



Monthly News & MSLB Lunch! Invitation

Issue 8

May 2008

Christopher,

As summer rolls in, I'm reminded of how beautiful the change of seasons can be, but also how much the weather can impact both how we feel and how we deal with MS.

The heat, allergies, and for many of us the pace and stress of our schedule changes with the seasons. Still, we are always responsible for how we act and react. I truly believe our choices affect outcomes in our lives.

That's one reason I choose to attend MSLB events throughout the year. It gives me an chance to meet others who are dealing with the challenges of MS. I always learn something new, and it positively affects my attitude when I have a fun time with people I like.

If you haven't been to an MSLB event in a while, I invite you to give us another try, and if you're new to MSLB, I welcome you with open arms and look forward to seeing you in person on May 22nd.

Sharon Roll
MSLB Cincinnati Founder & Hostess

Join MSLB!

In Cincinnati, MSLB meets monthly and very soon there will be an MSLB meeting in South Dayton and one in Northern Kentucky.

For 2008, a 12-month membership costs \$25 and includes a subscription to the MSLB newsletter and invitations to MSLB events in your area.



You can join online, by mail or in person. Click the subscribe button above for more information.

A very special "Happy Mother's Day" to all our Mothers. They are the angels who lift us up when our own wings have trouble remembering how to fly.

MSLB Lunch! at dinner time?

That's right...an MSLB event at 6:00 pm on May 22nd. It's a purely social event.



Our sponsors will briefly share some information, then we'll have a relaxing wine and cheese social with live music. The purpose of the event is to get to know one another better and have a good time.

Sometimes our meeting schedule--like our lives--gets a little hectic, so let's kick back a little and simply enjoy each others' company. Join us at the Savannah Center on May 22nd for a little wine, cheese and music.

Sponsored by:

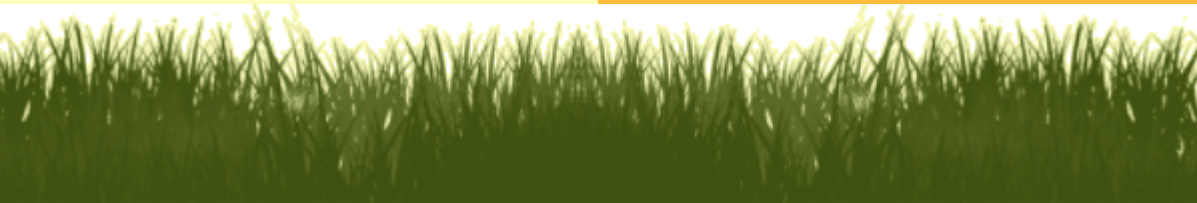


This event is free for members, guests are \$10 each. Register by clicking one of the buttons below:



[Insider Info For May...](#)

[Is Wine Good For You?](#)



Is Wine Good For You?

In moderation and as part of an overall healthy diet, the short answer is yes! Thanks to its alcohol content and non-alcoholic phytochemicals (natural occurring plant compounds), wine has been shown to reduce the risk of heart disease, certain cancers and slow the progression of neurological degenerative disorders like Alzheimer's and Parkinson's Disease.



However, the amount of wine you drink matters tremendously. Drink more than what's recommended, your health benefits are lost and your health risks go up. <[READ MORE...](#)>



More than 1,000 cyclists are expected to hit the road this July to raise money for critical research, vital services, education and essential advocacy efforts.

The MS Society's goal is \$810,000; let's help them succeed! [Make a pledge](#), [ride your bike](#), [start a team](#), [volunteer to help](#).

Bike MS will start, finish and overnight at the Countryside YMCA in Lebanon, Ohio. The new Figure Eight route will direct cyclists on a different picturesque 50- or 75-mile course each day.

Pain in MS...

Not too long ago, many in the health community felt confident telling MS patients that pain was not associated with MS. If you've been living with MS for even a short while you know this is not true.



Today, most physicians recognize that most MS patients (some reports include estimates up to 90%) report dealing with pain that affects quality of life and ability to perform activities of daily living.

A 2003 study reports the incidence and impact of pain on people with MS and documents the need for therapeutic intervention. <[READ MORE..](#)>

Hormone Therapy For Men?



More women than men are diagnosed with MS. And the ratio of women to men is even greater in the population of people diagnosed under the age of 20. In men, the diagnosis tends to occur later in life. Overall, men are less likely to develop many of the diseases categorized as autoimmune disease. These observations have led researchers to investigate the relationship between testosterone levels and disease.

Early studies have shown a treatment effect of testosterone supplementation on animal models of MS, as well as other autoimmune diseases such as lupus, arthritis, and diabetes mellitus, which do not have the central nervous system as the target organ. A recent small scale study in humans suggests testosterone treatment for men with MS is both safe and well tolerated and could have both short- and long-term benefits.