



# MULTIPLE SCLEROSIS update

( VOL. 5 : FALL 2005 )

## INSIDE

Letter from the President .....2

Accelerate the Cure for MS by Spreading the Word .....2



Volunteers Raise Awareness During Dine to Cure MS Kick-Off Week .....3

A Matter of Importance: The Involvement of Gray Matter in MS .4-6

Employee Profile . . .5

Cure Map and Sample Repository Update . .6

Young Women with MS in Boston .....7

Calendar of Events .7

## New York Cure Project Hosts Bash in Manhattan

By Philip Luongo

The New York Cure Project, a volunteer driven expansion team of Accelerated Cure Project, raised over \$8,500 at its kick off party on July 12th at The Juniper Suite in midtown Manhattan.

Over 120 attendees enjoyed delicious hors d'oeuvres, an open bar, a silent auction, and a raffle. The silent auction items included a Derek Jeter signed baseball, box tickets to a Yankees game, box tickets to a Mets game, superb Castello Di Borghese wines, copies of *Entertainment Weekly* signed by Matt Damon and Chris Rock, and more.

President Art Mellor was on hand to give a brief statement about the Accelerated Cure Project mission. As the festivities continued, the silent auction became highly competitive and raffle tickets sold briskly throughout the evening. Several people expressed interest in helping raise money by organizing future New York Cure Project events. Some of these are already in development, including a New York City-based Scavenger Hunt.



All attendees left with a coupon courtesy of Ben and Jerry's for a free pint of ice cream, a fitting end to a party that was a real treat for all who came.

The party was organized by volunteers Jennifer Paretta, Stacy Schwartz, Philip Luongo, and Dana Schwartz with the help of volunteers Gary Plotkin on the piano, Asha Mellor, and Meg Smith. The sponsors included The Juniper Suite, Check Point Software, Ben and Jerry's, Castello di Borghese Vineyard & Winery, Graphic Technology, Inc., Pall Corporation, SAS Real Estate, *Entertainment Weekly*, Richard Tsao, and 24/7 Real Media. Thanks to all for their help!

If you live in the New York area and would like to participate in future New York Cure Project events or if you are interested in starting an expansion team in your area, please contact Sarah at 781-487-0010 or [sarah@acceleratedcure.org](mailto:sarah@acceleratedcure.org).



## Letter from the President



Since the last Update, we've had a number of volunteers support our efforts to determine the causes of MS by hosting dinner parties, forming a more formal "chapter" in New York, and more. The activity continues into the fall with a very busy calendar of upcoming events that are starting to spread out around the country.

Every year we host an Annual Party to let you know what we've been up to. We have sponsors cover the costs so you can bring people you'd like to introduce to the organization without having to pay to attend. Details of this year's party are at [www.acceleratedcure.org/events/calendar.php](http://www.acceleratedcure.org/events/calendar.php).

We have updates on the Cure Map and Sample Repository, Hollie tells us about the involvement of gray matter in MS (typically thought of as a white matter disease), and Melissa writes about the many resources we have available.

You'll meet Sara Loud, our new MS Repository Director, and Amy Carrier who runs an impressive group for young women with MS. And as always we have pictures of people in our T-shirts as they travel about the world.

If you'd like to get monthly updates via email on what we are doing, you can receive them by clicking on the "Sign Up" button at the top of every page of our web site at [www.acceleratedcure.org](http://www.acceleratedcure.org).

Art Mellor  
President & CEO  
[art@acceleratedcure.org](mailto:art@acceleratedcure.org)

## Accelerate the Cure for MS by Spreading the Word

Accelerated Cure Project is building up its mailing list of individuals affected by MS. Outreach efforts are critical to the success of initiatives such as the New York Cure Project (featured on the front page of this newsletter) and allow us to continue doing important work.

Please email everyone you know who has MS or a loved one with MS and ask them to sign up for our mailing list by going to [www.acceleratedcure.org](http://www.acceleratedcure.org) and clicking on the "Sign Up" button at the top of every page. In signing up, that person will receive, at no charge, useful MS-related resources including a quarterly newsletter and information about the status of Accelerated Cure Project's community and research efforts.

Free resources and services available on our website include:

**MS News:** One of the most popular, comprehensive, and continuously updated sources of MS-related news available today. It can be found at [msnews.acceleratedcure.org](http://msnews.acceleratedcure.org).

