Equal Devastation
Planned in the Fight to End MS

“MS is a devastating disease. But, we will be Equally Devastating,” challenged former National Board Chair Ed Kangas as he addressed chapter staff, team captains, and volunteers from across North America.

This challenge opened the National MS Society National Conference November 8 through the 12 in Atlanta, Georgia, and will set the tone for the coming year.

As a society we need to do more — more volunteers giving of their time and energy, more ambassadors getting the message out, and more fundraisers doing all they can to help fund the cure.

But, what does equally devastating mean?
It means that each one of us, those who have been diagnosed, those who care about someone living with the disease, and health care professionals providing treatment all need to work a little harder in the fight to end this disease. “We need to deploy the troops in the war against MS,” challenged incoming National Board Chair, Weyman Johnson. “As a society we need to do more — more volunteers giving of their time and energy, more ambassadors getting the message out, and more fundraisers doing all they can to help fund the cure.

continued on page 8
Ask the Neurologist

Series Through Spring 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
- Tues. - Jan. 31, 2006 Dr. John Rose
- Tues. - Feb. 28, 2006 Dr. Evan Black
- Tues. - Mar 28, 2006 Dr. Pat Duverney
- Tues. - April 25, 2006 Dr. John Steffens
Location: Ramada Inn • 2455 S. State • Salt Lake City
(Enter from the rear or East parking lot.)

Northern Utah
- Thur. - Feb. 23, 2006 MS Specialist - TBA
Location: Maddox Ranch House (Lodge)
1900 S. Hwy 89 • Perry, UT

Please Join Us!

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

MS Journey Club
- January 11 through February 15

MS 101: Newly Diagnosed Forum
- January 24 - Evening - Location TBA
- March 7 - Lunch - Location TBA

TeamMS Corporate Breakfast
- January 26, 7:30 am
  Marriott City Center, Salt Lake

Team Captain’s Kickoff Brunch
- February 4, 10:30 am
  Marriott Downtown, Salt Lake

Couples Workshop
- Salt Lake City: February 9, 6:00 pm
  Marriott City Center
- Ogden: February 8, 6:00 pm Marriott Hotel
- Provo: Thursday, February 10, 6:00 pm
  Marriott Hotel

Women Against MS Champagne Luncheon & Fashion Show
- February 25, 11:00 am
  Little America Hotel - Salt Lake

Information Highway
- St. George and Cedar City: March 3-4
- Provo: March, 9
- Ogden: March 22
- Logan: March 23
- Vernal: March 25

MS Awareness Week
- March 13 – 17, Nationwide

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

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

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

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- Index of Advertisers -
  Teva Neuroscience ................. 2
  Serono Neurology ................. 35
  Biogen Idec ....................... 36
Local Heroes Receive National Honors in Fight Against MS

The Utah State Chapter is pleased to announce that Utahns Philip G. McCarthey and Sarah Hunter recently received national honors for their passion and efforts in the fight against MS.

Philip McCarthey was inducted into the National Volunteer Hall of Fame at the Society’s National Conference in Atlanta, Georgia on Friday, November 11. Philip McCarthey has been an integral part of the National MS Society Utah State Chapter for the past 16 years. He has contributed his money, time, and expertise to serving the Society’s mission, to end the devastating effects of MS. In 1998, he started the Women Against MS Champagne Luncheon and Fashion Show, which has raised $257,000 since its inception. Continuing his father T.K. McCarthey’s legacy, he has been involved with the Dinner of Champions since his father’s death in 1989. In 2002, Phil was honored with the T.K. McCarthey Silver Hope Award, at which time he gave the chapter its largest individual gift, $113,000. Phil has been an active member of the Utah State Chapter Board of Trustees since 1990, serving as Chair from 1994 to 1999.

On Wednesday, November 9, it was announced that Utahn Sarah Hunter was the recipient of an MS Leader of Hope Award from Biogen Idec in association with the National MS Society. Sarah was just 16 when she was diagnosed with MS. The now 18-year-old didn’t let her diagnosis squash her dreams. Despite the challenges of MS, she continued to play on her Bingham High School basketball team, inspiring her teammates and everyone around her. In 2004 the National MS Society Utah State Chapter honored Hunter with the Female High School Athlete of the Year Award.

The Utah State Chapter congratulates Philip McCarthey and Sarah Hunter on their extraordinary efforts to help end the devastating effects of multiple sclerosis.
Desperate to help her brother diagnosed with MS, Sylvia Lawry placed a classified ad in the May 1, 1945, New York Times: “Multiple Sclerosis: Will anyone recovered from it please contact patient.” The replies compelled her to organize a meeting of 20 research scientists on March 11, 1946: the beginning of the National MS Society. Since then, we’ve grown into a nationwide organization that funds research to find a cure, educates health-care professionals, speaks out on public policies, and provides support to people with MS through programs and information.

To mark this 60-year milestone of serving people with MS, we have named March 13 through 17, 2006, as MS Awareness Week. Tuesday, March 14, is designated the National MS Day of Hope. To bring attention to our mission of ending the devastating effects of MS, people across the country will show “aWEARness” and solidarity by wearing the MS Band of Hope, MS Ribbon of Hope, and other MS identifiers. (It’s time to pull out your old event T-shirts!)

Mark your calendar now! Check our Web site or call 1-800-FIGHT-MS to learn more about MS Awareness Week activities.

The MS Band of Hope and other MS “aWEARness” items are available through the chapter’s online store at www.fightmsutah.org.

Mark Your Calendar: MS Awareness Week  
March 13-17, 2006!

Visit our Web site at: fightmsutah.org
The National MS Society Wants to Help YOU Pay for College

The National Multiple Sclerosis Society is accepting applications for 2006 scholarships. Applicants must be individuals who have MS or have a parent with MS. Recipients are chosen based on financial need, academic record, school and community involvement, and a personal essay discussing the impacts of MS on their life.

“We know so many families are struggling to cope with the financial impact of MS,” says Nancy Law, Vice President of Client Programs for the National MS Society. “We know situations where kids have deferred college acceptance to work and save, young people who can’t bring themselves to ask their parents to co-sign student loans, even situations where a scholarship has been turned down for lack of funds for all the non-tuition expenses. This is why we are fighting this frequent side effect of MS – because MS shouldn’t stand in the way of an education.”

