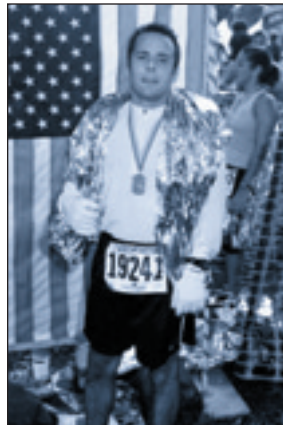


GOING THE DISTANCE

MARYLAND RESIDENT RAISES MONEY FOR BOSTON CURE PROJECT THROUGH 'SENSE OF PURPOSE' PROGRAM FOR RUNNERS

Billy Harless of Bowie, Maryland is an experienced runner with a distinct sense of purpose. And this year, with an already impressive race schedule that includes the Rock 'n' Roll Half Marathon in August, the National Capital 20-Miler in September, and the Marine Corps Marathon in October, he'll be going twice the distance by raising money for the Boston Cure Project at the same time.



Billy, a 39 year-old Solutions Architect for Hewlett-Packard and father of four boys, is one of the first to sign up for the Boston Cure Project and Fitsense's "Sense of Purpose" Program for Runners. He will ask individuals in his community to sponsor his running by making contributions to the Boston Cure Project in support of his efforts and he will be wearing a Boston Cure Project t-shirt when he runs.

In total, Billy hopes to raise more than \$5,000. All of this will go toward the Boston Cure Project's work in determining the causes of MS.

Not just an experienced runner but an experienced philanthropist, Billy has done this before. Last year, through running a similar schedule, he raised more than \$6,000 for Children's Medical Ministries' "Save a Child" campaign. As wrestling and football coach of the Bowie Boys and Girls Club, he's used to giving back to his community. He is also the commissioner of the Southern Maryland Junior Wrestling League and on staff part time at Mount Oak Fellowship in Mitcheville, Maryland.

"Billy's efforts will not only boost our fundraising efforts but will carry our message and word of what we are doing to the DC area. Through programs like Sense of Purpose we are rapidly gaining national recognition and new supporters beyond our local reach, " states Melissa Baker, Development Manager at the Boston Cure Project for Multiple Sclerosis. "We are extremely grateful to generous individuals like Billy and to Tom Blackadar, CEO of Fitsense, for making a program like this possible."

You can sponsor Billy's efforts by sending a check, made payable to Boston Cure Project, to 13 Belton St., Arlington, MA 02474. Be sure to designate 'Billy Harless' in the memo field. You can also give via credit card online at www.bostoncure.org/about/contribute.php.

Or you can sign up yourself to participate in the Sense of Purpose Program. Here's how it works:

- Choose a race that is not already being held to raise money for a particular charity. Register for the Sense of Purpose program at www.bostoncure.org/senseofpurpose, then ask individuals to sponsor your participation in the race by making a contribution to the Boston Cure Project. Boston Cure Project will send you sponsor sheets, tips on how to obtain sponsors, and a t-shirt to wear on the day of your race.
- Fitsense provides an added incentive to raise funds: a free product from their line of wireless bio-monitors and training devices. At \$500 or more, participants receive a free netlink, footpod, or watch. At \$1,000 or more, participants receive both a free watch and footpod. For more information about these products, visit www.fitsense.com.
- For more information about the program, feel free to email us at: senseofpurpose@bostoncure.org or call Melissa Baker at 781-788-0227.

Billy's not the only one running for the cure. Be sure to watch this space for additional stories about our program participants and the wonderful work they are doing to raise money for our research!

LETTER FROM THE PRESIDENT

The sun is finally out here in Massachusetts after the wettest spring that I can remember, and that means it's time for marathons and races. In this issue, you'll read about our new Sense of Purpose program that will allow you to win cool biometric products from FitSense, Inc. while raising money for the Boston Cure Project. It's easy to do and anyone can participate.