**MS Quickstart Guide:** A document called, "So you have MS...What's Next?" that tells you all you'll need to know when you or a loved one is diagnosed with MS.

**Multiple Sclerosis Primer:** An in-depth introduction to MS as a disease, including how it is diagnosed and treated.

**Quarterly Print Newsletter:** Updates relating to Accelerated Cure Project's recent efforts and research.

**Email Announcements:** Prompt notification of upcoming events, breaking MS news, and the availability of MS-related resources.

**Healthcare Market Overview:** Provides useful information for someone just diagnosed with a chronic disease looking to understand how everything interoperates.

**7 Habits For Regaining Power in the Workplace With Chronic Illness:** A set of tips written by one of our volunteers, Rosalind Joffe, who has MS and coaches people on how to deal with chronic illness in the workplace.

**Book Reviews:** Written by Accelerated Cure Project volunteers about MS-related books.

**Interviews with MS Researchers:** Interesting in-depth dialogues with leading MS scientists about their specific fields of study.

**Clinical Trials:** Links to online resources for understanding and participating in studies.

If you are a member or leader of a support group and you would like a packet of fliers describing these benefits to hand out to support group members, you can contact Melissa O'Shea at 781-487-0011 or [melissa@acceleratedcure.org](mailto:melissa@acceleratedcure.org).

## Volunteers Raise Awareness During Dine to Cure MS Kick-Off Week

Volunteer Debbie Mellor recognized that many of Accelerated Cure Project's events have been in the Greater Boston area, possibly making it difficult for those who live outside Boston to feel like they are actively participating in Accelerated Cure Project's efforts. To solve this problem, she created Dine to Cure MS, an ongoing event, to allow supporters all over the country to play a lead role in furthering efforts towards a cure by doing something they might normally do anyway – have a dinner party!



To kick off this effort, supporters hosted parties between June 18th and June 26th to raise money and awareness for the Accelerated Cure Project's mission. In Sun Prairie, Wisconsin, Greg and Carol Spicer hosted a barbeque at their home. Christie Jones and her mother Gail organized a barbeque in Wappingers Falls, New York. In Massachusetts, Gigi Bailey and Curtis Berlinguette hosted a dessert party in Somerville in honor of Curtis' mother Jo, and Melissa and Anthony O'Shea held a potluck in Medford.



Christie says the whole experience was a fun and effective way for her to support the efforts of Accelerated Cure Project from New York. "I approached my mother about hosting a Dine to Cure MS barbeque. Together we planned our guest list and decided to have a barbeque... We had managed to raise money before it even started from people who couldn't make the barbeque but wanted to support Accelerated Cure Project... Everyone had a wonderful time. I would love to host something like this every year. I'm glad my mother and I could help in this small way."

Dine to Cure MS has already raised approximately \$900 for Accelerated Cure Project's efforts and has helped increase awareness of our mission. If you are interested in hosting a dinner party to benefit Accelerated Cure Project, contact Sarah Nels at 781-487-0010 or sarah@acceleratedcure.org.

### Accelerated Cure Project T-Shirt Pictures

#### Want a new Accelerated Cure Project t-shirt?

Visiting an exotic (or not so exotic) locale? If you offer to send us a picture of yourself at your destination wearing an Accelerated Cure Project t-shirt, we'll send you the shirt for free!



Art Mellor and Rob and Narissa Lester at the LDN conference in NYC



Kate, Cammie, and Carrie Bryant



Mary and Steven Collinshaw in Barbados

## VOLUNTEERS

*Our volunteers are a precious resource! These generous folks have been giving their time to Accelerated Cure Project in recent months:*

### VOLUNTEER STAFF

Susan Mellor -  
Administrative Assistant

### ACCELERATED CURE PARTY FOR MS

Debbie Mellor  
Charlie Namias

### ADMINISTRATION

Brian Mellor  
Amy Carrier  
Catherine Doucette  
Cindy Elia  
Jane Shapiro  
Stephanie Sisto

### CARRIE'S WALK TO CURE MS

Carrie Bryant  
Kate Bachman  
Sarah McCague  
Emily Nelson  
Kevin Tierney

### CUTS TO CURE MS

Janelle Hamilton  
Dean Claud  
John Getz  
Patricia Kainrath  
Charlotte Urutia

### DINE TO CURE MS

Christie Jones  
Gigi Bailey  
Greg Spicer  
Carol Spicer

### FUNDRAISING

Russell Lieberman  
Tanya Africa  
Maria Grace Curcio  
Patricia Phelps  
Bill Meyer  
Ruth Thomsen

