



Seeking the Cure.
Providing the Care.

Swag

Newsletter of the Multiple Sclerosis Society of the ACT Inc

Gloria McKerrow House, 117 Denison Street, Deakin, ACT 2600

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Website: www.ms.org.au

Notice of AGM
31 October 2007
see page 3

Events:

Fatigue work shop: 17 October

ಕಲ್ಪ-ನಿರ್ಮಿತಿಯ ಒಡಂಬಡಿಕೆ:

19 ಡಿಸೆಂಬರ್

ಮಾನ್ಯತೆ: 20 ಡಿಸೆಂಬರ್

See pages 12-15 for all details


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MS Society's Christmas Lunch
Tuesday 4th December,
Gloria McKerrow House, Deakin.

Join us for our annual Christmas lunch to share a traditional meal or a low-fat meal and some holiday cheer. This is a fun and relaxed day full of smiles, conversation and catching up with up old friends. We hope to see you there so please

Mark this date into your diary now.
Robbie Costmeyer



Vitamin D Information
See pages 5, 6 and 7

MESSAGE FROM THE CEO

Robbie Costmeyer

Retirement of your CEO in 2008

I have discussed with the Board the prospect of my retirement at a mutually convenient time in 2008. The Society has been financially stable for some years now; it has a full complement of enthusiastic staff, three new offices were completed in 2006 with two more planned in 2008 and a great future as a regional MS service centre. It is time for a new direction.

Feasibility of Joining Multiple Sclerosis Limited (MSL) (MS NSW/VIC)

Each member of the MS Society of the ACT has recently been sent a letter announcing the commencement of a feasibility study on MS ACT joining MS NSW/VIC. A *Steering Committee*, comprising MS ACT President Ian Pennell, Vice-president Mary Webb, Secretary Oscar Hughes, Treasurer Don Cross, and one ordinary Board member David Robertson, assisted by the MS ACT Chief Executive Officer, will explore the potential MSL merger issue. ACT members and staff will be kept informed and the final decision will be made by MS ACT members at a duly convened General Meeting of MS ACT. One of the key determinants will be that clients with MS in the ACT would be better off belonging to a larger, merged, organisation.

It is envisaged that the MS ACT Board will be able to make a recommendation to members in the first half of 2008.

Annual General Meeting (AGM)

The 2007 AGM will be held on Wednesday 31st October, please put this date in your diary. A notice of meeting is on page 3. This is your opportunity to raise any concerns directly with the Board or to heap praise on the Society for a great year. Dr Rex Simmons will commence his talk at 5:30 pm with the AGM to follow at 6:00 pm. A light supper will be available at the end of the meeting.

Volunteering

Your Society cannot function effectively without volunteers. Volunteers are still needed for a range of activities. Please encourage your family and friends to help with these tasks and call the volunteer coordinator, Richard Nadin, on 6285 2999 if you can help.

'Raiser's Edge' Database

A presentation showing the performance and attributes of this relational database was made to all of the State CEOs at MS NSW/VIC Blackburn on 8th August, 2007. It was unanimously agreed that all State MS Societies would utilise this database for their events management, membership, volunteer database, car raffles etc.

This decision is timely for MS ACT as we currently use a number of databases for these tasks, none of which are linked. The car raffle component in 'Raisers Edge' will allow more than one car raffle to be conducted at the same time enabling us to start one while still finishing another.

Annual Report

A new look annual report is in production and should be available later this month.

Annual Leave

I will be on annual leave for most of October, swapping spring in Canberra for Autumn in Europe. I will prepare a short report for Swag upon my return.

Samantha Cursley will be acting CEO in my absence.



AGM Notice

MULTIPLE SCLEROSIS SOCIETY OF THE ACT Inc

NOTICE OF MEETING and AGENDA

The 2007 ANNUAL GENERAL MEETING of members
**will be held on Wednesday 31st October at 6:00 pm at
Gloria McKerrow House, 117 Denison Street, DEAKIN ACT**

MEETING PRELUDE: Dr. Rex Simmons, Project Manager of the Australian MS Longitudinal Study will provide an update of the Study, including the results of the recent Quality of Life Survey. This will commence **at 5.30pm sharp**

APOLOGIES:

MINUTES: Confirm the minutes of the 2006 Annual General Meeting held on 11th Oct. 2006.

