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msconnection

Hampton Roads Chapter


The National MS Society...One thing people with MS can count on.

2006 – A Very Good Year in MS Research

During 2006, rapid research progress was made in the fields of science and medicine that impact understanding and treatment of multiple sclerosis, an unpredictable neurological disease. The National MS Society invested over \$42 million this year to support more than 350 new and ongoing MS research projects as part of its international efforts around collaborative and cutting-edge research.

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



- Acorda Therapeutics (Hawthorne, NY) announced  positive results of a Phase 3, placebo-controlled clinical trial of Fampridine-SR, an oral drug designed to provide symptomatic relief by compensating for lost nerve conduction. In 301 patients with all types of MS, those on active treatment showed an average increase in walking speed of 25% versus those on inactive placebo. The company is expected to meet with the U.S. Food and Drug Administration (FDA) to determine next steps needed to apply for marketing approval.
- The FDA approved the return to market of Tysabri® (natalizumab, produced by Biogen Idec and Elan

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MS Update
(757) 490-9627
1-800-FIGHTMS

Publication of the
 National Multiple Sclerosis Society
 Hampton Roads Chapter
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The National Multiple Sclerosis Society is proud to be a source of information about multiple sclerosis. Our comments are based on professional advice, published experience and expert opinion, but do not represent therapeutic recommendations or prescriptions. For specific information and advice, consult a qualified physician.

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

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

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“HOPE” is here!

The National Multiple Sclerosis Society has created a couple ways for you to increase awareness about MS: the MS Band of Hope and the MS Ribbon of Hope car magnet.

MS Band of Hope:



The wristbands come in groups of 5 and only cost \$5, with a \$1 shipping fee. Do not delay - order yours today! (Minimum credit card order is \$10).

MS Ribbon of Hope car magnet:



\$5.00 per magnet,
 plus \$1.00 shipping
 per magnet

Call the Chapter today
 at (757) 490-9627 or
 1(800) FIGHTMS to
 order your MS Band or
 Ribbon of Hope.

Check out our Fundraising Events



The **2007 MS Bike Ride** takes place on June 2nd and 3rd on Virginia's Eastern Shore. The tour begins in Cape Charles and winds 75 miles through the beautiful back roads of the Eastern Shore to the overnight location, YMCA Camp Silver Beach. The next day cyclists work their way back to Cape Charles where the Bay Creek Resort and Marina host a fabulous finish party. On June 2nd, we will also hold a one-day ride!



The **2007 MS Walk** takes place September 29th at Fort Eustis and September 30th at Mount Trashmore. There is no registration fee, however, walkers are encouraged to raise funds to fight MS! The walk is full of fun fall activities!



The **Chesapeake Bay MS Challenge Walk** takes place September 15th and 16th. Participants walk 50 kilometers over two days along Maryland's Chesapeake Bay to raise funds and awareness for MS. We will support you from the moment you sign on with training, nutrition guidelines and information. During the walk, the route will be fully monitored by Support and Gear vehicles and medical staff.

For more information or to register for our events, you may call the National Multiple Sclerosis Society, Hampton Roads Chapter office at (757) 490-9627 or 1-800-FIGHTMS or you may visit our website at www.fightms.com.

Memorial Gifts and Tributes Honor Loved Ones

The Hampton Roads Chapter of the National Multiple Sclerosis Society would like to sincerely thank the generous contributors who made memorial and tribute gifts between September 2006 and December 2006. The memory of a loved one, or the excitement of a special occasion, lives on through these thoughtful gifts.

Memorial Gifts

Mr. Richard Allen

Ms. Allison Payne

Mr. David C. Beacraft

Mr. & Mrs. Samuel Sifers

Mr. Russell Scott from Sun
Wheeler, Inc.

Mrs. Rebecca Bladorn

Mr. & Mrs. Leonard Alphin

Mr. & Mrs. James Foster

Mr. & Mrs. Christopher Goddin

Mr. & Mrs. Reuben Howell, Jr.

Mr. & Mrs. James Mann

Mr. & Mrs. Richard Taylor

Mr. & Mrs. J. P. Walsh, Jr.