### GOLF TOURNAMENT

Jayne Casey  
Jacqui McCoy  
Bill Meyer

### LOW COUNTY MS TOUR

Terri Bleam  
Linda Socie

### MARKETING

Cindy Elia  
Mary Emsheimer  
Dave Henderson  
Marva Lebrun  
Randy Shipp  
Laura Wooster

### NEW YORK CURE PROJECT KICK-OFF PARTY

Philip Luongo  
Jennifer Paretta  
Stacy Schwartz  
Dana Schwartz  
Asha Mellor  
Gary Plotkin  
Meg Smith

### NEW YORK CURE PROJECT SCAVENGER HUNT

Corinne Cerny  
Jessica Zall  
John Viggiano  
Kim McGeever  
Kiya Bajpai  
Megan Brown  
Nadia Hile  
Stephen Harrison

# A Matter of Importance: The Involvement of Gray Matter in MS

By Hollie Schmidt

Multiple sclerosis is often described as a disease that affects the white matter of the central nervous system. This is undeniably true – white matter lesions are a distinctive feature of the disease – but it is incomplete. MS also involves damage to the gray matter. Although gray matter plaques have been documented since the late 1800s, white matter lesions have traditionally been the main focus of MS research. Only in recent years have gray matter demyelination and atrophy received a more substantial amount of attention.

This re-emerging interest in MS's effects on gray matter has produced several interesting findings, which should help us better understand the harmful events that take place in MS and how they can be stopped. This article discusses the significance of gray matter damage in MS, how it may differ from white matter damage, and implications for future MS treatments. Like many other topics in the world of MS, there are fewer answers than questions, but knowing what questions need answering is still a good start.

## The difference between gray and white

As might be expected, the terms white matter and gray matter refer to differently-colored regions of the brain. White matter contains a high concentration of myelin, which is light-colored, while gray matter contains a high concentration of neuronal cell bodies, which are more darkly pigmented. Myelin wraps around axons, which are the long extensions leading from neurons that carry signals to other cells. The white matter segments of the brain are composed primarily of

lengthy axonal tracts that connect one part of the brain to another – hence the high concentration of myelin. Myelinated axons are found in gray matter too, but gray matter is rich in neuronal cell bodies and dendrites which are not myelinated.

Gray matter is located both on the very outside of the brain (in the folded structure known as the cortex) and in interior structures referred to as deep gray matter. In general, white matter is centrally located although some white matter is found within predominantly gray matter structures. In the spinal cord, the situation is reversed: the white matter is located on the outside and the gray matter is on the inside.

White and gray matter also differ in terms of the types of activities that take place in each. Information processing, including activities such as sensory processing, memory, and motor control, tends to happen in gray matter sites such as the cerebral cortex. White matter activities, on the other hand, generally involve transmission of information from one area to another to enable coordination and execution of activities. Both white and gray matter can be subject to disease and trauma, which can affect cognition, motor function, emotion, and so on.

## Evidence of gray matter involvement in MS

Most of our knowledge about MS's effects on gray matter comes from two kinds of research: imaging and histopathology (the study of tissue). Regarding the latter, only a few recent tissue studies have examined gray matter lesions in MS, but what they have shown is very interesting.

For instance, analyses of gray matter in the cortex (cortical gray matter) reveal that demyelination can be common and that lesions can be quite diverse<sup>1,2,3</sup>. Some are small, perhaps just one to two millimeters across, while others are very large, extending over multiple folds in the cortex. Some overlap the boundary between gray and white matter while others are completely contained within the gray matter.

In some people, the extent of demyelination can be substantial. One study<sup>1</sup> examined four cortical gray matter areas from 20 MS post-mortem brain specimens, and found that an average of 26.5% of the gray matter from these regions was demyelinated. In some subjects over *half* of the gray matter evaluated was demyelinated. In addition to cortical gray matter, deep gray matter regions can be affected in MS; one study<sup>4</sup> estimated that 30-35% of the neurons in the thalami of MS subjects had been lost.

