

MS®

National
Multiple Sclerosis
Society
Upstate New York
Chapter

Our Vision

A World Free of MS

Our Mission

To help so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

MS can stop people from moving. The National MS Society addresses the challenges of each person affected by MS by funding cutting-edge research (\$50 million for 375 projects last year alone) and local programs such as emergency financial assistance, education programs, support and self-help groups, wellness programs, advocacy, professional education, and more. We provide programs and services designed to help people with MS and their families move their lives forward. Join the Movement to Create a World free of MS and partner with us in this important work.

Featuring



JR Martinez

*Season 13 Champion from
Dancing with the Stars*

women
against ms
Luncheon

November 4, 2016
Hilton Garden Inn, Troy, NY

11:30 am - Meet & Greet / Book Signing with JR Martinez
12:30 pm - Luncheon and Keynote by JR Martinez

Actor, author, motivational speaker, advocate, U.S. Army veteran and Dancing with the Stars season 13 Champion, J.R. Martinez, will be the featured guest speaker at the 2016 WAMS Luncheon.

Best known for his role as "Brot Monroe," on the daytime drama All My Children J.R.'s career path has been incredible, and perhaps even a bit improbable. After experiencing a life changing injury in Iraq, Martinez went on to a three-year role on All My Children and then went on to inspire a nation on ABC's Dancing with the Star as the season 13 champion. J.R. shared his story in the New York Times best-seller, Full of Heart: My Story of Survival, Strength, and Spirit," a memoir about how he was able to take his own personal tragedy, and turn it into an inspiration for others. Martinez travels the world spreading his message of resilience and optimism. He devotes himself to showing others the true value of making the most of every situation. His story is unique, but his message is universal: your

What is New in Multiple Sclerosis Management and Concepts?

By Dr. Keith Edwards

Multiple Sclerosis (MS) remains a challenge for many individuals who have disability. It remains the most common cause of disability for young adults other than trauma. Recent information from the European Committee on the Treatment of MS (ECTRIMS) continues to be more encouraging than ever. It is not that there aren't significant challenges for MS patients, but treatment for prevention of disability, and even recovery, is improving. Just like many other conditions, from breast cancer, high blood pressure and heart disease, the earlier the diagnosis and appropriate treatment, the less likely that an individual will have disability. An increasing number of patients on appropriate treatment have "No Evidence of Disease Activity" (NEDA)

What is NEDA, how long has this concept been used and how can it help me?

NEDA is: 1. Freedom from relapses 2. Freedom from new disability 3. Freedom from new MRI activity. This was first published in 2009 and now at the 2016 ECTRIMS, dozens of papers were presented on this subject.

The goal of MS treatment is to stop this disease. That includes management that every person should have: good diet, control of infections, some diet rich in vitamin D, no smoking, control of any other diseases such as diabetes, high blood pressure and a positive attitude. Medications may include rapid use of IV steroids to stop an exacerbation and limit disability to preventative medications (also called Disease Modifying Treatments) that are appropriate to prevent further exacerbation and to control MS.

What about safety of medications? All medications need to be chosen for the right reason for the right patient. That also means monitoring liver, kidney and blood at regular intervals. The treatment should be appropriate to control MS with little risk. We see all new patients about one month from first beginning a medication and then every 3 months until it is known that the treatment is safe and effective.

What about recovery from disability? First of all, your MS needs to be under control. Then, depending on the degree of disability, age and other factors, many people with MS can improve with exercise to overcome from any deconditioning due to inactivity. And, we have hope that there may be some regrowth of myelin. There are currently several research studies in progress that show some recovery to myelin.

What should I do? 1. Take good care of yourself including high vitamin D diet or vitamin D supplements. 2. If you smoke, stop, since smoking is irritating to the lungs and increases the immune system to make MS worse. 3. Have a good support system of family and friends. Do not be too shy to ask for assistance or a ride to the gym or swimming pool. 4. Know your choices in treatment among various health care providers and treatments. Any MS Center that is recognized as a "Comprehensive Care Center" by the National MS Society (NMSS) has MS specialty trained neurologists and nurses along with a 'team' approach for your care.



Keith R. Edwards, MD, FAAN
 Director, MS Center of Northeastern New York
 A Comprehensive MS Care Center affiliated with the NMSS for 8 years
 Assistant Clinical Professor, Harvard Medical School



Emcee, Benita Zahn of NewsChannel 13 and WAMS guests pose alongside paralympian Mallory Weggemann and her agent.



Enjoy chocolate treats and mimosas during the Meet and Greet from 11:30 am-12:30 pm.

More than 300 guests attend the WAMS event annually, honoring a commitment to end the devastating effects of MS through funding and advocacy.



The Silent Purse Auction and amazing raffles are always a huge hit at the WAMS event! From Coach to Kate Spade... bid knowing your money supports a vital cause!

2016 RAFFLE
 Don't miss your chance to own a Michael Aram Silver Twig Bangle with Amethysts, valued at \$980!!
 Sponsored by: **FRANK ADAMS** JEWELERS SINCE 1922

Tickets:

- \$85 - General Admission
- \$110 - Honorary Admission (includes a listing in the program book)
- \$1000 - Tables of 10

Call Valerie Hoak for Ticket Information:

1-800-344-4867 (press 2)

Or Visit: www.msuptateny.org