Also inside you'll meet our new summer intern, Stephanie, and learn about allergies and MS. We've got a number of new people on our Scientific and Pharmaceutical Advisory Boards, and we're continuing to put out new sections of the Cure Map, so enjoy reading about what we've done this past quarter. Don't forget to visit our updated web site and sign up for our email newsletters to get more regular updates from us.

As always, you can learn more about the Boston Cure Project at www.bostoncure.org, and if you have any questions you can get in touch with me at art@bostoncure.org or 781-788-0880.

Regards,



Art Mellor
President & CEO
Boston Cure Project, Inc.

BOSTON CURE PROJECT IN THE NEWS *By Krista Milne*

"WOW, MAN!" As a former California girl, that's the phrase that came to mind when compiling the recent media coverage of the Boston Cure Project for Multiple Sclerosis (MS) — coverage that reached millions of individuals via print and online media.

In June, we announced that Boston Cure Project and Genomics Collaborative joined forces to further efforts for the Blood, Tissue and Data Bank pilot. This announcement was covered in: the Boston Globe (front page of the Business section), BIO IT, Genome Web News, PNN Online, The Minneapolis Star Tribune, www.MSWatch.org, www.mult-sclerosis.org, and numerous other MS online sites. Other Blood, Tissue and Data Bank features were discovered on the web at www.Slash.com, www.multiplesclerosis.com, www.biospace.com and www.morningstar.com.

Also in June, Boston Cure Project launched the FitSense "Sense of Purpose" fundraising program, featured in the front page article of this newsletter, "Going the Distance." Coverage appeared in the Minneapolis Star Tribune and Charity online. We also launched the Anna Peabody Fund Raffle for \$20,000 or a new Acura RSX. Coverage of the raffle appeared in the International Association of Business Communicators (IABC) newsletter and weekly coverage appears in the All Saints Parish newsletter. For more information about the raffle, please visit www.bostoncure.org or contact Melissa Baker at Boston Cure Project, Melissa@bostoncure.org, 781-788-0880.

In late May, we announced the huge success of the Boston Cure Project Scavenger Hunt that raised over \$36,000! Thanks again to everyone who supported this event! The Scavenger Hunt results appeared in the Boston Business Journal, the Newton Tab, MSFYi, and other MS online sites.

The Boston Cure Project is now listed on Volunteer Information Center (www.volunteersolutions.org) as an organization that provides volunteer opportunities. Similarly, www.bostoncure.org is listed as an MS resource on the following sites: msfocus.org, msfacts.org, [MSNet, ninds.nih.gov](http://MSNet.ninds.nih.gov), www.mswatch.org, lansbury.bwh.harvard.edu, www.netreach.net, www.networkforgood.net, www.mult-sclerosis.org, www.healingwell.com, www.dmoz.org, www.dcr.net, www.msnetguide.com, www.btinternet.com, www.erasems.org, mscenter.ucsf.edu, www.erasems.org, www.1uphealth.com, www.vrhotwires.com, www.huega.org, www.pneuro.com, www.mssupportworc.org, www.invisible disabilities.com, www.thebrainmatters.org, www.msmoms.com, www.commongoals.com, www.mstherapycentres.org, and www.homestead.com.

Reminder! Please help us track Boston Cure Project in the news. Contact Krista Milne, kmilne@bostoncure.org when you come across coverage.

NEW ADDITIONS TO OUR SCIENTIFIC ADVISORY BOARD

In our work to find the causes of MS, we often need to consult with experts in fields ranging from neurobiology to genetics to pharmacology and beyond. We are fortunate to have a world-class scientific advisory board (SAB) to help us in this respect. Members of this board have helped us with activities such as reviewing Cure Map documents, speaking at our public events, and serving as a sounding board as we embark on new projects.

In recent months we have added several new advisors to our SAB. While their expertise lies in a variety of fields, they all have something important in common: a strong commitment to curing MS.