BOARD REPORTS: Receive the reports of the President, Treasurer and Chief Executive Officer on the activities of the Society

STATEMENT BY THE COMMITTEE (BOARD):

Receive and consider the statement signed by the Vice-President and the Treasurer dated 23rd August 2007.

AUDITORS REPORT:

Receive and consider the RSM Bird Cameron Partners audit report dated 23rd August 2007.

FINANCIAL STATEMENTS:

Receive and consider the audited financial statements of the Society for the year ending 30 June 2007.

ELECTION OF OFFICE BEARERS AND ORDINARY MEMBERS OF THE BOARD:

The names of persons nominated for election to the Board in 2007-2008 and copies of their statements of qualifications and suitability in support of their candidacy will be sent by mail by 28 September 2007.

Light supper will be served after the meeting is closed.

By order of the Board
RADM Oscar Hughes AO RAN (Retd)
Secretary
21 August 2007

APPOINTMENT OF PROXIES: Each financial member of the Society shall be entitled to appoint another financial member as proxy by notice to the Secretary no later than 24 hours before the time of meeting. The notice appointing the proxy shall be in the form set out in Appendix 2 to the constitution of the Society. No member may hold more than 10 Proxies.

Outreach News

SEASONS For GROWTH

Adult Program

Like the seasons life changes....

We grow
Our bodies change
Friends come and go
People separate and divorce
We move to a new city and new job
Someone becomes ill or is diagnosed with a chronic condition
We lose someone or something we love.

These experiences can hurt, be frustrating, threatening or confusing.

Seasons for Growth is an innovative educational program for people who have experienced loss and grief.

Seasons for Growth offers a range of activities to allow each individual to:

- Explore* the skills needed to manage the effect of loss
- Understand* that it is normal to experience and express a range of emotions around grief and loss
- Review* present beliefs and plan for a realistic and hope filled future.
- Develop* an integrated sense of self, and higher self esteem
- Take part* in a caring network of peers and adults
- Build* effective relationships with families, friends and others

Maria, Outreach Worker, has recently completed the Companion training in *Seasons for Growth* and is looking forward to running a small group in the 2008 New Year

If you are interested in participating or finding out more about the program please contact Maria at the MS Society ACT.



MS: Tricks of the Trade

- * SOS – save one step
- * Warm not hot showers
- * Sunshine in moderation
- * Rest before you get tired
- * Have a rest every afternoon
- * Keep some dollars in the energy bank
- * Make Lists



Outreach Team

Travel Tips for People with Multiple Sclerosis



- * If there is a free Frequent Flyers Club, join. You'll get labels, some where comfortable to wait, advance offers and priority check-in!
- * Take the things which make you comfortable on a long flight, ear plugs, sleep mask, cushion and wear comfortable clothing.
- * Despite the temptation, drink only water, and keep alcohol for later.
- * Travel with basic information about arrival times and durations.
- * If it's only a short trip, try to survive with hand luggage only. (Don't laugh ladies)
- * Obtain a letter from the MS Society stating details of your immunotherapy and requesting your medication be stored at the recommended temperature during the flight.
- * If you have medication that must be kept at a certain temperature, insist on seeing and feeling how it will be kept.

Outreach Team

Vitamin D

Workshop on Vitamin D *Sun exposure, and Osteoporosis*

On August the 22nd the Outreach Team attended this workshop presented by Arthritis ACT at the CWA rooms in Civic. It was opened by Annette Ellis, MP (Federal member for Canberra), who is a patron of Arthritis ACT. The guest speakers were: Professor Rebecca Mason, Dr Seeva Sivakumaran, Dr Kate Stewart, Dr Malcolm Thomson, Jenny Yaxley (Physiotherapist), and Sally Williams (Dietician).

