



## Newsletter/Event Announcement

### Thank You to



Presenting Sponsor  
for our January  
MSLB Lunch!

See our review of the  
event below. [Click  
here](#) to learn about a  
balanced approach to  
managing relapsing  
MS.

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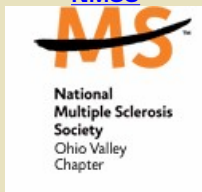
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NMSS](#)



### January Recap

On Thursday, Jan  
10th, 85 members of  
MSLB Cincinnati got  
together to hear a  
presentation by Dr.  
Barry Singer, Assistant  
Professor of Clinical

Issue: # 6

February 2008

Christopher,

February is what has become known as the love month. Love is the language our hearts use to speak to one another. I recently heard the following saying and wanted to share it with each of you.



We need to free our hearts from hate, our minds  
from worry, live simply, give more, expect less.

What wonderful words to live by!

As MSLB Cincinnati forges ahead, we're thankful for everyone who's helped as we get more organized and make belonging to our group easier and more fun for everyone. Our costs have increased some since last year, so we've raised our membership fee to \$25; still a great deal for all we get as members. We're giving you the opportunity to **join or renew your membership** the way it works best for you:

- with a credit/debit card online or in person
- by check through the mail
- by cash or check in person

No matter which method you choose, visit [our website](#) for more details. If you have questions, email us at [info@msslunchbunch.com](mailto:info@msslunchbunch.com) or call us at **877-WE-LUNCH**.

If you know someone who'd like to belong to MSLB but can't afford the membership fee, there's help available from [the MSLB Education Foundation](#). As always, I thank each and every one of you for your continued support of MSLB. Wishing you all a Happy Valentines Day.  
Sharon Roll  
Founder & Hostess

## Sorry

but due to some scheduling conflicts, we have to cancel the February  
*MSLB Lunch!*  
We'll rejoin our regular schedule in March. Look for your invitation in the  
next newsletter.



Neurology, Washington University School of Medicine, St. Louis, Missouri. It was a very thorough update on current thought and research in MS. Dr. Singer talked about how we evaluate the effectiveness of our treatments. He also gave some observations about newer medicines, including some oral therapies currently under investigation.

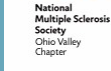
For more information about current MS thoughts, read [this 2007 interview](#) with Dr. Singer. In addition, we had representatives from Apple Store in



Kenwood and the Ohio Valley Chap



National MS Society.



Both were on-hand as part of our new member benefit called Ask Away!

## Join Our List

[Join Our Mailing List!](#)

## New Benefit



Recently, we added a new member benefit called *Ask Away!* This service, provided at our events, is a way for you to connect with people who can help you make positive changes to better your life. *Ask Away!* *Subject Matter Experts* have experience and expertise in areas members have expressed as an

## MS Research

### Gene response to IFN-B

For quite a while, researchers have been trying to understand why some people respond to some MS therapies and others don't. In [this small European study](#), an association was detected between response to interferon therapy and 10 different gene variants.

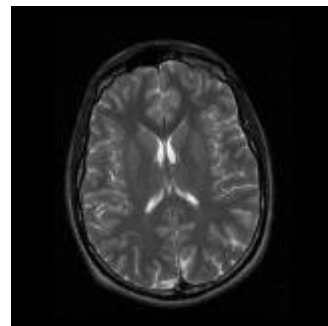


Many of the detected differences between responders and non-responders were in genes associated with processes related to MS such as interacting with chemokines or binding matrix metalloproteinases.

So what? These results support the notion that one day we may have a test to determine whether a person will respond to a particular therapy or not. That could save us all time, money and worry.

## MRI

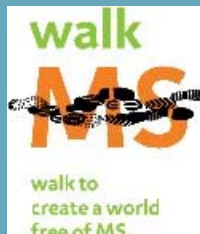
One of the many mysteries about MS is how some people have very aggressive and debilitating disease and other seemingly have little to no lasting effect. That observation has led MS specialists to coin the phrase "benign" MS. While many who have MS would argue that no MS is benign, it's clear there are differences in terms of outcomes.



Researchers who have been looking for physical differences to explain this disparity have compared MRIs from people with "benign" MS (BMS) to others with RRMS.

In [one 2007 study](#) researchers saw differences in measures of damage to both white matter and gray matter in the parietal and frontal lobes of the brain. Those with BMS typically showed less damage in both areas and generally saw more lesions in the posterior regions of the brain when compared to controls. They concluded that BMS and RRMS patients differ in topographical distribution of white matter damage rather than in the overall extent of brain structural changes. In plain english, their brains appear to show less damage in important areas of the brain. These results further those of [an earlier study](#) that that used similar measures to evaluate the destructive aspects of MS and [another study](#) that used those measures to define changes in cerebral health associated with normal aging.

## Move & Be Moved!



The National MS Society believes that moving is not just something you can or can't do, but rather is who you are. This is why we host events like Walk MS -- to raise funds for research, as well as comprehensive programs and services for people with MS -- moving closer to a world free of MS. Click the WalkMS logo to learn more.

interest or need.  
They'll be there to  
answer your questions,  
give guidance, and  
help you live a better  
life, so step on up and  
*Ask Away!*

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