Marie Filbin, Ph.D. is a Distinguished Professor of Biology at Hunter College; she investigates factors present in myelin that inhibit axonal regeneration.

Steven Jacobson, Ph.D. is a Senior Investigator at the National Institute of Neurological Disorders and Strokes (NINDS), where he studies possible viral triggers of MS.

Jim Khalifa, M.D. is Head of Medical Affairs at Teva Neuroscience where he conducts research in MS and other neurological diseases.

Vince Macaluso, M.D. is a Staff Neurologist at the Flushing Hospital Medical Center where he is establishing an MS

center; he has MS himself and therefore also understands the disease from that perspective.

Jorge Oksenberg, Ph.D. is an Associate Professor in the Department of Neurology at the University of California, San Francisco; his current research involves the analysis of genomic and post-genomic factors affecting MS susceptibility and disease course.

Saud Sadiq, M.D. is the Director of the Multiple Sclerosis Research and Treatment Center at St. Luke's-Roosevelt Hospital Center in New York City.

Al Sandrock, M.D., Ph.D. is the Senior Director of Clinical Development in Neurology at Biogen, Inc; he also serves as assistant clinical professor of neurology at Harvard Medical School.

David Weinstein, M.D. is the Chief Scientific Officer at Gliamed, Inc., a biotech company developing novel compounds to block astrocyte proliferation and stabilize neurons.

You can find a complete listing of our scientific and pharmaceutical advisory boards, as well as biographical information for most of our advisors, at: www.bostoncure.org/about/people.php.

NEW FACES: STEPHANIE SISTO, INTERN

NAME/NICKNAME:

Steph

OCCUPATION:

Grad student/intern from Simmons College

REASON FOR JOINING BOSTON CURE PROJECT:

After reading about Art and the Boston Cure Project in the Boston Globe magazine in the Sunday Globe, I thought it would be a perfect organization for me to intern at.

LAST JOB/OCCUPATION:

Practice Enrollment Analyst at athenahealth, Inc.

HOMETOWN & CURRENT RESIDENCE:

Waltham



Simmons College Intern Stephanie Sisto (Photo by Frank Sisto)

HOBBIES:

Gardening, reading, and training my dog

IDEAL VACATION SPOT:

Dog sled race in Alaska

PERSON (DEAD OR ALIVE) YOU WOULD MOST WANT TO HAVE DINNER WITH:

My two grandfathers – both have passed away, and I never learned about their lives.

MOST FAVORITE THING:

Sleeping late

IF YOU COULD DO ANYTHING IN THE WORLD, WHAT WOULD IT BE?

Cure MS, of course :)

VOLUNTEER TASK SPOTLIGHT: MS NEWS REPORTER

We're always in need of people to submit articles to our MSNews web site (msnews.bostoncure.org). If you come across something on the web that is recent and relevant to MS, submit the URL and a brief description of the story or page it points to by following the directions in the upper right corner of MS News' home page. If you're interested in signing up for a regular "beat," please call or email Sue Mellor at 781-788-0880 or sue@bostoncure.org.

SAVE THE DATE!

This year our annual Boston Cure Party is the evening of Saturday, November 22 (the weekend that falls before Thanksgiving). Don't forget to mark it in your calendar!

EXPLORING THE LINKS BETWEEN MS AND ALLERGIES

By Hillary Stanton

Hay fever, asthma, food allergies, and other allergic disorders are important, highly visible health problems, affecting more than 50 million Americans and costing the US health care system \$18 billion annually. Since allergies are immune system disorders, and since the immune system also plays a major role in MS, is there a relationship between MS and allergic disorders? The relationship might be positive (having one disorder increases the risk of developing the other) or negative (having one disorder decreases the risk of the other). There may also be a relationship at the clinical level, which connects the risk of allergic attacks and MS exacerbations. If there is some type of link, then breakthroughs in the treatment or understanding of allergies may someday benefit people with MS. This article explores some of the proposed connections between MS and allergies, and presents the epidemiological, pathological, molecular, and genetic evidence behind them.

