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Special Interest Articles:
• Mixed Signals Update
• Rona Bike Tours

2010 Year-End Party FREE TO MEMBERS

Where will you be on Wednesday November 24th, 2010 at 6 P.M.? We hope you’ll be attending Scarborough’s Year-End Party! We want to make this dinner accessible to as many of our local MS community as possible so tickets are complimentary to Scarborough chapter members! That’s right: the evening is free to chapter members. The cost has been lowered for family and friends as well.

Please join us for a festive evening to kick off the holiday season. What better way to meet old friends and make merry with family than over delicious food and the incredible talent of our own Swing Junkies! See you there!!

Another Year Draws to a Close

By the time you receive this newsletter 2010 will be drawing to a close.

I pause to write an editorial at this time of year because the years seem pass so quickly, I feel as if I’ve just written one farewell to the year when it’s time to write another.

But the snow flurries experienced in parts of Scarborough on Halloween tell us there’s no escaping the truth - winter is coming -- along with the promise of a New Year.

You will find your invitation to our year-end celebration in this mailing. Be sure to mark it on your calendar, and plan to join us. 😊

As always there’s a lot of news and research information in this newsletter. Grab your favourite holiday beverage, put up your feet, and enjoy!

On behalf of the Scarborough Board, I extend heartfelt wishes for a blessed, healthy holiday season.

And may 2011 be the year they find a cure to end MS.

Barbara
WHAT’S NEW, WHAT’S NEXT

The MS Society of Canada will be holding a live webcast for the general public on the topic of current and future MS treatment options. This informative session will assist people impacted by MS to learn more about what new therapies and treatments are on the horizon and empower them in making decisions to enhance their quality of life.

Date/Time: Saturday November 20, 2010
2:00 pm - 4:00 pm (ADT)
Speakers: Dr. Virender Bhan and Dr. Katherine Knox

The session will be streamed live over the web. Participants watching over the Internet will have the opportunity to pre-submit questions through the registration page.

To register for the live feed:
1. Visit mssociety.ca (look for the forum ad under the “what’s new” section)
2. Follow the links to register for the What’s New, What’s Next Education Session. Select “I will be watching live online.”
3. Fill out the necessary fields. Submit any questions you may have.
4. You will receive an email confirming your registration. Closer to the day of the forum, you will receive an email with instructions on accessing the live web feed.

A studio audience will be made available as part of this webcast; however the event takes place in Charlottetown, Prince Edward Island.

On September 15, 2010 the “100 Days of Celebration” campaign was launched to celebrate accomplishments across the country and recognize positive contributions to the MS community.

Currently, the MS Society is seeking stories of celebration from all members of the MS community and hopefully from you!

Submissions could be a letter of gratitude you received, a photo a child drew for you as a token of appreciation for sponsoring them in the MS Walk, an account of a recent uplifting visit with an MS Society volunteer or even a memorable quote you heard at a recent bike tour. If it provided you or someone you know with a reason to celebrate, you can submit it!

Join us in the celebration! Visit www.mssociety.ca/100days for submission guidelines and more information.
**MS Sillies**

**Famous Christmas Quotes:**

"Once again we find ourselves enmeshed in the Holiday Season, that very special time of year when we join with our loved ones in sharing centuries-old traditions such as trying to find a parking space at the mall. We traditionally do this in my family by driving around the parking lot until we see a shopper emerge from the mall, then we follow her, in very much the same spirit as the Three Wise Men, who 2,000 years ago followed a star, week after week, until it led them to a parking space.”  -- Dave Barry

"There is no ideal Christmas; only the one Christmas you decide to make as a reflection of your values, desires, affections, traditions.”  -- Bill McKibben

"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."  -- Norman Vincent Peale

“There has been only one Christmas - the rest are anniversaries."  -- W.J. Cameron

“Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall."  -- Larry Wilde

Blessed is the season which engages the whole world in a conspiracy of love."  -- Hamilton Wright Mabi

**Christmas Sillies**

**What Christmas Carol is the favorite of parents?**

*Silent Night.*

**Why are Christmas trees like bad knitters?**

*They both drop their needles!*

**What did the bald man say when he got a comb for Christmas?**

*Thanks, I'll never part with it!*  

**How long does it take to burn a Christmas candle down?**

*About a wick!*

**What happens if you eat the Christmas decorations?**

*You get tinsel-itus!*

**What’s on Dracula’s Christmas cards?**

*Best vicious of the season.*
Scarborough's Mixed Signals Put on Pause

Article Contributed by: Betty McKendrick

Over the last few years, our self help group, Mixed Signals, has become more of a social night for approximately 6 to 10 people.

At our last board meeting, October 20, we decided to suspend Mixed Signals for a time. Mixed Signals will return in the future as a self help group with more focus on the needs of the members.

In order to bring the best programming we can, we need to do an awareness campaign to reach out to others in the community. We have a new brochure ready that will be placed in health care and doctors’ offices in the Scarborough area.