The speakers raised our awareness of the importance of vitamin D and its role in calcium absorption, both vital for the health of our bones, muscle and tissues. Vitamin D deficiency can be linked to muscle pain, recurrent falls, recurrent fractures, poor fracture healing and bone pain. This can be particularly pertinent to those with mobility issues or those in care settings who are unable to gain access to the sun for appropriate lengths of time.

We learnt that sunlight streaming through a glass window does not give the health benefits of unfiltered sunlight. Mention was made of the increased risk of melanoma linked to the prolonged use of sun beds.

Muscle wasting can also be a result from vitamin D deficiency, and emphasis on maintaining muscle strength and bone density is relevant to everyone in

the population, but especially to those who may have balance, strength or coordination difficulties.

The statistics are sobering: one fracture every 8 minutes due to osteoporosis, and predicted rise to one every 3 minutes by 2021. Studies have shown many of the population in Australia have sub-optimal calcium levels. Bone density measurements using the Dexascan show the bone density at both central and peripheral sites. We learnt that follow-up scans should be conducted at the same venue, using the same machine, due to the different programs used, and the different manufacturers of these machines.

As we discovered more about the importance of vitamin D and calcium to our health, the emphasis on good nutrition and adequate exercise became clear. ACT Health have resources that can be accessed via the community intake line (ph. 6207 9977) to gain information about good nutrition and exercise programs that cater to the full spectrum of activity levels in the population.

For more detailed information on any topics raised by this article, call the Outreach team.

We would like to thank Arthritis ACT, Katrina Muir (for her efforts which made the day such a success), and the CWA for their fantastic catering prowess.

*Written by Tracy Clark
Immunotherapy Nurse*

Cool Hands

Anne Rawson , a member of the Society sent in this summary of information she found In the *New Scientist*.



Scientists at Stanford University, California, discovered that if you cool the hands you can cool the body's core temperature. The report in *New Scientist* of 28 July 2007 explains that specialised blood vessels in the palms of the hands act as radiators, enabling the body to shed large amounts of heat very quickly. 'Cooling people's hands as they exercise increases their endurance. In treadmill tests, people who were exercised to

exhaustion were able to last between 50 and 100% longer if one hand was cooled at the same time'. While the scientists are mainly worried about soldiers operating in deserts, they recognise the implications for people with MS. In a recent study on 12 people with MS there was a 35 % increase in endurance times on a treadmill test. The Stanford scientists use a special cooling glove which is the size of a coffee pot, but at camping shops you can buy palm-sized gel-filled pads which you heat and slip inside your gloves to stop your hands freezing. They probably also work in reverse; next summer I plan to put the pads in the freezer to cool my hands when I conk-out in the heat.

Vitamin D and MS – what do we know?

In Australia, most of our vitamin D comes from the sun exposure of precursors in the skin. Only a small amount comes from diet, principally through intake of oily fish.

Sunlight

Sunlight is made up of different wavelengths of radiation – the longest wavelengths are infrared and supply heat, and slightly shorter than these is visible light (red, orange, yellow, green, blue and purple). Even shorter than visible light are the ultraviolet wavelengths – we can't see them, but they are the ones responsible for sun-related skin damage. The wavelengths of ultraviolet radiation (UVR) are further subdivided into UVA (the longest ones), UVB and UVC (the shortest of the ultraviolet rays). All of the UVC and most of the UVB doesn't reach the earth's surface, as it is blocked by the Earth's atmosphere (ozone and other molecules). *This is important, because it is only UVB radiation of skin that results in the formation of vitamin D.* Over 90% of the ultraviolet radiation reaching the Earth's surface is UVA, i.e. less than 10% is UVB. This varies with the UVB proportion being higher nearer the equator, in the middle of the day and in summer. *Sunbeds deliver mainly UVA.*



Vitamin D

When the skin is exposed to UVB, the vitamin D precursor is changed chemically before being transported in the blood to the liver and kidney where it undergoes further chemical alterations before the active hormone is produced. We now know that other cells in the body are also capable of activating vitamin D, e.g. some cells of the immune system. *Importantly, prolonged sun exposure doesn't cause more and more vitamin D to be made* – after a certain point, the vitamin D precursor is changed into inactive forms which are then excreted, rather than continuing to be made into the active form. During sunbed sessions, this point is achieved within about 5-10 minutes. Prolonged exposure after this time increases skin cancer risk, without increasing vitamin D levels.