This will be the fourth year that the Society has awarded scholarships under the National MS Society Scholarship Program. The scholarship fund is supported by donations from across the country. In 2005, there were 754 applicants and the Society granted 88 scholarships totaling $207,000.

One of the recipients was local Utahn, Hilary Schram who received a $3,000 scholarship. To apply please call 1-800-FIGHT-MS or visit www.nationalmssociety.org and click on “About the Society” on the top navigation. Applications must be postmarked by February 16, 2006.

7th Annual
Women Against MS
Champagne Luncheon & Fashion Show

Saturday, February 25, 2006
Champagne Reception & Luncheon 11:00 a.m.
Designers Against MS Boutique 10:30 a.m.

Fashion Show by GREAT GARB

Little America Hotel
500 S. Main Street, Salt Lake City, UT
Tickets $75.00
Please RSVP by Friday, February 17 by calling 801-493-0113 or online at www.fightmsutah.org
Actress Teri Garr Inspires Utahns Living with MS at the Utah State Chapter’s Annual Meeting

Oscar nominated actress Teri Garr spoke to Utahns about the challenges of living with multiple sclerosis in a humorous and uplifting speech at the National MS Society Utah State Chapter’s Annual Meeting on Wednesday, November 16, at the Fort Douglas Officer’s Club.

Garr, who publicly announced she had MS in 2002, began her speech by telling others with MS, not to ask “Why me?” But instead ask, “What can I learn from this?” “What can I do about it?” And most importantly, “What can I accomplish in spite of it?”

The packed house of 160 enjoyed Garr’s rousing speech over dinner. Known as a comedian in her film and television roles, attendees quickly learned that Garr understands the healing power of laughter. The actress kept the crowd entertained, joking about certain aspects of the disease, such as fatigue, one of the most common symptoms of MS. “I could take a nap right now,” Garr said. “And by all means if any of you need to, feel free. I won’t take it personally.”

Garr touched on how much she enjoys visiting Utah, especially the Genealogy Library where she stopped between media appearances prior to the event. She also regaled the crowd with stories of her adventures in Hollywood.

Following the meeting, Garr took photographs with fans and signed copies of her new book, Speedbumps.

Garr is actively involved with the National MS Society and the MS community, and travels the United States speaking about her experiences living with MS, empowering others with MS to educate themselves about the disease, and to seek treatment early. She is a National Ambassador for the National MS Society and is a leading advocate in raising awareness for MS and the latest treatments for the disease.

Garr is known for starring roles in the films, Young Frankenstein, Mr. Mom, Close Encounters of the Third Kind, and Tootsie, for which she received an Oscar nomination.

The Annual Meeting was also an opportunity to nominate members to the Board of Trustees, hear an MS research update, and award “Mission Possible” plaques to fundraisers and sponsors who raised or contributed at least $1 for each of the 3,500 clients the Utah State Chapter serves.
Yes We Can, Now We Will — continued from page 1

they can to help fund the cure.”

Obviously, one of the most imperative steps in the struggle to end the devastating effects of MS, is finding a cure. But, a cure for MS means many things to many people.

For those who have been newly diagnosed, it means a stop to the progression of the disease.

For those whose disease has progressed, it means an ability to repair nervous system injury, and regenerate damaged myelin.

For future generations, a cure means prevention, and an understanding of the relationship between pre-disposition, and immunological or environmental triggers.

At the National Conference the progress toward each of these types of cure was discussed, highlighting the Promise:2010 research initiatives as some of the most promising MS research in the field.

Components of Promise:2010 initiatives include:

The Sonya Slifka Longitudinal Study with collaborators from Harvard, MIT, and Cambridge University gathering 500,000 variants in the genes of people with MS and their healthy parents to better understand what genetic variants pre-dispose a person to develop MS.

This is also the first qualitative study of MS examining the individual inside the disease: analyzing access to quality healthcare, impacts on family dynamics, and variations in response to treatment.

Information revealed in this study will impact government policies, guide future research, and allow for a more human inclusive understanding of the way drug therapies should work.

The National MS Society has dedicated $4.3 million to this research.

Nervous System Repair and Protection with a goal that experiments be moved out of test tubes and into human subjects as quickly as safely possible. Acceptance of funding relied upon proof that findings could be brought to clinical trial within five years. It is also an essential part of this research that scientists discover methods for ensuring that repaired tissue be protected from future damage.

The National MS Society has provided a funding commitment of $15.6 million to this project.

Pediatric MS Treatment Centers that provide comprehensive treatment for children with MS, and financial assistance for families traveling to receive treatments were announced. The centers will be located at:

• Children’s Hospital of Alabama
• State University of New York at Buffalo
• Mayo Clinic of Rochester
• State University of New York at Long Island

continued on following page
Further, it has been hypothesized that children provide the best focus group for studying why MS occurs. Children who develop MS have been exposed to fewer immunological variables, and develop their disease at an earlier than average age. Scientists believe this is because they may have had more intense exposures or a stronger genetic pre-disposition to the disease than those whose MS develops later in life.

The MS Lesion Project, the most extensive effort to date, concentrating on locating patterns of MS damage that correlate with clinical symptoms, MRI scans, and responses to therapy; Finally bringing about an understanding as to why MS behaves in such radically variant ways between individuals.

The Lesion Project has discovered that there may be four types of tissue damage in MS, and that patients with different lesion patterns also exhibit unique responses to therapy.

The Promise:2010 initiatives over the next five years, will serve as a supplement to more than 300 MS related research projects currently in process. Funding these initiatives will require fundraising efforts in excess of the current goal to reach $500 million dedicated to research Nationwide by 2010.

Explaining why the time is now to become aggressive in this pursuit Joyce Nelson, President and CEO of the National MS Society, discussed the fact that although much has been done to end the devastating effects of MS, much remains to be done. “We should be outraged, outraged that it takes over 1,000 days for a person with MS to be approved for Social Security benefits. Outraged that a person not responding to current disease modifying drugs does not have seven, or twelve options, and, we should be outraged that this disease has devastated, and continues to devastate so many."

Bringing the National Conference spontaneously to its feet in applause, Weyman Johnson made one final challenge, “I beg you, I implore you, to fight the fight, everyday, with everything you have, until we put this organization out of business.”