ALLERGIES 101

Allergic reactions result when the immune system mistakes a harmless substance, such as dust, pollen, pet dander, insects, food or even medicine, for a dangerous invader. The immune system then reacts and produces symptoms, which may include runny nose, sneezing, coughing, watery eyes, skin rash, or breathing difficulties. Because the external substance is actually harmless, an allergic response can be considered an overreaction.

An allergic attack begins when B cells (a type of white blood cell, or leukocyte), which line the respiratory and intestinal tracts, react to an allergen by producing immunoglobulin E (IgE) antibodies. In the first exposure to an allergen, these antibodies attach to mast cells and basophils, which are white blood cells found near blood vessels that contain little “grenades” filled with histamines and other factors. In subsequent exposures, allergen particles bind to and crosslink the IgE antibodies on the surface of a mast cell, which pulls the pins of these grenades, launches an explosion of histamines into the body, and unleashes the symptoms that together make up an allergic attack. In most cases the symptoms are annoying but relatively mild, but sometimes they can be life-threatening, as when they induce shock or severe asthma.

THE ALLERGY/MS CONNECTION

Various attempts have been made to explore a potential link between MS and allergies. One obvious line of inquiry is whether people with MS have higher or lower risk of allergies and vice versa. This question has been addressed by a small number of epidemiological studies, such as ones conducted in France and Wales which showed an inverse

association between the risk of MS and allergic disorders such as asthma or nasal allergies. A related study, conducted at Stanford, found fewer allergic symptoms and lower levels of allergen-specific IgE in people with MS than in control subjects. So while only a few studies have addressed this question of susceptibility to both disorders, their results suggest that MS may be protective against allergies, or that allergies may be protective against MS.

Other studies have examined the physiological characteristics of each disorder, looking for similarities or dissimilarities that might indicate a positive or negative relationship. So far there is evidence supporting both types of relationships. As described above, the major players in the development of an allergic attack are IgE antibodies, mast cells, and factors produced by mast cells. One study reported finding IgE-positive cells in the brains of people with MS but not in healthy individuals; these cells were detected in all regions of MS lesions but were more frequent in areas of active infiltration. Several other studies have focused on mast cells and their products. Mast cells are found throughout the body, including the brain and central nervous system where they exist primarily along the blood vessels and connective tissue. Notably, they have also been observed in demyelinated areas and areas of infiltration, which suggests they could contribute to inflammation and myelin damage in MS. Scientists believe that mast cells play a role in altering the blood-brain barrier and facilitating the entry of T cells into the central nervous system. Mast cells also secrete proteases that may contribute to the destruction of the myelin sheath or cause direct axonal damage. In fact, tryptase, a mast cell-specific protease, is elevated in the cerebral spinal fluid of individuals with MS. It would be a stretch to conclude that the involvement of mast cells in MS is triggered by allergic reaction, because mast cells can be activated by a variety of factors. However, it does seem likely that the two disorders share some of the same mechanisms.

Another theory based on biological evidence supports a negative relationship between MS and allergies. This theory holds that allergies result from the overproduction of Th2 cytokines whereas MS is driven by the overproduction of Th1 cytokines. Th1 and Th2 cytokines are groups of proteins expressed by helper T cells. Th1 cytokines (such as interferon-gamma) are thought to stimulate inflammation but reduce allergic responses, whereas Th2 cytokines (such as interleukin-4) reduce inflammation but enhance allergic responses. It has been suggested that having either a Th1 or a Th2 predisposition precludes having the other, and this may explain the apparent lower prevalence of allergies in people with MS.