It seems likely that for fair-skinned people, only small amounts of sun exposure, i.e. 5-10 minutes per day to the face, hands and arms, between about 10am and 3pm most days of the week should be sufficient to maintain vitamin D levels. It is important not to get sunburnt, as this increases the risk of later development of skin cancers. For dark-skinned people or those living at high latitudes, i.e. further south (and therefore lower levels of UVB), this time could be considerably longer. Similarly in winter, exposure times may have to be increased, particularly in southern latitudes. You should discuss suitable sun exposure with your doctor.

Vitamin D and Multiple Sclerosis

Evidence for a role of sun exposure or vitamin D as decreasing the risk of developing MS comes from a number of different types of research studies.

The weakest, and earliest evidence that sun exposure might be important came from the observation of geographical patterns of MS occurrence, i.e. MS is more common the further you move away from the equator. UVR (and UVB) decrease with increasing distance from the equator and so it was thought that low sun exposure (perhaps working through lower vitamin D levels) might increase the risk of developing MS. In Australia, MS is more common in southern regions (lower UVR) than in the north, and this relationship is stronger than the relationship between (higher) levels of UVR and increased risk of malignant melanoma. Other, relatively weak evidence comes from studies that suggest that spring season of birth is more common in people who develop MS – vitamin D levels are typically low in spring as this follows winter, when there is little sun exposure and UVB levels are low. (Having sufficient sun exposure in summer to reach adequate vitamin D levels will only last about 4-6 weeks into winter, if adequate UVB exposure or supplements are not taken). Additionally some studies suggest that diagnosis of MS is more common in winter/spring, but these findings are not very consistent.

Recently stronger evidence on possible risk factors has emerged from studies comparing people who have developed MS and those who have not. In Tasmania, a study indicated that people with higher levels of sun exposure during childhood (aged 6-15 years) were less likely to be in the group who had MS. More marked sun related skin damage to the hands was also associated with lower risk of having MS.

Similarly, two studies in the US have found that higher vitamin D status, measured many years before MS onset, were associated with decreased risk of later developing MS. In a large study of US nurses that has been running for many years, nurses taking more than 400 IU of vitamin D per day had a much lower risk of developing MS than nurses taking less than this (400IU is the amount of vitamin D that is in many multivitamin supplements). In US military recruits, who had blood taken at enlistment, those whose vitamin D blood levels were over 100 nmol/L (recommended blood levels are over 75nmol/L), there was a marked decrease in risk of later development of MS. This effect was even stronger in recruits who had high blood levels of vitamin D and were less than the age of 20 years at enlistment.

Experimental studies show us that there are plausible mechanisms whereby either UVR exposure or vitamin D, independently, could damp down the immune system to decrease risk of MS onset.

Risks of too much vitamin D

There are risks of having too much vitamin D. You cannot get levels that are too high from sun exposure, only from intake through diet or supplements (because ongoing sun exposure causes inactive by-products, rather than increasing active vitamin D). High levels of vitamin D cause too much calcium to be absorbed from the diet and can cause calcification in the kidneys or heart arrhythmias. However, the recommended daily intake is now considered to be 1000 IU per day; toxicity probably does not occur unless very high doses, eg 40,000 IU per day, are taken. So, vitamin D is very safe in moderate doses.

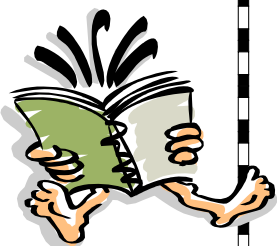


What should you do to check your vitamin D level?