It is with those words that the National MS Society will be guided in the coming years. As we prepare for the events of 2006, the client programs we will offer, and a massive MS Awareness Week campaign, we ask you, our ambassadors, volunteers, and fundraisers to join us one more time in the fight to end the devastating effects of MS.

Can we cure this disease?

Yes We Can, Now We Will!
Spread the Mission...
Become an MS Ambassador!

In May 2005, the Utah State Chapter began the MS Ambassador program in Salt Lake City. Due to the success of the program, we are now searching for ambassadors in other areas throughout the state, primarily, St. George, Logan, and Ogden. Ambassadors may include people with MS, family, friends, and those genuinely interested in the fight against MS.

MS Ambassadors assist the chapter in increasing public awareness of MS in the community. Ambassadors provide the following services to the Society:

- Present to community and fundraising groups
- Participate in media interviews and opportunities
- Present at Health Fairs
- Present at special events (MS Walk and MS 150 Bike Tour)

MS Ambassadors are given a two-hour training session so that they may officially represent the Society. The Society will be unable to travel to individual cities to train ambassadors, therefore, applicants must be willing to travel to Salt Lake City for the training. We are sorry for the inconvenience.

If you are interested in applying, please contact Brittany Clarke at (801) 493-0113 ext. 111 or at Brittany@fightmsutah.org. We are looking to do the training in late January.

Our response to the Hurricanes of 2005

In September, as the scope of devastation wrought by Katrina became clear, we created a dedicated page on our Web site, nationalmssociety.org/hurricane, to provide resources and information to the MS community.

This site includes updated information on local resources, referrals, prescription and over-the-counter drugs, Medicare, Medicaid, and more.

If you know someone with MS who has been affected by this year’s hurricanes, please help us help them. Let them know that information about how to get help is available at the URL above.
Thank you for joining us in 2005
We hope to see you in 2006

Women Against MS
Champagne Luncheon & Fashion Show
Saturday, February 25

MS Walk
Saturday, March 26, St. George
Saturday, April 8
Provo, Salt Lake City, Vernal
Saturday, April 23, Cedar City, Ogden

MS Classic Golf Tournament
Thursday, May 18
River Oaks Golf Course, Sandy

MS 150 Bike Tour
Saturday and Sunday, June 24-25
Cache Valley, Utah

Dinner of Champions
Wednesday, September 13
Marriot Hotel, Salt Lake City
**Jolly Ole’ St. Nick and Holiday Cheer Filled the National MS Society Holiday Party**

Nearly 350 people attended the Utah State Chapter’s annual Holiday Party at Gardner Village held on Dec. 3, 2005.

The joyous celebration included a delicious piping hot turkey lunch complete with bread, salad, and a scrumptious dessert.

Awards were presented to Suzanne Pratt for “Professional of the Year” and Bob Garn for “Most Dedicated Advocate.” Pianist Jon Schmidt entertained the crowd with holiday melodies, while the children took turns getting their picture taken with Santa Claus and giving him their Christmas wish list.

It was a holly, jolly, holiday for the National MS Society.

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**Friends of the National MS Society**

By contributing clothing and household items, you are helping to find a cause and cure for MS! With this easy to give method you can support the programs you love and use, as well as national research.

You can drop off items at the Friends of The National MS Society bins or simply call and they will pick it up.

The Friends of the National Multiple Sclerosis Society donate over $180,000 every year to the Utah State Chapter.

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To get involved by giving to our “Friends” call

801-463-2475
or toll free
1-877-493-0120
A special thanks to our sponsors!

McCarthey Family
M-n-M Management
Jon M. and Karen Huntsman Family
Friends of The National MS Society
John Morgan Jr.
Brighton Real Estate Services
Cache Valley Electric
Holme, Roberts & Owen
Richards, Brandt, Miller & Nielson

The 27th Annual Dinner of Champions
Presented by the McCarthey Family

Visit our Web site at: www.fightmsutah.org
One of the more controversial debates about MS therapies concerns neutralizing antibodies—NAbs for short. Antibodies are immune system proteins, which the body naturally creates to fight off foreign substances, such as viruses and bacteria.

Some people taking Avonex, Betaseron, or Rebif—the three interferon-based disease-modifying MS drugs—develop resistance to these drugs. Scientists call them “neutralizing” antibodies because they can sometimes interfere with, or neutralize, the effects of the interferon. NAbs potentially render the drug less effective.

Not everyone taking an interferon develops NAbs, and some who develop NAbs continue to do well on their interferon. Copaxone (glatiramer acetate) is a different type of drug, and the antibodies that develop in response to it do not appear to have any clinical significance.

What is known about NAbs
Neutralizing antibodies typically develop one year to 18 months after a person begins treatment. NAbs occur less often in people taking Avonex, but researchers do not know if this is because Rebif and Betaseron are taken more frequently, or if the difference is related to the ways the drugs are made, the dosage levels, or the routes of delivery. (Avonex is injected into muscle; Rebif and Betaseron are injected just under the skin.)

Some people continue to do well in spite of testing positive for NAbs, and decisions about treatment should be based on how well a person is doing, rather than on whether a person has tested positive for NAbs.

A change to the non-interferon medication (Copaxone) might be considered in someone whose disease remains active and who then tests positive for NAbs more than once.

People concerned about NAbs should read the Society’s clinical update at nationalmssociety.org/Clinup-Antibodies.asp (or call us 1-800-FIGHT-MS to request a copy).

Discuss these matters with your healthcare professional.

Everyone deserves reliable, affordable health care. This is why we advocate.
Join the MS Action Network at http://capwiz.com/nmss/mlm/.
2005 Third Party Events

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<tr>
<th>Organization</th>
<th>Event</th>
<th>Date</th>
<th>Money Raised</th>
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<td></td>
<td>9/21/05</td>
<td>$200.00</td>
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<tr>
<td>Car Donation Program</td>
<td>The Race</td>
<td>On Going</td>
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<tr>
<td>Dave Sheilds</td>
<td>Vending Machines</td>
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<td>Erie Enterprises</td>
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Total Raised in 2005 $12,855.56

Calling All Corporations, Join Us at the TeamMS Corporate Breakfast, Presented by Fidelity Investments

The second annual TeamMS Corporate Breakfast will be hosted by Fidelity Investments, on Thursday, January 26, 2006, at the Marriott City Center in Salt Lake City, from 7:30 to 8:30 a.m.