Like those found in white matter, gray matter lesions show evidence of neuronal damage in addition to demyelination. Studies of gray matter tissue in MS have shown severed axons, apoptotic neurons (neurons going through a form of programmed cell death), and reduced neuronal density. However, compared with typical white matter lesions, gray matter lesions contain very few inflammatory cells. Another curious finding is the identification of cortical lesions that begin at the outer edge of the cortex and continue to the white matter boundary, where they abruptly stop. Perhaps the gray matter environment enables a type of demyelination that white matter does not support?

Imaging studies provide us with another important source of information about gray matter damage in MS. The chief advantage of imaging techniques is that they are non-invasive and therefore can be used to study almost anyone at any stage of the disease as well as healthy controls. One disadvantage of using imaging to study gray matter is that gray matter lesions are much harder to detect than white matter lesions. However, scientists can still use imaging techniques to assess other aspects of gray matter damage. For instance, MRI is often used to measure the size of gray matter regions and determine how much tissue has been lost. Scientists have also found hypointense (dim) spots in gray matter on MRI images that they believe reflect iron deposition and brain degeneration. Other imaging techniques have detected structural damage to gray matter or have found evidence of neuronal loss or metabolic dysfunction in both cortical and deep gray matter.

Another advantage of imaging techniques is that researchers can follow subjects over time to find out how injury to gray matter develops. Several longitudinal studies have reported that gray matter is affected even from the earliest stages of MS and that atrophy and structural damage increase over time.

## Making sense of it all

As discussed above, tissue and imaging studies have demonstrated that gray matter injury is a prominent feature of MS, that it occurs early in the course of the disease, that gray matter lesions are less inflammatory than typical white matter lesions, and that gray matter damage increases over time. Still unanswered though are several important questions. For instance, nobody yet knows what actually causes the damage to gray matter in MS, although several hypotheses have been put forth. One is that inflammatory cells located in gray matter regions directly cause demyelination and neuronal loss. Although fewer lymphocytes are present in gray matter lesions than in white matter lesions, perhaps it only takes a few cells to cause demyelination and neuronal damage. Another suggestion is

that inflammatory compounds released elsewhere in the central nervous system diffuse into the gray matter and cause damage. Perhaps a substantial number of gray matter neurons die because of damage to their axons in a distant white matter lesion. Or perhaps some other factor present in gray matter is responsible for the damage.

There are currently few indications to help determine which of these (non-mutually exclusive) scenarios are correct. However, scientists are trying to integrate various types of information that may lead to an answer. One approach involves studying gray matter damage in specific subtypes of MS. In subjects with relapsing remitting disease, several imaging studies have found that the degree of gray matter atrophy or abnormality seems to be related to lesion volume in white matter. This supports the idea that damage to axons in white matter lesions causes cell bodies in gray matter to die, although it could also mean that disease processes taking place in white matter are affecting or also taking place in gray matter. Conversely, imaging studies of primary and secondary progressive MS have largely failed to connect gray matter atrophy or injury with lesion load or number of enhancing lesions in white matter. This seems to indicate that gray matter damage in progressive MS occurs independently of white matter damage.

(continued on page 6)

### SCAVENGER HUNT TO CURE MS

Stephen Bell  
Larry Cheetham  
Nancy Costello  
Susan Gilmore  
Kathy Klingler  
Anna Lipinski  
Paul McCuen  
Nancy Medeiros  
William Meyer  
Kingsley Osei-Mensah  
Greg Polite  
Catharine Sheehan  
Stephanie Sisto  
Amanda Song  
Sherri Taylor

### SING TO CURE MS

Marion Leeds Carroll  
Sue Halliday  
Ruth Seidman

### SING TO CURE MS JR.

Laura Green  
Michael Green

### OTHER

Joel Baron – Cure Map  
Scott Feier – Pharmaceutical Database  
Dave Kaffine – Donor Database Project  
Rob Lester – MRI Economics Paper  
Art Rathjen – Book Reviews  
Peter Schmidt – Volunteer Introduction Document  
Scott Tamosunas – Pharmaceutical Stock Webpage Creation  
Jennifer Tobin – Neuroanatomy Paper

### CONTRIBUTED GOODS AND SERVICES

Clockwork Design Group, Inc.  
Mail Perfect, Inc.  
John Hancock LTC  
Clock Tower Law Group  
24/7 Real Media  
Ben & Jerry's  
Borghese Vineyards  
Debbie Baker  
*Entertainment Weekly*  
Graphic Technology, Inc.  
Juniper Suites  
New York Yankees  
Richard Tsao  
Tony Smith

If for any reason you've been left off this list in error, please let us know so we can include you in our next issue!