Talk to your doctor about having your vitamin D level checked and seek his/her advice about sun exposure, diet and taking a supplement.

Importantly, we don't yet know whether vitamin D or sun exposure has any effect on progression of disease once MS is diagnosed. Research is underway examining this question. It does however seem sensible to maintain a normal vitamin D level (more than 75nmol/L).

Prepared by Dr Robyn Lucas
Study Coordinator of the Ausimmune Study



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Have you had a look at the range of books and videos, available for borrowing at the MS Society recently??

There is wide range of subjects covering direct MS topics, biography, self help, poetry and others.

Some of the latest acquisitions:

- Fatigue in MS,
- Women living with MS,
- The MS Diet Book, by Swank and Dugan..

Fund raising



*Peter Hurford
Fundraising manager*

Mini Raffle

Our Mini raffle team has been hard at work, selling tickets on the streets for the past six weeks. I would like to thank the entire volunteer group who has again made another tremendous contribution to MS fundraising. We had our Mini's at Belconnen, Woden, Manuka and Civic. During the last week we have been out almost every day, with a big day expected at the Old Kingston Bus Market site on Sunday 23rd. Don't forget if you have some time after 5pm on Wednesday 26th September come down to Gloria McKerrow House and share in the fun of the draw for R45 Mellow Yellow Mini!

We may even have a record sale for this raffle and it is all down to the dedicated team who are going that extra kilometer for us to achieve a maximum return for the Society's fund raising efforts.



Readathon

Those fantastic literacy skills have been converted to mathematical skills over the past month, as students have

prepared their sponsorship funds for return to the MS Society. As always, the MS Readathon proved a challenging and rewarding exercise for all participants. Within the ACT, more schools were covered this year than in the past indicating the program is looking stronger than ever.

A number of fantastic stories have emerged from the 2007 MS Readathon. There have been those individuals who have discovered an interest in reading, and have written to the ACT office to express that the MS Readathon has changed their reading habits, and those who are developing a

heightened social conscience through their first exposure to an altruistic endeavour. Correspondence received at the Society confirms the statement in the earliest SWAG article that the MS Readathon is unique as it aims to improve the community awareness not only at the end where funds are spent, but also at the end where funds are generated.

A conference is being held in Melbourne in late September that will examine ways in which the program will move forward in 2008, and examine what may be learnt from the experiences of 2007.

*Thank you to all those who participated
or sponsored a child.*

*Simon O'Dea
ACT Readathon Coordinator*

MS FUN RUN/WALK 2007 REPORT

The 16th annual Multiple Sclerosis (MS) Fun Run/Walk, around Lake Tuggeranong, was held on Sunday 9th September 2007. Conditions were perfect for setting personal records which many participants did. This event is one of our two major community events (the other being the MS Golf Day), which raise the awareness of MS in the community.

The good weather brought out many last minute registrants which resulted in 466 participants finishing on the day, with a further 70 who had paid but did not start or if they did, did



not register at the finish. This was a record number of participants. It was great to see so many people enjoying themselves and helping a worthy cause in the process. The participants warmed up with exercises supervised by Margot and Kate of “fullyFITTED”, prior to Annette Ellis MP, for the sixth year, braving the ACT Fire Brigade’s brontosaurus and firing the gun to start the event.

The 3000m U18 World Youth champion, Emily Brichacek, again was the first female home, closely followed by Jessamy Hosking who has represented the ACT in mountain running championship events nationally. Benjamin Dawson the winner of the last two years runs and who last year equaled the course record despite a strong wind, did not compete this year. This gave Michael Herhily the opportunity to win, on debut, setting a new course record of 20:55mins. Gary Croker was the first wheelchair athlete across the line while Patricia Quick (pushed by her husband and carer Jim Quick), participating in her 14th MS Fun Run/Walk, was the first female wheelchair participant.



Patricia Quick

Nicholas Williams won the Male Open Walker event and Julia de Raad won the Female Open Walker event for the first time. The list of the first 20 male and first 20 female runners, and all of the perpetual shield holders are listed on our web site www.ms.org.au.

