forward: Seminar for the Newly-Diagnosed - *Santa Ana*
- 10 CEOs Against MS Corporate Breakfast *Costa Mesa*
- 11 CEOs Against MS Corporate Breakfast *Carlsbad*
- 12 CEOs Against MS Corporate Breakfast *San Diego*

March

- 14 UCSD MS Research Symposium - *San Diego*
- 21 MS Research Symposium - *Irvine*

April

- 4 San Diego County Credit Union Walk MS - *San Diego*
- 25 Walk MS - *Irvine*
- 26 San Diego County Credit Union Walk MS - *Carlsbad*

CLASSIFIEDS

Wheelchair accessible 2006 Dodge Grand Caravan, excellent condition. 28k miles. Side-entry electric fold-out ramp. Electric transfer seat. Wheelchair tie-downs. Seats 5 passengers plus wheelchair. Rear trunk storage space. \$2,650 OBO. Call 858-558-0630.



**National
Multiple Sclerosis
Society
Pacific South Coast
Chapter**
5950 La Place Ct., Ste. 200
Carlsbad, CA 92008

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
Permit # 451
San Diego, CA