Business leaders throughout Utah are welcome to attend this breakfast to hear firsthand from Senior Vice President and Regional General Manager of Fidelity Investments, Mr. Edward McCartney, the benefits of allowing employees to join together and participate as a company team. In 2005, McCartney completed the MS 150 Bike Tour with 207 of his employees.

Company teams are an easy and inexpensive way to increase company unity, pride, spirit, and teamwork. Having a team in the MS Walk or MS 150 Bike Tour is a great way for a company to get together out of the office and make a difference. It’s fun and rewarding, and it’s something everyone can participate in…by walking, riding, or volunteering.

Employees can bring family and friends and make it a tradition. The best news? TeamMS is cost-effective because it’s completely employee driven! Simply find your team captain, and the TeamMS staff at the chapter will lead the rest of the way.

TeamMS also increases company visibility within the community; letting people know that the company is supporting a cause they believe in and care about. It also enables the company to stand out from their competitors.

Next time you see a group of cyclists out on the road, take a look at their jerseys. You’re likely to see rolling billboards for Fidelity Investments and many other great companies who have already discovered the many benefits of having teams.

To RSVP for the event, contact Rachel Taylor at 801-493-0113 ext. 105, or by email at rachel@fightmsutah.org.
Team Captains Gather to Prepare for 2006 Events. Join Us at the Kickoff Brunch!

Attention Team Captains! Don’t miss the annual Team Captain Kickoff Brunch for MS 150 Bike Tour and MS Walk team captains.

The brunch will be held Saturday, February 4, 2006 at the Marriott Downtown in Salt Lake City, from 10:30 a.m. to noon. Invitations will be mailed to 2005 team captains, but mark your calendars today to make sure you’re available.

This event is a “must” for every team captain! All captains receive a Team Captain ball cap, and learn what’s new for the 2006 events, while enjoying a great brunch. Be prepared to challenge your fellow captains with your fundraising goals.

MS Walk captains will hear about the 2006 theme…the MS Hollywood Walk of Fame, and what that will entail at all the sites.

MS 150 Bike Tour captains will receive cycling jersey vendor info, and learn about the new TeamMS Village, where you can sign up for “real estate” to put your team tent in the village. The TeamMS Village will be set up from Friday night through Sunday in the large grassy area where we have the Saturday night dinner, and serves as a home base for any team interested in participating. A tent rental company representative will be in attendance to show you samples of tents, and give discounted pricing.

Please join us to kickoff the 2006 event season!

WANTED: Your Voice

Keep yourself informed & maximize your impact on public policy issues --

Join the Action Alert Network!

When an issue needs your attention you will receive an Action Alert e-mail with general information, instructions, and suggested sample responses. Those responses may include: phone calls, an e-mail, or a visit with a key decision maker.

Sign up today. Contact Chelsey at chelsey@fightmsutah.org or (801)493-0113.
Action Alert Issued: Capitol Hill Informed of Concerns About Access to Mobility

On October 6, 2005 the Utah State Chapter joined all chapters of the National MS Society in a Call-In-Day to Capitol Hill. Calls were made to Senators and Representatives encouraging them to support efforts that improve access to mobility devices for people with disabilities.

The Call-In-Day came after the Centers for Medicare and Medicaid Services issued a series of Medicare policies that restrict access to mobility devices. Our efforts were to increase awareness of the negative impact these policies have on people with disabilities.

To get involved with the advocacy work of the National MS Society contact Chelsey at 801-493-0113 or chelsey@fightmsutah.org.

Ask The Expert

Dear Expert:

MS can be an expensive disease. How do I know if the decisions I am making now will be the right decisions for me in the future should I be unable to continue working?

Sincerely,
Medicaring About the Future

Dear Caring:

I would recommend contacting Michael Cook, a member of the chapter who has had MS for over 10 years. He is a Certified Financial Planner familiar with personal financial issues and what a challenge living with multiple sclerosis can be.

Some of the topic areas where he can be a resource for financial help are: applying for disability benefits, health insurance issues, managing expenses, reducing debt, savings and investments, income taxes, and Medicare questions.

If you are interested in speaking with Michael Cook please contact Chelsey at the chapter at 801-493-0113 or chelsey@fightmsutah.org, she will give you further information on how to contact him.
How to Appeal When Your Health Plan Refuses Your Claim

by Kimberly Calder, MPS, Manager, Health Insurance Initiative

You or your health-care provider filed an insurance claim; it bounced back to you marked denied. What can you do? If you believe the service, device, treatment, or medication you received should have been covered, you can and should appeal.

Many people don’t pursue their appeal rights because they don’t believe they can win. But when done correctly, over half of all appeals are ultimately awarded in favor of the insured person.

Start by reviewing your plan manual to make sure what you thought would be covered really is. It’s not unusual for people to discover that a medical service or treatment is not covered by their policy. If something is specifically excluded from the written policy, the chances of winning coverage for it on appeal are slim to none.

But, if the policy does not mention the treatment in question, the coverage is unclear, or your denial notice says the item or service is “not medically necessary,” it is to your advantage to try an appeal.

Carefully review the explanation of benefits (EOB)

Read the EOB form, the official response to your claim the company sent you. Make sure you understand the reason you were denied coverage or why you were reimbursed less money than you expected. The explanations often appear as codes on the front of the form, with explanatory notes at the bottom or on the back.

- Is there a simple explanation, such as the claim is a duplicate?
- Is there a mistake in the billing code, patient identification number, date of service, or the like? Call your insurer with the correct information.

Follow your plan’s rules for appeal

If your claim seems in order, the next step is to understand your plan’s Appeal Procedures. Look in your manual. (It may be listed under “Grievances and Appeals”.) Follow the procedures carefully, especially the deadlines—and these guidelines:

- Write a letter providing the facts and a concise explanation of why you believe your claim should be paid. Be business-like, not emotional.
- Keep your letter to one page, but be sure to include your insurance ID number, the specific claim number (if applicable), the name and contact information of your health-care provider, and date of service (if applicable).
- Keep copies of your letter and appeal form. Keep records of all interactions with your insurer, including names of company representatives you speak with on the phone and relevant dates. Keep copies of claims, bills, letters, continued on following page
How to Appeal When Your Health Plan Refuses Your Claim
— continued from previous page

Involve your health-care provider
Discuss your appeal with your health-care provider and ask for his/her active support. Send your provider copies of your appeal letter(s) for his/her records and to make sure you don’t duplicate efforts.