We are also considering a swimming program in the New Year. We would also like to do some outings with the membership.

We are asking the membership to contact us to let us know what you would like from your chapter and how we can best serve you. The Scarborough Chapter exists only to serve YOU. We are nothing without you. 😊

There is so much we can all learn from each other. Only people with MS can understand and support people with MS. We need to let each other know that we’re NOT ALONE in this journey. We are A FAMILY. Whether it be the person with MS or a child of MS or a caregiver of someone with MS -- MS affects everyone. EVERYONE needs to feel they belong and they have somewhere to turn when they feel alone.

Betty McKendrick,
Client Services, Scarborough Chapter

"I wish we could put up some of the Christmas spirit in jars and open a jar of it every month."
~~ Harlan Miller

"If there is no joyous way to give a festive gift, give love away." ~~ Anon

"The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other." ~~Anon
Outcomes of bladder rehabilitation in persons with multiple sclerosis

A stratified, randomized, waitlist controlled study over 12 months assessed the effectiveness of a 6 week bladder rehabilitation program in persons with MS (pwMS) in an Australian community cohort.

Abdominal massage for the alleviation of constipation symptoms in people with MS

Constipation affects many people with MS, negatively impacting on their quality of life. The use of abdominal massage has been reported in several populations and has been shown to increase the frequency of defaecation. The objective of this study was to determine the feasibility of undertaking abdominal massage in people with MS.

MS quality of life, depression, and fatigue improve after mindfulness training

Health-related quality of life (HRQOL) is often much reduced among individuals with MS, and incidences of depression, fatigue, and anxiety are high. Authors examined effects of a mindfulness-based intervention (MBI) compared to usual care (UC) upon HRQOL, depression, and fatigue among adults with relapsing-remitting or secondary progressive MS.

Dextromethorphan Plus Ultra Low-Dose Quinidine Reduces Pseudobulbar Affect

The results of a Phase III trial of an oral drug designed to treat uncontrollable laughing and/or crying (known as pseudobulbar affect), have now been published. AVP-923 significantly reduced the rate of laughing and crying episodes and appeared to be safe and well tolerated.

“On Target” 2010 MS Ontario Fall Conference

Ali Chhatriwala, Jim Hill, Betty McKendrick, and our newest Board addition Carmela Rustico, acting Volunteer Director, attended the 2010 MS Ontario Conference. This year’s theme was “On Target”. It was a time to meet other chapter Board members, celebrate outstanding fund-raising and volunteering achievements, learn about government relations, and catch up on the latest in CCSVI research. The MS Society of Canada is committed to making a difference to those living with MS. Their hope is that this professional growth and development opportunity inspires its delegates as we all work together to find a cure for MS.
MS Research Links Con’t

Vitamin D status in patients with MS is negatively correlated with depression, but not with fatigue

Depressive symptoms and fatigue are frequent and disabling symptoms of MS. Depression and fatigue have been associated with a poor vitamin D status, and a poor vitamin D status is often found in MS.

Announcement:

The U.S. Food and Drug Administration approved fingolimod capsules (Gilenya, Novartis International AG) for reducing the frequency of relapses and delaying the accumulation of physical disability in relapsing forms of MS, making it the first oral disease-modifying therapy for the treatment of MS.

The natural history of secondary progressive multiple sclerosis

In a study of over 5,000 people with MS, researchers pinpointed motor symptoms at onset (such as muscle stiffness known as spasticity) and male gender as factors associated with a faster progression from relapsing-remitting MS to secondary-progressive.

Calnexin Deficiency Leads to Dysmyelination

Researchers have identified a gene that leads to a chain of events which impacts the speed at which messages are relayed in the nervous system.

More research links on Page 7.

MS Researchers Share Progress at Annual ECTRIMS

More than 5,500 neurologists and other investigators from around the world convened in Gothenburg, Sweden from October 13-16 to present findings at the annual ECTRIMS (European Committee for Treatment and Research in MS) conference. More than 900 scientific presentations and display posters covered virtually every aspect of research to stop MS, restore function, and end MS forever. Among these were the latest results from pivotal clinical trials of emerging MS therapies, possible risk factors, underlying disease mechanisms, rehabilitation approaches, CCSVI, and much more.

For much more in depth coverage please see: http://mssociety.ca/en/research/medmmo_20101102.htm
MS Research Links Con’t

Relevance of cognitive deterioration in early relapsing-remitting MS: a 3-year follow-up study

The aim of this study was to assess longitudinally cognitive functioning in people with relapsing-remitting multiple sclerosis (RRMS) and its relationship with clinical and MRI variables.


Health Canada has approved Sativex® for the treatment of spasticity in MS.


Emerging effects of comorbidities on multiple sclerosis.

Although the interaction between comorbidities and chronic diseases is strong, the effect of comorbidities receives little attention in many chronic diseases. In MS, an increasing amount of evidence suggests that physical and mental comorbidities, and adverse health factors such as smoking and obesity, are common and can affect the disease.