It will take some time to determine the total amount raised from the event as sponsorship money is still being returned to the MS Society. However, at the time of writing last year’s total of \$24,000 has been passed with \$26,000 being received so far. Whatever the amount is it will be welcome and will go towards both providing services to the people affected by MS in the ACT region, and contribute

to MS research to find a cure, develop better treatments and determine preventative measures.

The Rolfe Motor Group was again our principle sponsor, with Bayer Schering Pharma also supporting the MS Society. Thank yous go to Herb McEachin, of the Rolfe Motor Group, for organizing a number of teams and helping with the presentations, and to Brian Leonard for managing the microphones so well keeping everyone informed. We are grateful to the perpetual shield sponsors and some 36 volunteers who made this event possible. They are all listed on our web site.

Thank you to all of the participants for their contributions to the 2007 MS Fun Run/Walk. Those entrants who registered by the 6th of September went into a special draw to win a two night mid week package for two at Solar Springs Health Retreat in Bundanoon, worth over \$1000. The full list of barrel draw prizes is listed on our website. Participants who raised money through sponsorship had an opportunity to receive prizes depending on the amount raised.

A special thank you to Peter Hurford, who managed his first MS Fun Run and did so very well. Kambah Lions again provided the bulk of the volunteers, along with the ACT running community, in particular the Weston Creek Athletic Club. A special thank you to Lake Tuggeranong College for allowing the use of their facilities, the ACT Emergency Services Tuggeranong Unit for closing the roads and the ACT Fire Brigade for providing the brontosaurus for the start of the event. Thank you also to the ACT Cross Country Club and the ACT Veterans Athletic Club for the loan of their equipment.

Robbie Costmeyer
Chief Executive Officer



Beaumont Legal Team

Support Groups

Ideas shared help us all

Taking Control of MS Group

Many of us are endeavouring to take control of our MS. There are no negatives to this, instead, in a friendly, supportive environment we:

- * meet other people with MS
- * learn what approaches are useful to us
- * discuss useful initiatives
- * investigate interesting activities
- * *try and avoid re-inventing the wheel*

At the last meeting (9th Sept.), sixteen group members listened as David Robertson passed on information gleaned from the MS Retreat, held at the Gawler Foundation 23-27th July 2007. Unfortunately, I missed this last meeting BUT I have David's 11 page summary.

His clear, useful notes cover subjects discussed during the Gawler Retreat :

*Medication
Food
Vitamin D
Meditation
Healing
Grief*



amongst others.

This thought-provoking summary would be useful to all readers and is available from David .

E-mail requests to David
(drcanberra@yahoo.com)

Next group meeting will be on the :
Saturday 13th October, 2007
2-4pm at the MS Society, Deakin
(Subject yet to be finalized)

***Come and join us
Help yourself and help others!***

All the best
Rodger Hall Editor
(member and enthusiastic supporter)

People with MS Group

When you're diagnosed with MS, you inadvertently become a member of a club that you didn't want to join! Although that diagnosis may be all you initially have in common, you may find lasting friendships and support through meeting other people with MS.

Why don't you join us? We have both 'old' and 'new' (that's time since being diagnosed , not age !!) coming along , as well a few support people, so it's a nice mix. We're also trialling a "topic of the month", to see if we can entice a few more people to join us, so if you have any issues in particular that you would like to discuss, please let me know and we'll put it on the list. Of course, conversation won't be limited to that topic!

Meetings are held on the last Friday of every month (except December)

Where: MS Society

Gloria McKerrow House, Deakin

When: Friday 26 October 12:30 pm

Topic : **Pain** --Have you experienced on going pain as an MS symptom? How did you cope with it? Was it treatable?

Friday 30th November 13.20pm

Topic: **Travel** — Have you been travelling since you have had MS? How easy was it to achieve? Did you have any problems? Any tips for others who might be considering a trip?

Tea and coffee provided, but feel free to bring your lunch.