If the dispute is over the necessity or value of a service or treatment, your health-care professional’s support in the form of a letter about your condition, which refers to scientific studies supporting the benefit of the treatment in question, could be invaluable.

If your doctor thinks a delay in the treatment or therapy would pose a danger to your health or result in your inability to regain functions, you should request an “expedited or accelerated review.” Expedited reviews typically cut the appeal review time down to 2 or 3 days.

We can help your health-care professional
Call 1-800 FIGHT MS if the dispute is about the medical necessity of specific drugs, rehabilitation therapy, wheelchairs, scooters, or other durable medical equipment.

The Society has prepared a “tool kit” of successful appeal letters, with references to relevant medical research, for your professional to use. The letters are on a CD, enabling busy practitioners to upload materials to a computer, and personalize an appeal in a matter of minutes. We will send a copy on request.

What else can the National MS Society do?
The home office produces “Expert Opinion” papers and other professional reports describing the use and value of various therapies in the diagnosis and management of MS.

These are available on the Society’s Web site at nationalmssociety.org, under the section For Professionals. Feel free to provide them to your insurance administrators and your health-care professionals.

Follow up!
If your appeal is denied, go to the next level. A second appeal won’t happen automatically.

You need to communicate your desire for a second-level appeal to your insurer on the phone and in writing. This will be another “internal” appeal conducted by the company, but it will involve a re-

continued on following page
How to Appeal When Your Health Plan Refuses Your Claim
— continued from previous page
consideration of your claim by higher-level professionals.

If your second appeal is denied, you may be eligible for an “external review” by health professionals who are not affiliated with your insurer.

Contact your insurer again to find out if you are eligible. If you are, you will need guidance on external review procedures.

We'll try to find someone to help you.

Medicare Prescription Drug Benefit Update

According to a recent USA Today/CNN/Gallup survey, more than half of Medicare beneficiaries do not understand the new Medicare Rx drug benefit. Just a reminder, there are a number of resources to guide you.

Enrollment Information
• www.medicare.gov has tools to help you decide about coverage, select an Rx plan, and find the nearest location for personal assistance.

• 1-800-MEDICARE will connect you to a person who can answer questions.

• Medicare Rx Connect, www.maprx.info, has a useful FAQ section on eligibility, enrollment, and costs.

General Information
• Medicare & You 2006 handbook was sent to every Medicare household. If you haven’t received one, call 1-800-MEDICARE.

For more information on health insurance, go to nationalmssociety.org, click on “Living with MS”, then “Life Planning and Independence,” then “Health Insurance and Medicare.” There you will find insurance FAQs, COBRA and HIPAA information, drug facts, and more.

If you don’t have access to the Internet, call 1-800-FIGHT-MS with your question and we'll print out material and mail them to you.

If you are eligible for the low-income subsidy, be aware of an error in the Medicare & You 2006 handbook. It incorrectly states that all plans available to low-income beneficiaries will charge no premium. Only about 40% will not charge a premium. Check carefully.

National MS Society Resources
• Medicare Rx News on the www.nationalmssociety.org Web site home page will direct you to the most current information.

• MS Learn Online about Medicare Part D, “Understanding the Facts, Understanding Your Options,” premieres December 1, 2005, at 8:00 a.m. ET. To join the Webcast, or to view it after December 1 in the archives, go to www.nationalmssociety.org/mslearnonline.

• Call us at 1-800-FIGHT-MS (1-800-344-4867) if you have questions or if problems arise.
Five Tips for Year-End Giving

Like most people, you probably do the majority of your charitable giving toward the end of the year. Income tax laws make this the “season of giving” for personal and charitable gifts. This year, donors may take a 100% tax deduction for all contributions to eligible charities—such as the National MS Society—made between August 28 and December 31.

The Katrina Emergency Tax Relief Act is not restricted to hurricane relief; it is meant to encourage relief of all kinds.

We hope these tips help:

1. Calculate your income.
   Take the time to do some planning while you still have the opportunity to make a year-end charitable gift.
   If you will owe more taxes this year, you may want to create a larger charitable tax deduction for yourself by increasing your giving before December 31.

2. Talk to your advisor(s).
   Before making any significant gift to the Society have your CPA, attorney, or other advisor determine the impact of your gift on your income tax return and estate. The Society encourages you to give prudently, joyfully, and generously.

3. Do your giving early.
   This is especially true for gifts of non-cash

Join marriage and family counselors

Len and Cheryl Chatman

for an interactive workshop designed to help couples affected by MS enhance their relationships, improve communication, and strengthen commitments. The Chatman’s have been fighting MS as a team since Cheryl’s diagnosis in 1990.

Enjoy dinner and an inspirational workshop in one of three cities

Ogden
February 8

Salt Lake
February 9

Provo
February 10

Seating is limited. Register online at www.fightmsutah.org, or contact the chapter at 801.493.0113.
Five Tips for Year-End Giving—continued from previous page

assets (stock, real estate, etc.) or for life-income gifts (gift annuities, trust arrangements, etc.).

Your professional advisor(s) and the Society’s Gift Planning Office will appreciate helping you avoid the end of year rush with early gift activity.

4. Review your stocks.
Look at the appreciated stocks you have held for more than a year. It may be prudent for you to make your year-end gift using appreciated stocks and avoid capital gains tax in the process.

By giving the stock to the Society and allowing us to sell it, you also get a charitable deduction for the full value of the stock, just as you would with gifts of cash.

5. Consider a charitable gift annuity.
The Society offers charitable gift annuities, providing you with guaranteed payments for your life as well as current tax benefits.

Our gift annuity administrator can provide confidential personalized material to assist you and your advisor(s).

For more information, contact our Gift Planning Team toll-free at 1-800-923-7727 or read more about making a special gift through our Web site at www.nationalmssociety.org.

Click on “Donate” and then “Guide to Giving.” You can also contact the Chapter by dialing 1-800-FIGHT-MS.
Top Donors Give Us Promise
The following individuals and organizations gave support to the mission in 2005 with a gift of over $250.