Ms. Lynne Wynne

Scott & Associates, Inc., Realtors

NMSS Peninsula Evening Group

Yorkminster Baptist Church

Ms. Catherine Cataford

Mr. & Mrs. David Benson

Ms. Vera Clay

S & P Sauer

Ms. Cheryl Brown

Mr. & Mrs. Michael Brown

Ms. Maureen Matias

Ms. Isabell Neal Browne

Ms. Margaret Smith

Ms. Tracey Williams

Ms. Elaine J. Carver

Mr. & Mrs. C. Ralph Anderson

Mr. Barry A. Cline

Mr. & Mrs. R. C. Barclay, III

Mrs. Betty Callahan

Mr. & Mrs. James Henkel

Mr. & Mrs. Samuel Wiseman

Mr. Barry A. Cline

Mr. & Mrs. R. C. Barclay, III

Mrs. Betty Callahan

Mr. Barry A. Cline cont.

Mr. & Mrs. James Henkel

Mr. & Mrs. Samuel Wiseman

**Capt. Frank C. Dunham, Jr. USN
(Ret.)**

Mr. & Mrs. Robert Gible, Jr.

Mrs. Elizabeth M. Etheridge

Mr. & Mrs. James Spencer

Ms. Dorothy Faust

Disciple Class

Mr. Robert Heidorn

Ms. Bernice Bromberg

Mr. & Mrs. George Coates

E. M. Jaeger

Mr. & Mrs. Rick Leedy

Ms. Geraldine Oikari

Mrs. Darlene F. Elliott

Ms. Mandy Schmidt

Mr. Dennis Allion

Ms. Deborah Sykes

Mr. Darrell Sykes

Mr. Joseph Walat

Mrs. Jacqueline M. Rager

Tribute Gifts

Aunt Bobby & Uncle Boogie

Mr. & Mrs. Rob Korman

Mr. & Mrs. Tom Farr

Mr. Peter Lawrence

Kathy Woody & Scott Flythe

Mrs. Jessica Griffin

Ms. Patricia Frederick

Mr. Richard Frondle

Mr. Larry Gordley

Ms. Sara Stauffer

Ms. Kimberly D. Granger

CDR James & Mrs. Hilda Granger,
USCG (Ret.)

Tribute Gifts continued

Ms. Mary Green

Ms. Jennifer Harkins

Mr. & Mrs. Bill Harvey

Mr. & Mrs. William Rinehart

Mr. & Mrs. Peter Lawrence

Mrs. Paige Lamb

Mr. & Mrs. Mike Lawrence

Mr. Peter Lawrence

Ms. Joyce S. Meiggs

The Ruth Walden Circle of
Blackwater Baptist Church

Mr. Glen Pierce

Mr. Roy Amos

Aunt Naomi & Michelle Prox

Dr. & Mrs. Robert Buch

Mr. & Mrs. Clay Railey

Ms. Courtney Railey Doyle

Ms. Geri Rawls

Mrs. Danielle Owens

Ms. Patti Robinson

Mr. William B. Robinson

D. S. Weston

Ms. Mary J. Sadler

Mr. Reid & Ms. Ziegler

Mr. Peter Lawrence

ziMS Foundation Golf Tournament a HUGE Success!

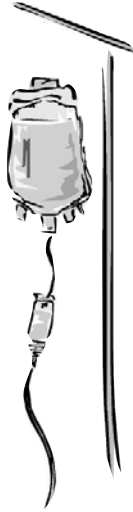
Many thanks to Ryan Zimmerman and his family for hosting the first annual ziMS Foundation Golf Tournament on November 17th, 2006 at TPC. We are pleased to announce that the Foundation donated over \$20,000 to the Hampton Roads Chapter to fund programs for people living with MS in our region. Ryan and his family created the ziMS Foundation in 2006. The foundation is dedicated to the treatment and ultimate cure of MS by funding comprehensive support and educational programs.

In 1995 Ryan's mom, Cheryl, was diagnosed with MS. Mrs. Zimmerman continued working as a special education teacher until 1999 when an accident caused her disability to progress. Cheryl uses a wheelchair for mobility and she continues to persevere.