Yet another avenue to explore is whether allergies and MS have any root causes in common. Unfortunately, very little data has been generated on this topic to date. As with MS, susceptibility to allergies appears to be determined by multiple genetic and environmental influences, which greatly complicates the search for individual triggers. Some of the genes that are being investigated in MS are also being examined in allergy research. These include genes for signaling molecules, receptors, adhesion molecules and growth factors involved in immune responses. In addition, the genes encoding HLA class II molecules, proteins that present antigens to T cells, have been implicated in both MS and allergies. HLA genes contain many variations; it is possible, therefore, that allergy sufferers tend to have allergy-related HLA variations, while people with MS have other variations. It is also possible that variations that increase risk of both disorders will someday be found. At this time, however, no clear-cut genetic relationship between MS and allergies has been identified.

TREATMENT IMPLICATIONS

Though much about both disorders remains unknown, current allergy research has already presented some implications for MS therapies. For instance, the evidence surrounding the involvement of mast cells in MS has led to the consideration of mast cell-targeting treatments, many of which were originally developed for use against allergies. Candidate therapies include mast cell stabilizers, which are used in allergy treatments to lower inflammation, molecules that can block a mast cell's access to the central nervous system, and antihistamines to neutralize the mediators released by mast cells.

In conclusion, there is limited evidence for any relationship between risk of allergies and MS, although there are indications that the two disorders may counteract one another. Even less information has been gathered concerning any clinical connection between the two disorders, such as the potential for allergic attacks to affect MS relapses. Perhaps with more research such a connection will come to light, resulting in greater knowledge of the causes of MS, more efficient treatments, or even cures for the disease.

FURTHER READING

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Toms R, Weiner HL, Johnson D. Identification of IgE-positive cells and mast cells in frozen sections of multiple sclerosis brains. *J Neuroimmunol.* 30(2-3):169-77.

Tremlett HL, et al. 2002. Asthma and multiple sclerosis: an inverse association in a case-control general practice population. *QJM.* 95(11):753-6.

Zappulla JP, Arock M, Mars LT, Liblau RS. 2002. Mast cells: new targets for multiple sclerosis therapy? *J Neuroimmunol.* 131(1-2):5-20.

Interviews with MS Experts

In keeping with our mission to educate and inform those affected by MS, we are launching a series of interviews with leading scientists working on this disease. In these interviews, we plan to address what we currently know and don't know about the causes of MS, and what needs to be done to answer the right questions to develop a cure.

Our first interview explored the current state of MS genetics with Jorge Oksenberg from the University of California, San Francisco. Jorge is a highly respected expert in this field and has recently joined Boston Cure Project's scientific advisory board.

In this excerpt from the interview, Jorge predicts how genetic research will pay off in the near future for people with MS:

"In the short term, we will have a very good grasp of the genes affecting disease progression. In the mid term we will know most of, if not all, the genes affecting susceptibility. Finally, with the partnership of the pharmaceutical and biotech industries, within a few years we want to see direct diagnostic and prognostic applications of genetic information. Hopefully, we will also see in the pipeline therapeutic applications derived directly or indirectly from genetic research."

For Jorge's outlook on the search for genes that affect MS, new collaborative efforts, and development of therapies based on MS genes, go to: www.bostoncure.org/downloads/interview-oksenberg.pdf.

CURE MAP UPDATE

This winter and spring saw a great deal of progress on phase 2 of the genetics track of our Cure Map. Phase 2 is the stage at which we organize and analyze all MS-related research in a track, to determine what is currently known and what is not yet known about MS in that area.

There are currently six phase 2 genetics documents available for download at www.bostoncure.org/curemap/docs.php. They cover the following topics:

Location of MS genetic factors: The documents on autosomal chromosomes, X and Y-chromosomes, and mitochondrial DNA analyze research done to determine where the gene or genes that affect MS risk might be located. At this time, only one location – the HLA region on chromosome 6 – is generally agreed to influence MS risk. Many other sites have been investigated, but no other associations have been confirmed.