1-800 Contacts
Advanta Bank Corp.
Alane Ferney
Allison Cumming
Ann Sasich
Anthony Turhollow
Auto Body Supply, Inc.
Autoliv
Brittnee Zacherson
Bush Decor & Construction
C.G. Sparks.Com
C. Scott and Dorothy E. Foundation
Cache County Auditor
Cafe Rio Development
Care Point Group Purchasing, LLC
Community Health Charities of Utah, Inc.
D. Scott
D.B. Holding, Inc.
Dalsoglio Inc.
David Bennett
David Neylan
David Walsh
DeAnn McArthur
Diane Henry
Dorothy
Douglas Hattery
Eastmont Middle School
Edith Dee Green Foundation
Elaine Bapis
Eliot Butler
Elizabeth Clark
Emiliejayne, LLC
Erie Enterprises
Evans & Southerland
Franklin And Elizabeth Alex
Friends of Multiple Sclerosis Society
Friends Unlimited Club
George S. And Dolores Dore Eccles Foundation
Harold Liddle
Henry W. & Leslie M Eskuche Foundation
Huntsman Corporation
J. Rhead Medical Illustration, Inc.
Jacqueline Lane
Jay Gurmankin
Jeffrey Brown
Joel Madsen
Jon and Karen Huntsman Family Foundation
Jonathan Coon
Judy Bergold
Kelli Fratto
Kennecott Utah Copper Corp.
Keoh Family Foundation
Kevin Pfunder

continued on following page
Top Donors Give Us Promise
— continued from previous page

Thatcher Company
The LoveSac Corporation
The Philip G. McCarthey Family Foundation
Theda Hogle
Thomas Kesteloot
Tina Bagley
United Way of Davis County
United Way Of Northern Utah
Utah Hobie Association
Wayne Johnson
West Valley City
William O. Perry & Associates
XTO Energy, Inc.

We're just doing our part....
With our National MS Society Charitable Gift Annuity we fund medical research.
We receive fixed payments for life and help scientists find a cure for MS.
Contact the Society and ask how to have an annuity support MS research.
We care about a cure... this is why we give.

1-800-923-7727  visit nationalmssociety.org

Kimberly Dansie
Kristine Kladis
Leland Paul Johnson
Linda Graham
Lisa Blakemore
Lisa Brown
Lynn Fratto
Marianne Bowling
Mckay-Dee Hospital Center
Melinda Christensen
Michael Parson
Michelle Dolinar
Mindy Devenport
Missy Ekstrom
Moench Letter Service, Inc.
Mrs. Shirley Mack
Nancy McCormick
Pat McCabe
Perry & Associates Inc.
Phil McCarthey
Richard Stephens
Richard Terry
Rita Reese
Roberta
Sara Keller
Security National Mortgage Company
Spanish Fork High School
Staci Arnone
Stephen Lewis
Suzanne Kamler
T. Henderson
Memorial

Jack Petajan
By Loyd Neve
Glenn Thomsen
Raymond Hupfer
Jay Gurmanick

Harriett Grove
By Mary Behrens

Jay Tugaso
By Mary Behrens

Mildred Rawson
By Pearl Hahn

Anita Cameron Jones
By Anonymous

Edy Lebett
By Betty Yanowitz

Joseph Hunter
By Dorothy North

Patricia Larkin
By Sarah Kunz

Julie Feiglson (cont.)
Michele Tippets
Amy Babcock
Jane Gillis
Julie Feiglson
Sallie Wingeleth
Linda Case
Sally Milbank

In Honor Of

Julie Feiglson
By Lynne Ward
Keely Giles
Vickie Lindquist
Pat Dalpiaz
Paula Johnson
Cindy Childs

Birthday

Michelle James
By Mary Cruz
Debra King
Gloria “Peggy” Williams

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:____________________________________
Address:__________________________________
________________________________________
Phone Number:____________________________
E-mail:___________________________________

❑ Check enclosed. (Make checks payable to the National MS Society)
❑ VISA  ❑ MasterCard  ❑ Amex

Name of Cardholder:_____________________
Account #:______________________________
Exp. Date:______________________________
Signature:______________________________

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.
Albertsons Community Partners Program
Earning money for youth & education in our community just became easier.

Albertsons Community Partners has contributed over $65 million nationally for youth and education

The Preferred Savings Card is now the ONLY card needed for easy, year-round fundraising!

SUPPORTERS, it’s easy to register today!
ONLINE: Go to www.albertsons.com. Click on “In The Community” then click on the Community Partners logo link. Once you log in, click on “Sign me up”.

BY MAIL: Fill out this form and mail to:
Community Partners Program Headquarters
P.O. Box 193, Bethel Park, PA 15102-0193

For program information, go to www.albertsons.com

PLEASE PRINT CLEARLY

National Multiple Sclerosis Society, Utah State Chapter
School/Organization Name

4 9 0 0 1 0 0 8 5 7 3
Community Partner ID#

Your Preferred Savings Card#

Your First Name

Last Name
Phone# (for verification purposes, if necessary)
Multiple Sclerosis and Intimacy

Multiple sclerosis is a disease that affects not only the person diagnosed, but also their loved ones. For a couple, where one partner has MS, it can present a new set of intimacy challenges. Many people experience changes in sexual function as a symptom of their MS. This can include, but is not limited to, decreased or absent sex drive, altered genital sensations (numbness, pain, increased sensitivity), difficulty or inability to maintain erection, decreased vaginal lubrication, decreased vaginal muscle tone, difficulty with ejaculation, problems achieving orgasm, bladder or bowel problems, fatigue which can suppress sexual desire, spasticity which can interfere with sexual positioning or cause pain, and sensory changes which may make physical contact uncomfortable.

One of the best ways to deal with these unexpected changes is communication. Discuss with your partner what is going on and how you feel. Explain to your loved one what feels good and what doesn’t. It is also very important that the partner without MS communicates how he/she is feeling. Communicating with your loved one will strengthen intimacy and may help you overcome fears associated with sexual function.

Another excellent way to deal with changes in sexual function is by speaking with your doctor. Many of these changes can be managed medically.

Don’t forget, you’re not alone. Many people living with MS, as well as other diseases, experience changes in sexual intimacy. Check out these helpful Web sites at www.sexualhealth.com and www.intimacyinstitute.com. Or contact the chapter at 801-493-0113 or 1-800-FIGHT-MS for informative brochures and books about intimacy.

MS 101: Newly Diagnosed Forum

When my doctor told me
“you have multiple sclerosis.”
I was scared. I didn’t know where to turn.
So, I attended MS: 101. Now I understand MS;
I feel prepared to manage my disease.