Having a mom with MS, Ryan experienced first hand that this is a family disease. And, the ziMS Foundation is a true family foundation. With Ryan as the president, Keith Zimmerman, his father, as the vice president and Cheryl as the secretary, they hope to raise thousands of dollars to support the Hampton Roads Chapter's programs and services and are already busy planning next year's tournament. Thanks Zimmermans!




Pharmaceuticals) to delay the accumulation of physical disability and reduce the frequency of relapses (clinical exacerbations) in those with relapsing MS. There is now in place a mandatory registration program for patients and prescribing physicians to minimize the risk of PML (progressive multifocal leukoencephalopathy), caused by a common virus called the JC virus. The drug is dispensed at registered infusion centers across the country. Since Tysabri's return to market last summer, there have been no new cases of PML reported.

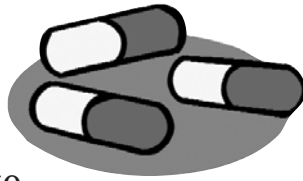


- Members of the four Nervous System Repair teams from Europe and the US met to share progress being made in the Society funded Promise: 2010 initiative. The first clinical trials focused on protecting the nervous system will begin shortly, and trials aimed at repairing damage and restoring function in people with MS are expected to begin within the next five years.
- In a first, Johns Hopkins University researchers reported that nerve cells derived from mouse embryonic stem cells that were transplanted into rats with spinal cord injury were able to connect with muscles and partially restore function. While this work was done in a model of spinal cord injury, it

bears relevance to the potential use of cell replacement to repair damage in MS.

- Researchers from the University of California, Los Angeles reported that administering Androgel® (testosterone gel applied to the skin) to 10 men with relapsing-remitting MS significantly improved cognitive function and slowed brain tissue loss. This study was funded by the Society's initiative on Gender Differences in MS and is expected to lead to additional research involving larger numbers of patients to confirm these early results.
- 
- In another offshoot from the Society's initiative on Gender Differences, UCLA investigators began the first large-scale trial of a sex hormone for the treatment of MS. The two-year, controlled clinical trial of estriol involves 130 women with early relapsing-remitting MS. If successful, this clinical trial will lay the groundwork for a larger, definitive trial that could lead to a new treatment option for women with MS. Its results may also have implications for women with other autoimmune diseases, such as rheumatoid arthritis.
 - Several oral MS therapies continued to progress through the pipeline:

→ a phase II controlled clinical trial of oral fingolimod (FTY720, Novartis Pharmaceuticals Corp.) in 255 people with active, relapsing MS found that up to 77% of those taking fingolimod remained free of relapses over two years; a large phase III trial is now underway;



→ oral cladribine (an immunomodulating drug by Serono), now being tested in an international Phase 3 clinical trial, has been designated by the FDA as a “Fast Track Product,” which should expedite its future review;

→ a multicenter, phase II controlled clinical trial of oral BG00012 (an oral fumarate, Biogen Idec) led to a 69% reduction in active inflammation on MRI scans in 257 people with relapsing-remitting MS;

→ in an open-label, 144-week extension study of oral teriflunomide (an agent that may modulate T cells), those on placebo during the original trial who switched to teriflunomide experienced up to an 85% decrease



in new, active areas of disease activity seen on MRI at week 144.

• Harvard investigators reported that individuals who showed signs of significant exposure to the Epstein-Barr virus, which causes infectious

mononucleosis and other disorders, were twice as likely to develop MS up to 20 years later. The study, funded in part by a grant from the National MS Society, adds to previous evidence linking the virus to the risk of developing MS, but does not prove that EBV actually causes MS. Other recent studies have suggested that smoking cigarettes may contribute to the risk of MS and MS progression, and that higher vitamin D intake may help protect against developing MS.

- For the first time, the needs of children who develop MS-like symptoms are being addressed through the Society’s nationwide network of comprehensive Pediatric MS Centers of Excellence, launched early this year. The 6 centers have committed to sharing critical resources and best practices such as MRI protocols and neuropsychological evaluations so that all families can benefit from the collective knowledge of the entire network. In addition to providing optimal care and support, these centers will build a framework for research into this patient population, which may also provide clues to adult MS.