Origins of MS genetic factors: Genetic mutations or variations that influence MS risk may either be inherited or may originate spontaneously in a person who then goes on to

develop MS. The documents on spontaneous mutations and stably inherited variations explore whether one or both of these origins play a role in MS. Studies of families with more than one member affected by MS provide strong indications that at least some MS genes are passed down from one generation to the next. However, spontaneous changes in genes may also help trigger MS, particularly those changes that occur in immune cells as a normal part of immunity development.

Type of genetic variation or defect: The document on chromosomal abnormalities concludes that inherited major chromosomal defects are almost certainly not the cause of MS. Spontaneous chromosomal defects have been observed in MS, but whether these play a major role in the development of MS is not known. Evidence that MS is caused by gene-level defects will be explored in an upcoming document.

In addition to these documents, we have also posted a spreadsheet that contains relevant details of the hundreds of gene location studies performed on MS so far. We will update this spreadsheet every few months as new studies are published.

6



Anna Peabody with "big sis" Krista Milne (two individuals with MS) wearing Matchbox 20 Ts, before the band's recent concert in Manchester, NH

BUT YOU DON'T LOOK "UNWELL"!

Unless you live under a rock or work far too much, you've heard the recent #1 song "Unwell" on the radio or MTV. The lyrics to this song hit home with Anna and Krista, two individuals who don't look "Unwell" but have MS just the same. As the lyrics say, *'I'm just a little unwell. Right now, I know you can't tell. But stay awhile and maybe then you'll see, a different side of me.'*

Sometimes looking well gets to the heart of why our family members, friends, and colleagues have difficulty with MS and its symptoms. There's a book "But You Don't Look Sick," available through www.invisibledisabilities.com, that is a good generic guide to understanding and encouraging people who have an "invisible" chronic illness.

VOLUNTEERS

These generous folks have been giving their time to Boston Cure Project in late Spring/early Summer.

VOLUNTEER STAFF

Debbie Mellor - Contributor
Acquisition
Susan Mellor - Administrative Assistant
Stephanie Sisto - Intern

ADVISOR

Debbie Dutton
Ellen Frank

Marty Joyce
Jane Pickett
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Amanda Viciana
DIAGNOSIS BROCHURE
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Marion Leeds
Carroll
(Boston Cure Project Benefit Concert)
David Schreiber
(Boston Cure Project Benefit Concert)
Janelle Hamilton/
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(Cuts for a Cure)
Arthur & Phyllis Kaplan
(Cuts for a Cure)

FITSENSE SENSE OF PURPOSE PROGRAM

Tom Blackadar/
Fitsense
Billy Harless
Father Bernard
Marton

JULY APPEAL

Brian Mellor
Sue Mellor
Amanda Rossi
Lynn Vesey

MS SOCIAL

Jen Downing
Stephanie Sisto
Alan Weinberg

NEWSLETTER

Shari Agatstein
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Armstrong
Savannah Bashaw
Bob Brown
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Murray
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David Halliday
Nikki Lessin-Joseph
Krista Milne
Katie Peabody
Peter Schmidt
Frank Sisto
Stephanie Sisto
Frank Siteman
Hillary Stanton
Debby Wiesen

Continued, next >

T-SHIRT PICTURES

WANT A BOSTON CURE PROJECT T-SHIRT?

Visiting an exotic (or not so exotic) locale? If you offer to take a picture at your destination with a Boston Cure Project T-shirt on, we'll send you one for free!



Mark Halliday at the Bass Ale Museum at Burton-on-Trent, UK
(Photo by David Halliday)



VP of Scientific Operations Hollie Schmidt with welding teacher Alan Quinn
(Photo by Peter Schmidt)



Board of Directors member George Peabody at Mt. Desert Island, Maine
(Photo by Katie Peabody)

VENDOR PROFILE: FRANK SITEMAN – PHOTOGRAPHER



Photographer for our 2002 Annual Report, Frank Siteman
© George Disario Photography

With a strong commitment to the concept of “giving back to the community,” photographer Frank Siteman brings his gift for capturing the perfect shot to Boston Cure Project.