Relatives and friends are more than welcome.

For more information, or if the current timing doesn't suit you, or you have any other input but can't come along, please feel free to contact me, (Mary), by phoning 6251 4502, sending an email to denmar@netspeed.com.au or dropping me a line via the MS Society. At the moment the get-togethers are primarily a 'chat group' but if you have any ideas for other things we could do, we'd love to hear them.

Looking forward to seeing you then.

Mary Webb (Board Vice-president and PwMS)

1st Pan Asian Nurses Forum

By Helena Paul
Immunotherapy Nurse
ACT MS Society

Singapore, 18 – 20 May 2007

Late April 2007, I was approached by Michelle Murphy (Manager Patient Care Programs) from Bayer Schering to attend the inaugural “1st Pan Asian Nurses Forum” in Singapore. I was excited at the opportunity to learn from international speakers. Michelle then asked me to present the opening paper introducing the “Challenges Facing People with Multiple Sclerosis”. Whilst daunted at the prospect of addressing this forum I decided that it was a splendid opportunity to show case the challenges faced (through time) by people with a diagnosis of MS and also the diversity of the services provided by the ACT MS Society. I must extend many thanks to Sharon Eacott for the hours of expert tutoring and assistance with PowerPoint presentation. Armed with multiple copies of my presentation, in case it landed in another country, I set off for Singapore on the 17th May.

I survived the anxiety of presenting to the forum. The Forum was expertly coordinated and we were all well cared for. It provided a wonderful avenue for networking with other MS Nurses and experts from Australia, Singapore, Malaysia, Europe, Canada, Taiwan and Korea.

Some of the areas discussed were;

- * The benefits of early and long term treatment
- * The importance of adherence to medication regimes
- * Keys to improved treatment tolerability
- * Developing and maintaining “Best Practice”
- * Managing medication side effects
- * Establishing a regional network
- * The importance of a holistic approach to client care
- * The diversity of the role of the MS Nurse
- * Nursing protocols for improving client care
- * Client lifestyle management.

Australia was very well represented with guest speakers of many years experience in Multiple Sclerosis. It was interesting to obtain the Asian perspective of MS from the nurses and in particular Dr Ho King Hee (neurologist). Whilst the prevalence of MS in Asia is relatively low, it is on the increase. Neurologists in the Asia region are now more aware of considering MS as part of a neurological diagnosis. The Asia region also has varying accessibility to medications and governmental subsidies of the same. There are also varying levels of client support systems from country to country in the way of MS Clinics or MS Societies.

Dr Mark Freedman is currently professor of Medicine in the field of neurology at the University of Ottawa. He has published over 200 articles and conducted extensive research in the area of molecular neurochemistry, cellular immunology and clinical studies in MS. We were fortunate to meet him and listen to his presentation on the data showing the benefits of early and long - term treatment, and the importance of adherence to treatment.

Overall, the Australian perspective is very positive. The early diagnosis and early treatment by neurologists is providing better long term outcomes for people diagnosed with MS. Government subsidies of treatment options ensures that all immunomodulatory medications are available. The support systems of MS Societies and MS Clinics provide ongoing holistic care by MS experts. Whilst there is always room for improvement and growth, when you compare the care provided for people with MS in Australia to other regions, we are indeed “The Lucky Country”.



Memories for MS Scrapathon



**Saturday 20 October
9:30-5:30**

Creative Memories is hosting a special album-making event to help raise awareness and funds for the MS Society ACT. The Creative Memories vision is to:

Preserve the past
Enrich the present
Create hope for the future

by teaching people to create photo-safe keepsake albums.

Who should participate?

People with MS, those affected by MS and Creative Memories clients wanting to support and learn about MS are invited to invest in this mission at an all-day 'crop', including classes for beginners.

Everyone has a story to tell, and Creative Memories can help you to create a legacy to share with your loved ones.

Where?

MS Society ACT, Denison St Deakin

Cost?

