

# Cincinnati MS Lunch Bunch Newsletter

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**September Lunch**

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## IN THIS ISSUE

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## FEATURED ARTICLE

### JAMA

The Journal of the American Medical Association

Epidemiological and experimental evidence suggest that high levels of vitamin D may decrease the risk of multiple sclerosis.

[read JAMA article](#)

## FEATURED ARTICLE

### Exercise & Pharmacotherapy:

Does aerobic exercise reduce depression as much as standard antidepressant medicine? Researchers at Duke University tested this hypothesis.

[Read exercise article](#)

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[MS Lunch Bunch Website](#)

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Volume I Issue 1

October 2007



Christopher,

This is the premier issue of the Cincinnati MS Lunch Bunch newsletter. Our little group has grown quite a bit over the last 5+ years. As we've grown, so has our need to increase and improve communication. Over the next several months, we'll begin using tools like this one to help keep us all connected. Also, our process for joining, membership renewal, registering for events like lunches (hint: **October's lunch invitation is in this newsletter**) and sharing important information will become more organized. That will help us coordinate our activities and allow members to focus on enjoying themselves. After all, that's what the MS Lunch Bunch is all about, learning and having fun!

We've also begun to survey members to determine how well we're meeting your needs. Going forward, we plan to conduct a survey before and after each event. In addition to monitoring our internal processes, we'll be sharing some of the information with our sponsors to ensure their speakers plan and conduct effective talks. Our survey data will help sponsors continue to see the value of our programs. As budgets get tighter, our effectiveness will be critical for sponsors to justify their continued support. Think of the surveys as one way we can "pay" for lunch. The other way is to continue to attend, be an active member, and have fun! Don't worry about privacy issues; **no personal data will be given to anyone outside the Lunch Bunch Network**. If you have any questions or concerns, just call Chris Romano or Sharon Roll.

## September Luncheon Recap

On Sept 13th, 90-plus members got together at Montgomery Inn for lunch and a great talk about exercise & MS. Also on hand were staff from the National MS Society. Kim Dixon, President of the Ohio Valley Chapter, accepted a check for \$8,000 from the proceeds of our summer Kroger fundraising series. Included in the presentation were all those on-hand who participated in the events. Thanks to everyone who supported our summer activities.



Thanks to



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MSLB on

October 11, 2007  
at Crowne Plaza Hotel in  
Blue Ash

Matthew Ebacher,  
Clinical Research  
Coordinator from River  
Hills Neurology &  
Research, will speak on  
benefits of participating in  
clinical trials

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SEPTEMBER PHOTOS



Chris Romano & Sharon Roll with Kroger event proceeds



Judy & Karen having fun!



Chris Draham, PhD gave a super talk on exercise and MS. He reviewed the health benefits and rationale for exercise including new guidelines from the Surgeon General. Chris gave guidance on how to construct a basic exercise program that includes strength and flexibility exercises and reviewed safety issues for people with MS. Chris gave some great tips on how

to stay committed and motivated like adding structure and rewards and working out with a friend. He also suggested keeping records to track your progress since changes may be hard to perceive, but can be very important to keep you motivated. A summary of Chris' talk will soon be available on the [MSLB website](#).

Your Feedback

Following the September luncheon, some of the attendees completed a survey to share their thoughts on the event and on our group. Here are some of the results:

On logistics (like location, service, audio/video) we were rated very highly except some noted difficulty with parking at Montgomery Inn.

There were also some indications that people are concerned about the start time. On this month's survey, we'll tease that out a little further by asking your preferred start time.

Our speaker, Chris Draham, was rated very highly, and apparently answered most of the questions you had about exercise before the lunch (like fatigue, heat, pain, scheduling). There was some indication the Q&A session was sub-par, perhaps we'll lengthen it next time.

Nonetheless, you told us the presentation motivated many of you to change your exercise habits. On the whole, you told us MSLB is doing a good job. The helpfulness, level of enjoyment, value to your life and motivation to act were rated higher than other MS programs you've attended. Thank you for that, we're glad to hear it. Also, thank you for participating in the lunch and the surveys. Your input matters!



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