1 DAY IN MAY...

You can help end MS.

This May, you can help the MS Society to raise awareness about the experience of living with multiple sclerosis. Won't you join us.

PARTICIPATE

MS. WALK
EVERY STEP MATTERS.

Show Canadians that they don’t have to face MS alone. To register, visit mswalks.ca/1dayinmay.

RAISE AWARENESS

Like our Facebook page to find out how you can support the 1 Day in May campaign. Facebook.com/MSsocietyCanada

Has MS helped you form a new and meaningful friendship? Tell us about it in a Tweet, and tag it #1DayinMay.

Please join our advocacy efforts. Raise your voice and help make a difference. mssociety.ca/en/moved/advocacy.

DONATE
Pick one day in May, and donate what you earn to help end MS. Go to mssociety.ca/1dayinmay to give.

To learn more, go to 1dayinmay.ca

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Collaborate for a Cure...

continued from page 1

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By Dr. Jennifer Gommerman

Shifting Focus from “T” to “B”

In MS, the immune system mistakenly recognizes and attacks the protective myelin sheath in the brain and spinal cord. This observation spawned much research into the full impact of the immune system, specifically the white blood cells, on the development of MS. To date, most of this work has focused solely on the T cell, a type of white blood cell whose errant activity has been observed in people with MS. As a result, treatments for MS have been developed to target T cells, and have so far led to marked improvements in patients.

However, these therapies are only partially effective and have harmful side effects. This led researchers to search for other culprits of MS that need to be targeted in order to fully treat the disease.

Recently, another white blood cell in the immune system has been identified as a major contributor to MS: the B cell. The B cell, like the T cell, has been shown to promote inflammation in the central nervous system and has also been discovered in brain tissue of people with progressive MS, raising the possibility that B cells might contribute to disease progression and worsening of disability. New evidence suggests that administering therapies which remove B cells from the body leads to a...
**How Getting Fit Can Help Combat MS**

Many research studies have shown that an active lifestyle may be helpful for people with MS in reducing their fatigue, improving their mobility, and enhancing their overall well-being.

“The rate of MS in Canada is among the highest in the world,” says researcher Dr. Amy Latimer-Cheung. “Evidence indicates that engaging in exercise has the potential to improve and/or maintain functional ability, aerobic fitness, strength, fatigue and depression among people with MS. Unfortunately, many people with MS are physically inactive.”

A life-improving exercise guideline

To help solve this problem, a research team lead by Drs. Amy Latimer-Cheung and Kathleen Martin Ginis conducted a systematic review of 54 studies related to MS and exercise, which lead to the creation of the Canadian Physical Activity Guidelines for Adults with MS, and accompanying easy-to-use MS Get Fit Toolkit.

“We identified the minimum amount of exercise and developed the guidelines from there,” says Dr. Latimer-Cheung. “We want to ensure people living with MS have a good quality of life.”

The Guidelines recommend that adults with MS who have a mild to moderate disability get at least:

- 30 minutes of moderate intensity aerobic activity two times per week; and
- Strength training activities two times per week

The Guidelines and the MS Get Fit Toolkit – which explains the benefits of physical activity and simple ways to get started exercising – are available online at mssociety.ca/physicalactivity.

**Advocating for People with MS**

Support for people experiencing workplace challenges

People with MS often stop working due to inadequate transportation or because of insufficient accommodations and support at their jobs. We must advocate for change and a deeper understanding of the needs of people living with MS in the workplace, including the challenges of a disease that is often unpredictable and episodic.

Help for those who can no longer work

Over time, up to 80% of people with MS can no longer work. Therefore the MS Society of Canada advocates for three key changes to federal programs:

1. Make Employment Insurance sickness benefits more flexible and useful for people living with MS.
2. Make it easier for people with MS to qualify for disability credits and benefits.
3. Make disability and caregiver tax credits fully refundable for low-income people to improve income security for caregivers.

**Advocacy in Action**

For the last 15 years, Margaret has been advocating for better drug coverage in Prince Edward Island for herself and many others like her with MS.

“My doctor was clear about my needing treatment for MS,” Margaret says. “But since I didn’t have health insurance at the time and could not afford to pay for the medications, I could not be treated for my MS.”

Margaret is a resident of Prince Edward Island, where, until October 2013, the 25% of residents without private health insurance were left vulnerable to the high cost of medications. Alongside the MS Society, Margaret took action to advocate for change.

Find out more about this program at mssociety.ca/atlantic.
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Advocating for People with MS

Mobility, health, peace-of-mind – MS can rob people of so much. Beyond that, MS patients also face many social and economic challenges. That’s why the MS Society of Canada advocates for people with MS to ensure they have the rights they deserve. Here are just a few of the issues that we’re tackling head on:

Catastrophic drug coverage for MS patients

Across Canada, people impacted by MS can face steep financial challenges in accessing treatments. While most provinces have taken steps towards establishing catastrophic drug programs, implementation of these programs is lacking in some areas. Together we must follow through on these vital programs.

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ProgressReport
Vol 18 A PERIODIC NEWSLETTER FOR OUR LOYAL CONTRIBUTORS SPRING 2014

A Message from the President
Together, we’ve already made tremendous progress on behalf of the 100,000 Canadians living with MS today. Thanks to you, the MS Society is funding world-class research — like the collaborative study on B-cells — to search for better treatments for MS.

To gain important insights from people living with MS, we recently implemented the Listening to People Affected by MS initiative to better understand the challenges persons with MS face. We also held a Research Priorities session to develop future priorities for research efforts with input from people with MS, their family members, donors, volunteers, clinicians, and researchers.

I’m heartened by the promise the future holds as well as by the strength of your leadership as a friend of the MS Society of Canada. Thank you so much for your solidarity in these days of incredible hope and promise.

MS may be threatening the health of our loved ones, but it’s no match for our combined time, energy and generosity. In working together, 2014 will be a year of many inroads against MS. I’m very much looking forward to all that we’ll surely accomplish together.

Thank you.

Yves Savoie
President & Chief Executive Officer
Multiple Sclerosis Society of Canada

Collaborate for a Cure
With the support of the Multiple Sclerosis Research Foundation, three MS researchers from esteemed Canadian universities are on an ambitious path to uncover the role of a little-known fragment of the immune system in MS. This team of world-leading Canadian researchers is pioneering a collaborative research study on B-cells — cells within the immune system — that may lead to major breakthroughs and innovative therapies to treat this disease.

Collaborate for Cure... continued from page 1

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Macmillan Communications
A PERIODIC NEWSLETTER FOR OUR LOYAL CONTRIBUTORS
SPRING 2014

Job Title: MSC 1402 FY14 REN PR NL CTR
Specs: 11 x 17” Newsletter (inside)
Colors: Black 8 & PMS 102 B
Paper/Stock: 60# OFFSET
Special Instructions: FOLDS IN HALF TO 8.5” x 11” AND AGAIN IN THIRDS
MSC-NL4-14