## EMPLOYEE PROFILE

### Sara Loud

**Name/Nickname:**

Sara Loud

**Occupation:**

MS Repository Director

**Reason for joining Accelerated Cure**

**Project:** As soon as I met the staff, I knew it was a place I'd love working while also making a difference.

**Last Job/Occupation:** Manager of an engineering department at a local telecom company



**Current Residence:** Reading, MA

**Hometown:** Arlington, MA

**Ideal vacation spot:**

A cottage on the midcoast of Maine.

**Favorite movie or book:** "To Kill a Mockingbird." We even named our two cats after the brother and sister in the story, Jem and Scout.

**Favorite food:** Pizza. I could eat it every day! Followed closely by ice cream, of course.

## A Matter of Importance: The Involvement of Gray Matter in MS

( continued from page 5 )

Another important question is how gray matter injury in MS translates into clinical symptoms and disability. Damage to gray matter could affect a person's clinical status in two ways – first, by directly injuring parts of the brain responsible for certain types of processing, and second, by limiting the brain's ability to compensate for axonal damage by rerouting signals to other usable parts of the brain. Several imaging studies have looked for relationships between gray matter damage and clinical effects such as physical disability, cognitive impairment, depression, and fatigue. A few associations have been found, but overall, the understanding of gray matter damage and clinical effects is still quite preliminary. Because gray matter structures vary widely in terms of function, studying individual gray matter regions rather than taking overall measurements, and studying specific symptoms rather than composite disability scores, may be more likely to reveal associations.

### Implications for MS Therapies

Of course, the most important findings into the nature of gray matter injury in MS will be those that lead to effective therapies. Several MS treatments that are already available or under development are thought to work by reducing or modulating inflammation in the central nervous system. Since inflammation in gray matter tissues is limited, the effect these drugs may have on gray matter is unclear (although the correlations found between white matter lesion load and gray matter damage indicate that preventing white matter lesions might also reduce gray matter injury).

Our growing body of knowledge about the types of damage seen in gray matter may result in novel ideas for treatments. For instance, the authors of a study that detected evidence for increased iron concentrations in gray matter<sup>5</sup> speculated that people with MS might benefit from therapies that

target iron deposition in the brain. The presence of apoptotic and injured neurons in gray matter also suggest that therapies aimed at neuroprotection would help preserve gray matter. Perhaps the recent increased interest level in the involvement of gray matter structures in MS will translate into specific efforts to protect and heal these important regions of the brain.

<sup>1</sup> Bo L, Vedeler CA, Harald IN, et al. Subpial demyelination in the cerebral cortex of multiple sclerosis patients. *J Neuropathol Exp Neurol.* 2003 Jul; 62(7):723-32.

<sup>2</sup> Kidd D, Barkhof F, McConnell R, et al. Cortical lesions in multiple sclerosis. *Brain.* 1999 Jan; 122 (Pt 1):17-26.

<sup>3</sup> Peterson JW, Bo L, Mork S, et al. Transected neurites, apoptotic neurons, and reduced inflammation in cortical multiple sclerosis lesions. *Ann Neurol.* 2001 Sep; 50(3):389-400.

<sup>4</sup> Cifelli A, Arridge M, Jezzard P, et al. Thalamic neurodegeneration in multiple sclerosis. *Ann Neurol.* 2002 Nov; 52(5):650-3.

<sup>5</sup> Bakshi R, Benedict R, Bermel R, et al. T2 hypointensity in the deep gray matter of patients with multiple sclerosis: a quantitative magnetic resonance imaging study. *Arch Neurol.* 2002 Jan; 59(1):62-8.

## Cure Map and Sample Repository Update

This summer we welcomed two student interns from MIT, Stephanie Lee and Anne Yu, whose assignments were to research and write the Phase 2 analyses of the Toxic Agents and Nutrition tracks, respectively. They have both done excellent work reviewing the evidence for the involvement of these two areas in causing or triggering MS. Stephanie's table of MS toxic agent studies is available for download from our web site at <http://www.acceleratedcure.org/downloads/phase2-toxicagents-studies.pdf>. We hope to post the rest of their documents for public access later this year.

In addition to helping Anne and Stephanie get up to speed, VP of Scientific Operations Hollie Schmidt has been focusing on the Pathogens track and recently drafted a review of the individual infectious agents (primarily viruses and bacteria) that have been most heavily scrutinized for a role in MS. She also updated our

Genetics studies spreadsheet; the new version is available for download at <http://www.acceleratedcure.org/downloads/phase2-genetic-studies.xls>.