Registration for the day is \$35 and is all inclusive (lunch, morning and afternoon tea, access to tools, and materials).

How will the MS Society benefit?

Profits on registration, sales and orders placed on the day will go to the MS Society. Participants can sign up sponsors for each page they complete on the day (you will receive a sponsorship form when registered). And of course, the MS Society will accept donations too.

Creative Memories products will be available for use, purchase and inspection.

What to bring?

Beginners should bring along 6-8 photos on a similar theme or of a single event to complete their *Getting Started Class* in the morning, and a further set of photos to work with in the afternoon.

The more experienced should bring along current album projects to work on, completed albums to display, and their tools and supplies.

Bring some spare cash to participate in the raffle. And your water bottle.

Catering

A yummy MS-friendly lunch will be provided as will morning and afternoon tea.

Prizes and raffles

*All participants will go into the draw for the **lucky door prize** - a \$30 gift voucher for Creative Memories products and/or workshops.

*There will be a **raffle** of a bundle of Creative Memories and MS Society goodies.

*Anyone booking a Home Class on the day will receive a **booking lucky dip**.

*There is a **prize** for the most words journalled.

Register NOW and start collecting sponsors

Contact:

Katy Gillette on 62310528, 0438310528,
creative-katy@tpg.com.au, www.mycmsite.com.au/katygillette

Or

Birgit Flatow on 62540957, 0424094588, birgit_flatow@hotmail.com

Note: If bookings are high we may extend the event to Sunday.



AUSTRALIA
*Seeking the Cure.
Providing the Care.*



The Multiple Sclerosis Society of the ACT, in conjunction with
Foundation 5 Million, are pleased to present a:

Musical Evening for MS

Come and enjoy the talents of local world-renowned concert pianist and recording artist *Carl Rafferty* as he is joined by talented young performers Kate and Anna Rafferty, Samuel La Salle and David Howard for a captivating recital encompassing a wide range of musical styles. There will also be a silent auction of select local wines and other items.

*Friday 19 October
7.00 for 7.30 pm*

*Lalezar Hall at the Turkish Embassy
6 Moonah Place, Yarralumla*

Cost: \$50 per person, which is tax deductible.
A light supper and drinks will be served.

Bookings: please call Mary on 6251 4502 / 0412 190 123.
Seating is limited, so please book early.

*Proceeds for the evening will be shared between
supporting people with MS and finding a cure for MS.*

We gratefully acknowledge the kind support of the Turkish Ambassador Murat Ervasci and Mrs Zeynep Ersavci, our wonderful musicians, 'Found' pomegranate juice, and the following local businesses: Doonkuna Winery, Affleck Winery, Wily Trout Wines, Clonakilla Wines, Ravensworth Wines, Yass Valley Wines, Lambert Vineyards, Janine Florist, Café D'Lish, Keshi (pearl jewellery) and Julie Ballis (local artist).



Announcing a great event at the MS Society ACT...

Fatigue Workshop



Did you know that around 70% of people with MS suffer from fatigue?

Come and join us for an informative workshop on this very common issue.

We plan to cover some of the things that impact on energy levels, as well as looking at practical strategies for conserving energy and making the most of what you've got!

When: Wednesday 17th October, 2007

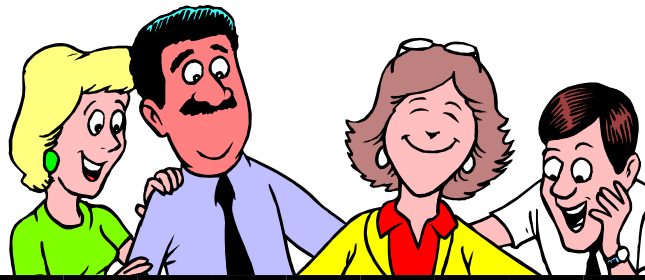
Time: 3.30pm to 5.30pm

Where: MS Society Gloria McKerrow House Deakin

Who: People with MS and their support people

Please register your interest with a member of the Outreach Team on 6285 2999 by Wednesday 10th October.





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