...continued on page 8

“MS Research,” continued from pg. 7

- Two genes that may contribute to making a person susceptible to developing MS have been identified by a group of European researchers known as the “GAMES” Collaborative Group. MS involves an immune-system attack on the body’s own brain and spinal cord, and many genes are thought to contribute to susceptibility. The two candidate genes were singled out because they encode for a brain tissue component and an immune component. This work was supported in part by the National MS Society.
- Researchers at Stanford University have uncovered evidence they believe may explain the role of a protein, osteopontin, in stimulating repeated relapses and disease progression as well as inhibiting spontaneous recovery from symptoms. This research, sponsored in part by the Society,

could lead to new therapeutic approaches that target osteopontin’s effect in the MS disease process.

- The National MS Society launched a new postdoctoral fellowship program in MS rehabilitation research. The immediate goal is to recruit and train talented clinician-scientists in rehabilitation research specific to MS; the ultimate goal is to get more hands and minds working on ways to help people with MS maximize their abilities.



Because we care....

Our daughter has MS. Of course we care about a cure!

That’s the reason we included a bequest to the National MS Society in our wills.

It’s easy to provide for causes you care about, and the Society can help you learn how.

We care about a cure... this is why we give.



1-800-923-7727

visit nationalmssociety.org

Get Linked to Information about MS Teleconference Series

The National MS Society is pleased to present a series of eight teleconferences held Thursday evenings from January 18 through March 8, 2007, designed to:

- Link you with important information about living with MS
- Link you with others affected by MS
- Link you to resources in the community



Calls are toll-free and each session is facilitated by a National MS Society staff person and features a guest speaker with expertise on the call's topic. Go to www.fightms.com to register online!

You can choose to participate in as many or as few teleconferences as you would like. Please register at least one week in advance of your call to ensure adequate time for related materials to be mailed to you.

Employment and MSFebruary 1st, 7:00 p.m.

**Making the Most of Your Income:
Financial Planning BasicsFebruary 8th, 7:00 p.m.**

The Hidden Symptoms of MSFebruary 15, 7:00 p.m.

**Making the Most of Your 15 Minutes
with Your NeurologistFebruary 22nd, 7:00 p.m.**

Food for Thought- Nutrition & MSMarch 1st, 7:00 p.m.

Research UpdateMarch 8th, 7:00 p.m.

This program was brought to you by an educational grant from the George J. and Effie L. Seay Foundation.

Make GoodSearch Your Homepage to Fight MS!

GoodSearch, powered by Yahoo, donates 50% of its revenue to the charities designated by its users. That equals about **one penny per search**. If each of our 2,600 clients used GoodSearch twice a day for a year, we could earn \$18,980! Just think, the more people who use www.GoodSearch.com and designate the National Multiple Sclerosis Society, Hampton Roads Chapter, the more money we receive to conduct research and create programs.

*National Multiple Sclerosis Society – Hampton Roads Chapter
February 2007 Self Help Group Listing*

February 1st, 2007

African American Group

1st Thursday of the month @ 10:30am
Hampton Public Library
936 Big Bethel Road, Hampton, VA
For more information contact
D'Andre Dickens at 757-660-3455 or
via email at deejazzu44@aol.com.



February 6th, 2007

Virginia Beach Morning Group

2nd Tuesday of the month @ 10:00am
Frankie's Place for Ribs
5200 Fairfield Shopping Center
Virginia Beach, VA
For more information contact
Pete Hennessey at 757-497-6594.



February 7th, 2007

Gloucester Group

1st Wednesday of the month @ 11:00am
Riverside Wellness and Fitness Center
7516 Hospital Drive, Gloucester, VA
For more information contact
Tom O'Donnell at 804-694-5696 or
via email at tpodpeod10@aol.com.

February 7th, 2007

Minimal Symptoms Group

1st Wednesday of the month @ 6:30pm
Windsor Woods Area Library
3612 S. Plaza Trail
Virginia Beach, VA 23452
For more information contact the
Chapter at 757-490-9627.



February 8th, 2007

Peninsula Evening Group

2nd Thursday of the month @ 5:30pm
Sentara Careplex Hospital
(York River Entrance, Conf. Rm. C)
3000 Coliseum Drive, Hampton, VA
For more information contact
Diana Nixon at 757-722-2492.