January 24 - 6:00 pm or March 7 - 12:00 pm

Presenter: Luz Boyer

Contact the chapter to attend - 801-493-0113
If You are New to MS ...

What do you do now? The National MS Society has many resources for you and your family to explore. Here are some suggestions on where to begin.

Knowledge Is Power is a free educational program of 8 weekly mailings sent to your e-mail or postal address on issues like: treatment options, and the impact of MS on the family. Sign up online at www.nationalmssociety.org/Knowledge, or call us.

Physician referrals and self-help groups can be found by calling our Information and Referral service 801-493-0113.

Our Web site houses more than 3,000 pages of up-to-date information on MS. For easy access, click on the words “Site Map,” located in the upper-right corner of every page, just beneath the search icon.

Online Resource for Caregivers!

Lotsa Helping Hands provides a free-of-charge web service that allows family, friends, neighbors, and colleagues — the community circle of a person with MS — to more easily assist with scheduling needs for daily meals, rides, shopping, babysitting, running errands, etc.

This online service is essentially a private group calendar that is designed to help you organize helpers. You, or someone you designate, acts as a coordinator listing any needs on the calendar so that the family and friends you designate can sign up for days, or tasks that are convenient to their schedule.

The system takes things from there. Members are automatically notified by e-mail about the site and the needs that have been listed. They can see the group calendar, and volunteer for whatever fits their own situation. Volunteers receive automatic confirmations and reminders of their commitments.

For more information see Lotsa Helping Hands’ Web site at www.lotsahelpinghands.com.
Attention: Peer Support Volunteers Needed

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

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

How do peer support volunteers help?

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

What does a peer support volunteer need to know?

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

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

- A Man with MS to support other men
- An MS caregiver to support other caregivers
- A Teen with MS to support other teens

If you’re interested in learning more or beginning the Peer Application process, contact Jessica at 801-493-0113.

Did you know?

If you were unable to attend a client program you may now borrow a copy to watch on DVD. Contact the chapter 801-493-0113 for more information.

Current client programs available on DVD:

Managing Fatigue with Dr. Thoen – program date, October 26
Annual Meeting with Teri Garr – program date, November 16
Zeroing in on Pregnancy and MS

It’s been said that the best treatment for MS is pregnancy. A woman with relapsing MS will experience significantly fewer MS relapses during a pregnancy. The reduction can be higher than the results of a disease-modifying drug (Avonex, Betaseron, Copaxone, Novatrone or Rebif) within the limits of “normal.” But, people in families where more than one member has MS may want to discuss the potential for increased risk with a genetic counselor. If you have questions about having children, call us for a list of specialists in this area.

Does recent research offer new insights?

Taming the postpartum flare

Gammaglobulins Post Pregnancy in MS: A multicenter study in Europe looked at the effects of two different doses of immunoglobulins, given intravenously (IVIG). These are blood-derived antibodies believed to moderate the immune system. The 163 women in the study received IVIG within 24 hours of birth and then once a month for six months. Irrespective of the dose, the treated women had no increases in expected relapses during the six months.

Pregnancy in MS Study (PRIMS): Data from this 1998 study of 227 women were analyzed for factors that might predict relapses in the first three months after childbirth. They found a trend, but not very powerful evidence: Women who had the most relapses before pregnancy had a slightly increased chance of a higher number of relapses after their babies were born.

Analysis failed to find any significant connections between relapses and breastfeeding, epidural anesthetic during labor, age at pregnancy, age when MS developed, length of time the woman had had MS, number of previous pregnancies, or the sex of the baby.

Potential parents need to plan for the unpredictability of MS. Losses in ability require adaptation and almost certainly some extra help.

For most people with MS, the risk of having a child who will develop the disease is well within the limits of “normal.” But, people in families where more than one member has MS may want to discuss the potential for increased risk with a genetic counselor. If you have questions about having children, call us for a list of specialists in this area.
Both studies need to be confirmed. IVIG treatment is considered experimental.

Safety of disease-modifying drugs in pregnancy
EMPATIE Study on Pregnancy and MS Therapies: Researchers reviewed the records of 36 pregnancies in women who had been taking interferon beta. All stopped the drug for the duration of pregnancy. But, 8 pregnancies were unplanned, these women took their medication for 2–3 weeks before becoming aware of their condition. The others stopped before the pregnancy occurred.

The rate of miscarriage (25%) was identical in both groups.

Pregnancy registries
The FDA has asked the pharmaceutical companies that sell interferon-based MS drugs to track pregnancy experiences. Ask your health-care provider or call for information. Participation is voluntary, confidential, and important for future knowledge.

Avonex Pregnancy Registry: 800-811-0104
Rebif Pregnancy Registry: 877-447-3243
The Betaseron Pregnancy Registry was being evaluated by the FDA at press time.

Show Your Support of MS...
Shop at the NEW Online Store!

The Utah State Chapter is excited to announce the start of our new online store. The store contains items that not only raise awareness of the MS cause, but also raise funds that assist thousands living with multiple sclerosis.

The store includes the MS Band of Hope, the MS Ribbon of Hope Lapel Pin, the MS 150 Bike Tour decal, and the super cute MS Teddy Bear of Hope. It’s easy and quick to shop online. Just visit www.fightmsutah.org, and select the online store from the sidebar.

Information Highway, Get On Board!

Thanks to a generous grant from Biogen Idec. and the support of other sponsors, the Utah State Chapter will be bringing more educational programs to our smaller MS Communities throughout the state in 2006. Areas where this informative and innovative program will be held include:

St. George and Cedar City, early March; Provo, second week of March; Ogden, third week of March; Logan, third week of March; Vernal, last week of March. Watch your mailbox for further information, or check with our Web site, you’ll be able to register to attend this program online.
**Self Help Groups**

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

Before you choose a group, ask yourself what group atmosphere you feel comfortable with and what you'd like to gain from participation. Each group is unique and open to everyone, those with MS, spouses, family, and friends!

Please contact the group leader (listed) before attending a group to ensure the correct time and location of the group. If you are unable to find a group to meet your needs, contact the chapter about starting your own group.