The Fall/Winter Issue of MS CANADA is Now Available!

Here’s a neat package you don’t want to miss this season. The MS Society of Canada has compiled 100 of the most moving and joyous stories and quotes received from people across Canada into a nicely bundled collage and named it 100 Days of Celebration. In this issue, they’ve highlighted a handful for your reading pleasure.

Get the scoop on another roaring success during this year’s A&W Cruisin’ for a Cause day. Also, find out who’s posing with the Great A&W Root Bear and why.

Read the details about the $1 million that the MS Society has committed for CCSVI.

Read about helping Canadians living with MS maintain their independence and mobility.

You can read MS Canada also online by visiting: http://www.mssociety/mscanada.
Our Own Kamila Duda Volunteers At Two Rona MS Bike Tours

Kamila Duda, former member of our Board and Scarborough Chapter member, rolled up her sleeves and volunteered at two MS Rona Bike Tours held in Toronto and Niagara Falls. From the pictures, it looks like Kamila had a great time supporting the cause!

Joining the RONA MS Bike Tours means being a part of an extraordinary group of Canadians who are getting outside to raise money in the fight against MS.

If you’re looking for an exciting way to raise money to help end MS, please consider joining the Rona MS Bike Tour next year. If cycling is not your thing, please consider volunteering, or sponsoring someone who is participating. For more information, please see: http://mssociety.ca/en/events/biketour/default.htm.

Check out the link on the MS Society’s website profiling new information and resources about financial management for Canadians living with MS:
**Scarborough’s AGM**

Due to a change in the MS Society of Canada’s financial Year End, our Annual General Meeting which usually took place in conjunction with our Year-End Holiday Party, has been moved to the New Year, potentially in March. A separate notice will be mailed out announcing the AGM’s date and agenda. We hope you will attend!

**Programming Planning**

The Scarborough MS Board is working on several new initiatives for 2011. We’re working to host a “Laugh for a Cure” night, holding a Membership Tea and a Newly Diagnosed Workshop and firming up our AGM likely to take place in March. More to come as dates firm up! 2011 is shaping up to be a great year at Scarborough.

**Ask Aaron!**

During the month of November, Aaron Solowoniuk, MS youth ambassador and drummer for the band Billy Talent will be hosting a YouTube channel. Watch Aaron, submit your question and/or read what others are asking Aaron about. See: [http://www.youtube.com/billytalent](http://www.youtube.com/billytalent) to get started!

**Grannies Bazaar:**

Grannies Pantries is holding their annual Christmas Bazaar on Saturday November 13th from 10:00-3:00 at 825 Middlefield Rd. Unit 10 Scarborough (north of McNicoll, south of Passmore). They cordially invite the MS community and family and friends to attend. Grannies Pantry helped provide the food we enjoyed at the rest stops and over lunch at our 2010 MS Walk. Grannies Pantry and Skills is a non-profit organization, serving the Scarborough community by teaching preparation and nutritional cooking skills.

Please consider supporting Grannies Pantry by attending their Christmas Bazaar.
The Back Page – Did You Know that...

. . . A&W Cruisin’ for a Cause raised $700,000 and we are thrilled to announce our continued partnership in 2011?!

. . . September marks the second anniversary of the endMS campaign and to date we have raised almost $42 million?

. . . The 2011 MS Walk season has started?! Mark April 17th 2011 on your calendars now!

. . . Fatigue and cognition in patients with RRMS were treated with interferon beta in a clinical trial? Please see: http://mssociety.ca/en/research/medmmo_20101104.htm for more information.

. . . The Annual WAMS Gala Luncheon will take place on Friday, May 6th 2011 at the Royal York Hotel? Tickets are $200.00 each.

. . . You don’t have to worry about the world coming to an end today? It’s already tomorrow in Australia!

Research Study

A research study is being conducted at Wilfrid Laurier University by Dr. Margaret Schneider PhD, Dr. Patricia Mandaifino MD, and Dr. Kimberley Dawson PhD. The purpose of this study is to determine the current state of physical activity participation among individuals living with MS in Ontario, and to highlight any barriers or facilitators they may face in their active pursuit of these opportunities.

The researchers are looking for men and women over 18 years old, have MS and live in Ontario.

There are two phases to this research study and while you may complete both, you are not required to do so. As a research participant in phase one, you will be asked to complete a brief survey. As a research participant in phase two, you will engage in a personal interview. The total time commitment will be approximately 2 hours over the course of data collection (should you complete both phases of the study).

If you meet the above criteria and are interested in participating in this study, please contact Dr. Margaret Schneider at mschneider@wlu.ca or (519) 884-0710, extension 4214.

You may also complete the survey on-line at: (http://www.surveymonkey.com/s/mspa2010).

This research study is not sanctioned by the MS Society of Canada. Your participation is of your own volition to further academic research.

Contact your editor!
Barb can be reached at: info.scarborough@mssociety.ca

As always, compliments, complaints, and chocolate welcome! 😊