Our MS Sample and Data Repository is making steady progress. As a result of our pilot study, we now have samples from 39 MS subjects and controls in storage, and are working with scientists who are eager to use the samples to get the necessary contractual paperwork signed. We are also busily working on the launch of our main repository effort in which we will be collecting samples from 1,000+ subjects at multiple centers nationwide. Repository Director Sara Loud is gathering and analyzing bids from contract research organizations and electronic data capture vendors who will help manage and streamline the expanded collection process. We are also identifying new collection sites and setting up meetings to discuss their involvement in the project.

# Young Women with MS in Boston

By Amy Carrier

I was diagnosed with MS in June of 2003. I was caught so off-guard I felt like a deer in the headlights of my own health. Not being the type to let the cards “fall where they may,” I decided to face my new life companion head-on and challenge myself to make the best out of it. That is, after all, what I do.

After a couple of months of soul searching, I decided to put my people skills and knowledge of the online community to work and start an online and in-person group for other women like me: young, newly diagnosed, career-minded, and living with lofty goals and high standards for personal achievement. Within one month, we had our first meeting, attended by eight members. The second month saw attendance double. Today, we are a month shy of our second birthday and will celebrate with some 80 members and numerous accomplishments.

The women of Young Women MS Boston (YWMSB) have held fundraisers, organized events (social and awareness activities), supported one another, and formed bonds stronger than plain friendship among the group. Each new member is welcomed by current members and feels a sense of belonging and relief mere minutes after joining.

Looking back, this was the easiest, most important and life-changing thing I’ve ever done.

There are two things that are important to me in living my life with MS: Finding a cure and supporting each other as we live with this disease. I can’t find a cure – that’s why I’m a big supporter of Accelerated Cure Project – but I can help people find each other. While I do this in my spare time, I can’t imagine a day of my life without this group and this mission, and I won’t give up until I know that each person living with MS has a community of people to call on in their darkest hour or rejoice with on their strongest day.

If you are interested in joining YWMSB or in starting a chapter in another part of the country, please get in touch at [bostonms@gmail.com](mailto:bostonms@gmail.com). In addition to general members, we’re looking for motivated and positive ladies ready to jump in and help us manage this great community and to help people start their own social and support groups. I’m also working on a web site and national-scale list serve to keep us all in touch. Whether or not you are a woman or in Boston, I’d love to hear from you.

Live your best life with MS and have a little fun doing it – that’s the YWMSB motto.

## Calendar of Upcoming Events

We hope you can join us for these events!

For more information, go to [www.acceleratedcure.org/events/calendar.php](http://www.acceleratedcure.org/events/calendar.php) or contact Sarah at 781-487-0010 or [sarah@acceleratedcure.org](mailto:sarah@acceleratedcure.org).

- Saturday, October 15th, Carrie’s Walk to Cure MS**  
 Spend a day in Middlebury, Vermont with Accelerated Cure Project for our first walk. Carrie Bryant and her friends are organizing a 7-kilometer (4.3 mile) walk through the Middlebury campus and the picturesque town of Middlebury to benefit Accelerated Cure Project and to commemorate the 1-year anniversary of Carrie’s own diagnosis of MS.
- Sunday, October 23rd, Third Annual Sing to Cure MS Halloween Concert**  
 It’s time for the annual Accelerated Cure Project Halloween Concert. Join us in Arlington, MA for an afternoon of great ghost stories with the theme of “MS and Other Scary Things.”
- Saturday, October 29th, Fifth Annual Accelerated Cure Party**  
 Join Accelerated Cure Project for our Fifth Annual Accelerated Cure Party for MS at the MIT Faculty Club in Cambridge, MA. Come find out what we’ve been up to in 2005 and hear guest speakers from the Myelin Project and the Myelin Repair Foundation.
- Sunday, November 6th, Third Annual Cuts to Cure MS Salon-a-Thon**  
 Those of you in the Hampton Roads area of VA should mark your calendars for the Third Annual Cuts to Cure MS. The generous staff at About Face Hair Design and other local salons will once again donate their time and energy to work for free on this day so that payments can be donated in full to the Anna Peabody Fund, benefiting the Accelerated Cure Project. Come treat yourself to a haircut, manicure, pedicure, massage, or facial.