February 14th and 28th, 2007

Williamsburg Group

2nd & 4th Wednesdays of the month
@ 5:30pm
James City County/ Williamsburg
Community Center
5301 Longhill Road, Williamsburg, VA
For more information please contact
JoAnn Daus at 757-220-0902.

February 15th, 2007

Peninsula Morning Group

3rd Thursday of the month @ 10:30am
Northampton Community Center
1435 A Todds Lane, Hampton, VA
For more information contact
Pat Frederick at 757-826-6367.



February 19th, 2007

Elizabeth City Group

3rd Monday of the month @ 2:30pm
Albemarle Hospital (Room #2)
1144 North Road St.
Elizabeth City, NC 27906
For more information contact
Melvin Boyd, Jr. at 252-335-9158.



Self Help Group Listing Continued

February 19th, 2007

Women's Group

3rd Monday of the month @ 7pm
Virginia Beach Public Library
(Libris Room)

4100 Virginia Beach Blvd.
Virginia Beach, VA

For more information contact
Maria Edwards at 757-288-6552.



February 20th, 2007

Chesapeake Group

3rd Tuesday of the month @ 7pm
Lifestyle Fitness Center at
Chesapeake General Hospital
800 N. Battlefield Blvd.

Chesapeake, VA

For more information contact
Margie at 757-482-3247.



February 21st, 2007

Suffolk Group

3rd Wednesday of the month @ 6:30pm
Magnolia United Methodist Church
1764 Wilroy Road, Suffolk, VA

For more information contact
Willie Ann Gardner at 757-539-0139.



February 28th, 2007

Southside Group

4th Wednesday of the month @ 3:00pm
Virginia Beach Public Library
4100 Virginia Beach Blvd.

Virginia Beach, VA

For more information contact
Peter Sallmaier at 757-671-1971.



Join, Shop, & Give to Support the Hampton Roads Chapter

The Hampton Roads Chapter recently enrolled with Benevolink, an innovative program that gives you an easy way to fight MS year-round. Through this program, you may purchase items from 200+ brand name retailers and **Benevolink will donate 6-7% of your purchase price to the Hampton Roads Chapter.** It's **FREE, EASY, and SECURE!** For more information visit **www.benevolink.com.** Once you are on the website, click on the "Join" link to register. When you join, remember to add the National Multiple Sclerosis Society, Hampton Roads Chapter to your giving list! —

the
benevolink
***foundation

MS Awareness Week March 5-11

MS Awareness Week is March 5-11, 2007. The Hampton Roads Chapter is planning several activities from MS Bike Ride Team Week to an MS Research Update Teleconference. **But the most exciting element of the week will be the launch of the National MS Society's new logo!** Detailed information about MS Awareness Week activities will be available in the March MS Update and on our website: **www.fightms.com.**

Join Together with the MS Community for MS Research Petition

It can only take a minute to make a difference in the lives of those living with multiple sclerosis — simply sign your name. The National MS Society has launched an aggressive petition drive to increase funding for MS research and needs the MS community to get involved now.

The petition has had tremendous support so far but still needs your help to reach the goal of at least 200,000 signatures by the end of February 2007. The signatures on this petition will demonstrate the importance of the MS movement in supporting a significant increase in federal funding for MS research and that each of us can make a difference.

More federal research funding is needed to understand the cause of MS, drive the development of new treatments for those living with the disease, and ultimately help find a cure. The success of this petition will help move us closer to a world free of MS.

To sign the petition, forward it to a friend, or post a petition flier in your community, visit www.nationalmssociety.com/advocacy. For more details on local progress of the petition drive or to find out how you can get involved in collecting signatures, contact the Chapter at 757-490-9627 or 1-800-FIGHTMS.

SPREAD THE WORD

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional and contact the National MS Society today at www.nationalmssociety.org or 1-800-FIGHT-MS to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

CHAPTER STAFF

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A copy of our organization's financial statement is on file with and available through the State Division of Consumer Affairs in the Department of Agriculture and Consumer Services, upon request.