

Hope for tomorrow

The Multiple Sclerosis Society of Canada funds research to find the cause, cure and prevention of MS. Many avenues are currently being pursued;

- There is evidence that MS is an autoimmune disease. Could a defect in the body's own immune system be the root cause of MS?
- What role do genetic factors play in determining who is susceptible?
- Can the myelin in people with MS be regrown?
- Possible treatments are being tested faster due to advances such as magnetic resonance imaging.
- Drugs and other therapies to relieve MS symptoms and to stop the progress of MS are constantly being tested.
- The relapsing-remitting form of MS can already be helped with a choice of therapies.

Call toll-free in Canada

1.800.268.7582

Web page: www.mssociety.ca

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Photos of people with MS, family members and healthcare professionals are used with permission.

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Just the beginning

MS can be a difficult disease to cope with, but you're not alone, now or ever. We encourage you to take advantage of everything the MS Society of Canada has to offer. Remember that we're here for you, and your family & friends. Opportunities to participate in chapter activities and fund raising events are available for you and your family. To learn more, or to direct a donation to the MS Society of Canada, please contact our closest division office at 1-800-268-7582 or visit our web site at www.mssociety.ca

Multiple Sclerosis Society of Canada

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MULTIPLE SCLEROSIS —AND— HOW WE CAN HELP



You're not alone

Even though multiple sclerosis is the most common neurological disease of young adults, it can seem like a lonely experience. The MS Society of Canada is here to help. We're here for you, and the estimated 50,000 other Canadians like you who have MS.

MS in a nutshell

MS is diagnosed most frequently during the career and family building years. It is not contagious, not a mental disease, and not a disease of the muscles. So what exactly is it?

In a healthy nervous system, a message from the brain telling the arm to pick up a glass, for example, travels in a split second. But if the central nervous system is damaged by MS, the message may be slowed, or not even get through.

MS attacks myelin which is the insulating cover of the central nervous system. The myelin becomes inflamed and may be replaced by scar tissue. Messages are now slowed or blocked.

This can lead to problems in seeing or speaking, extreme fatigue, loss of balance, weakness, numbness or loss of coordination. The symptoms often come and go over a period of time.

Help for today

Our goal at the MS Society of Canada is to offer a caring voice and a helping hand to you, the person living with MS, and your family and friends. Our many divisions and chapters offer a wide range of programs and services across Canada, including general education and awareness. We hope you will find what you need.

- Find out what is available for you in your own community from the volunteers and staff at your nearest chapter. They can provide the latest information about MS as well as support counselling and self-help groups.
- Local chapters can also direct you to community services where you can enjoy therapeutic recreation such as swimming, yoga, and tai chi.

- Invite family and friends to our educational sessions to help them through a difficult time as well.
- Because MS can be a financial hardship, we often assist with equipment purchases or other financial needs or provide loans of specialized equipment in many parts of the country.
- MS clinics provide individual diagnosis, assessment and therapies to help people cope better.
- Just need a friend to chat with? We're happy to offer the understanding ear of one of our volunteers or staff over the phone.
- Feel like getting involved? We're here to lend support if you wish to pursue MS Society initiatives and social action in your community.