## Accelerated Cure Project T-Shirt Pictures



Kevin and Shari Agatstein  
in Juneau, Alaska  
*Photos by Melissa Crocker*



Pirjo Heels in  
London  
*Photo by Erik Heels*



Lori and Erica Birkholz  
in Paris  
*Photo by Matt Birkholz*



Terri Bleam with  
Taylor Bono and  
Samantha Bleam



Nonprofit Org  
US Postage  
**PAID**  
Permit #4  
Rutland, VT 05701  
Prsrt Std

300 Fifth Ave.  
Waltham, MA 02451

Tel: 781-487-0008  
Fax: 781-487-0009

[www.acceleratedcure.org](http://www.acceleratedcure.org)  
[newsletter@acceleratedcure.org](mailto:newsletter@acceleratedcure.org)

Have you moved?  
Changed your email  
address? Let us know!  
Send changes in  
contact information to  
[newsletter@acceleratedcure.org](mailto:newsletter@acceleratedcure.org)  
or give us a call at  
781-487-0008!

## Change Service Requested

### ABOUT MULTIPLE SCLEROSIS

Multiple Sclerosis is a chronic demyelinating disorder of the central nervous system that often results in severe disability including the inability to walk, blindness, cognitive dysfunction, extreme fatigue and other serious effects. MS affects over 400,000 people in the US and 2 million individuals worldwide. The disorder occurs twice as often in women as in men. The cause is not known and there is no known cure.

### CONTRIBUTE TO ACCELERATED CURE PROJECT:

**By Check:** Make checks payable to Accelerated Cure Project and mail to: Accelerated Cure Project, 300 Fifth Avenue, Waltham, MA 02451

**By Credit Card:** On [www.acceleratedcure.org](http://www.acceleratedcure.org), click on the "Contribute" box at the top of the page and follow instructions under the heading "Contributions by Credit Card."

**Volunteer Today:** See [www.acceleratedcure.org](http://www.acceleratedcure.org) for volunteer opportunities. On the left click "About," then click "Volunteer," then click on any of the volunteer opportunities for more details. You may also call 781-487-0008 or email [info@acceleratedcure.org](mailto:info@acceleratedcure.org).

**Want an Accelerated Cure Project T-Shirt?** If you offer to send us a picture of yourself in one of our t-shirts, we'll send you one for free! Please remember to indicate t-shirt size when making your request. Call 781-487-0008 or email [newsletter@acceleratedcure.org](mailto:newsletter@acceleratedcure.org)

**Subscribe to This Newsletter:** Call 781-487-0008, email [newsletter@acceleratedcure.org](mailto:newsletter@acceleratedcure.org) or go to [www.acceleratedcure.org](http://www.acceleratedcure.org) and click on "Sign Up." You may also **unsubscribe** using this contact information.

### Subscribe to Our Electronic Mailing Lists:

Go to [www.acceleratedcure.org](http://www.acceleratedcure.org). Click the "Sign Up" box at the top of the page.

### MS NEWS WEB SITE: PRODUCED BY ACCELERATED CURE PROJECT

MS News is the first interactive online source of MS-related news and research updates. MSNews provides a place for the MS community – individuals with Multiple Sclerosis, family members, clinicians, scientists and others – to read and submit the latest news and research updates, participate in discussions on MS topics, and stay up-to-date on the issues that affect them most. Access to the site is available free of charge by visiting [msnews.acceleratedcure.org](http://msnews.acceleratedcure.org).

### Have you moved? Changed your email address?

Let us know! Send changes in contact information to [newsletter@acceleratedcure.org](mailto:newsletter@acceleratedcure.org) or call 781-487-0008.

### ACCELERATED CURE PROJECT UPDATE VOL. 5 – FALL 2005

*Newsletter Design & Layout contributed by:*  
Clockwork Design Group, Inc ([www.cdgi.com](http://www.cdgi.com))

*Mailing House Services contributed by:*  
Rich Macaluso of Mail Perfect, Inc. ([www.mailperfect.com](http://www.mailperfect.com))

*Editor-in-Chief:* Julie Morgenlender

*Writers:* Philip Luongo, Amy Carrier, Hollie Schmidt

*Contributor:* Dr. Michael Racke

This newsletter is available online at [www.acceleratedcure.org](http://www.acceleratedcure.org), in the "Downloads" section.