**Northern Utah**

**Ogden**
- 2nd Wednesday
- 7:00 pm
- Roy Library
- 1950 W 4800 S
- Barbara Schneiter
- 731-7088

**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**

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

**Child or Teen w/MS**
- 2nd Saturday 10:00 am
- Beginning Jan. 21
- Call for Location
- Lynne Myhre
- 801-832-0173

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

**Central Utah**

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

**Eastern Utah**

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

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

**Southern Utah**

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

**Cedar City**
- 3rd Saturday 11:00 am
- Chamber of Commerce
  (Enter west doors)
- Linda Lohrenge
- 586-8001
## WELLNESS PROGRAMS

### Physical Health

Please contact Chelsey for more information.

### Physical Therapy

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<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>University of Utah, Salt</td>
<td>Mon, Wed, Fri, 8:00</td>
<td>$20/ month</td>
</tr>
<tr>
<td>South City</td>
<td>am – 12:00 pm</td>
<td></td>
</tr>
<tr>
<td>Health South, Sandy</td>
<td>Tue or Thu, 11:00</td>
<td>$20/ month</td>
</tr>
<tr>
<td>Orem Sports Medicine, Orem</td>
<td>Tue, 10:00 am – 12:00</td>
<td>$20/ month</td>
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<td>pm</td>
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### Aquatics

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steiner West, Salt Lake</td>
<td>Tue, Thu, 5:00 pm –</td>
<td>$22.50/ 15-class</td>
</tr>
<tr>
<td>City</td>
<td>6:00 pm</td>
<td>punch pass</td>
</tr>
<tr>
<td>Roy Recreation Complex,</td>
<td>Mon, Thu, 6:00 pm –</td>
<td>$10/ 10-class</td>
</tr>
<tr>
<td>Roy</td>
<td>6:45 pm</td>
<td>punch pass</td>
</tr>
</tbody>
</table>

### Yoga

Look for a SLC daytime yoga class coming soon! Time and location to be determined. Please contact Chelsey at 801-493-0113 or chelsey@fightmsutah.org if you are interested in participating in any classes. Information will also be posted on our Web site www.fightmsutah.org.

### Emotional Health

Please contact Jessica Strong for more information.

### Professionally-led Group Therapy

**Living Well with MS**  
Every Tuesday  
Please contact Jaime Smith for time and location.  
Leader: Suzanne Pratt, LCSW  
801-363-3260

### Time Limited Professionally-led Groups

- Caregivers: Connect with other caregivers.  
- Teens with MS: Connect with local teens.

Group therapy programs will begin when there is enough interest to sustain a group of six to eight people. If you would like to participate, please contact Jessica Strong at 801-493-0113.
Keeping Stress in Check

Is your body trying to tell you that you’re too stressed out?

Common signs of unhealthy levels of stress include feeling irritable or resentful, being easily distracted, or short and shallow breathing.

“You find it difficult to concentrate, and you may feel jumpy or easily agitated,” said Deborah Miller, PhD, director of Comprehensive Care at the Cleveland Clinic Mellen Center for MS. “You may not be able to manage things you’re used to dealing with every day.”

Too much stress

David Mohr, PhD, an associate professor in the departments of Psychiatry and Neurology at the University of California, San Francisco, is an expert in MS and stress. He analyzed and reported on 14 studies on MS and stress for the March 19, 2004 British Medical Journal.

“It’s still unclear if stress causes MS exacerbations or if it’s just a statistical association,” Dr. Mohr said. “But we know too much stress takes a toll.”

Dr. Miller agreed: “Stress can increase blood pressure. The sooner you pinpoint the source of stress and reduce it, the less likely it is to worsen.”

Stress-busting tips

Dr. Mohr breaks stress-reduction into three categories:

- **Control your environment.** “Stress is usually in response to some event in the environment,” Dr. Mohr said. “Anticipating and planning for potentially stressful events can take much of the pressure off and keep stress at bay.”

Dr. Miller agreed. “If you’re overwhelmed with tasks, delegate work to others. Even money worries can be reduced by getting help with financial planning.”

- **Adjusting your perceptions.** “How you interpret an event can strongly determine your response to it,” Dr. Mohr said. “It’s good to stop and think through things, to consider whether something is as bad as it might seem, or if your response is mostly emotional.”

“When you’re really stressed, you may not be able to see the parts for the whole,” Dr. Miller said. “Locating specific concerns that you have and then thinking through them one at a time may relieve stress.”

- **Take care of your body.** Dr. Mohr advises people to learn how to calm the body down—through yoga, meditation, or relaxation exercises. “The more you practice these disciplines, the better you get at them,” he said.

Read more about stress and what you can do in the Society’s booklet Taming Stress in MS. Call us at 1-800-FIGHT-MS and ask for a copy, or read it online at www.nationalmssociety.org/Brochures-TamingStress1.asp.
Join a local neurologist for an informative seminar!

**MS in Balance**

*Multiple Sclerosis Seminar, Q&A session & dinner*

February 23rd, 2006 – 6:30 PM

*Little America Hotel*

500 S. Main Street, SLC, UT

*Guest speaker*

**Dana DeWitt, MD**

*University of Utah, Department of Neurology*

*MS in Balance is a seminar created with the help of people living with MS, for people with MS…providing real information & insights that can help you keep your MS in balance!*

*Come & meet the MS Lifelines team & learn more about product enhancements that can help simplify your treatment!*

Visit our web site at [www.MSLifeLines.com](http://www.MSLifeLines.com)

RSVP toll free for yourself & a guest to

1-877-267-4662
Where you'll find

ANSWERS.

Straight from the Heart.

MS ActiveSource℠
a source of information and services for
the entire multiple sclerosis (MS) community.

MS ActiveSource is a comprehensive source of information and services for the entire multiple sclerosis (MS) community. This service, sponsored by Biogen Idec and Elan, provides the latest information on MS and MS treatments through a variety of sources. No matter how you wish to reach us we are available to assist you with reimbursement related issues, therapy administration training, infusion support, general MS information, and much more.

MS ActiveSource provides a variety of programs and services.
Some of these include:
- A call center staffed by highly trained MS Support Specialists ready to answer your MS related questions, including reimbursement related issues, therapy administration, infusion support, and general MS information
- An array of live local events and educational teleconferences that focus on the issues that matter to you most
- MSActiveSource.com, one of the largest MS resources on the Internet, can be accessed 24 hours a day

www.MSActiveSource.com

Take an Active Role

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