In the past year, Frank has donated three photo shoots, including a group shot for the Boston Cure Annual Report and individual head shots for each of the principals. He also took the photos used for the newsletter’s profile of Anna Peabody. And he wants to do more.

“They could use me more,” said Frank, a commercial photographer based in Winchester for the past 30 years. His award-winning photos have appeared in the Brigham and Women’s Hospital Annual Report, a series of foreign

language textbooks, and the 1997 Pet Partner Calendar, which is produced by an organization that provides animal-assisted therapy to seniors in nursing homes, stroke and hospice patients, and children with special needs. A series of 26 of his photographs were commissioned for permanent display by the Massachusetts Bay Transit Authority, and won the First International Competition for Photographic Murals, hosted by the Professional Photographers of America and the Eastman Kodak Company.

He was asked to lend his talents to Boston Cure Project by Vanessa Schaefer, creative director at Clockwork Design Group. As someone who appreciates the Boston Cure Project team and what we’re working toward, Frank was happy to oblige. “They’re good people doing good work. I’ve been very fortunate to have done well, and you’ve got to give back. I feel good about giving back to Boston Cure.”

SCAVENGER HUNT

Ruth Mades
Debbie Mellor
Sue Mellor
Lisa Sargeant

SLOANE TIGER TEAM

Michelle Bernson
Josh Binder

AP Hurd
Jan Klein
(team assistance)
Sara Mortenson
Rachel Sheinbein

OTHER

Krista Milne *(PR)*
Justin Polanik
(clerical assistance)

Sujit Purkayastha
(India connection)
Michael Silton
(CME project)
Stephanie Sisto
(NMSS research spending analysis)
Stan Vernon
(grant writing)

Kevin Wood
(Entelos project)

COMPANIES CONTRIBUTING GOODS OR SERVICES:

Clockwork Design Group, Inc. *(design)*
Echo Engineering
(database construction)

Mail Perfect, Inc.
(mailing services)
Biogen *(Race to Erase ticket)*

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!



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Fax: 781-788-8118
www.bostoncure.org
info@bostoncure.org

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address? Let us know!
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contact information to
info@bostoncure.org
or give us a call at
781-788-0880!

Change Service Requested

ABOUT MULTIPLE SCLEROSIS

Multiple Sclerosis is a chronic neuro-degenerative 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 BOSTON CURE PROJECT:

By Check: make checks payable to Boston Cure Project, Inc., and mail to:

Boston Cure Project, 13 Belton St. Arlington, MA 02474

By Credit Card: on www.bostoncure.org, click on the "Contribute" box at the top of the page and follow instructions under the heading "Donations by Credit Card."

Volunteer Today: See www.bostoncure.org for volunteer opportunities, or call at 781-788-0880, or email at info@bostoncure.org.

Want a Boston Cure Project T-Shirt? For any donation of \$25 or more, we will send you a t-shirt upon request. If you offer to send us a picture of yourself in one of our t-shirts at some unusual locale, we'll send you one for free! Please remember to indicate t-shirt size when making your request.

Subscribe Now to Our Newsletter: call 781-788-0880 or email us at newsletter@bostoncure.org. You may also unsubscribe using this contact information.

Subscribe Now to Our Electronic Mailing Lists: Go to www.bostoncure.org. Click the "Sign Up" box at the top of the page and follow instructions. You may also unsubscribe using this contact information. The lists are:

bcp-announce Occasional announcements regarding events, important news, new mailing lists, etc. If you only sign up for one list, have it be this one.

bcp-status Monthly, more detailed updates of what we have been doing on a regular basis. Includes more information on our week-to-week operations.

bcp-volunteer Sign up for this list if you would like to volunteer. We'll contact you as volunteering opportunities arise.

MS NEWS WEB SITE: PRODUCED BY BOSTON 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. Available free of charge by visiting <http://msnews.bostoncure.org>.

Have you moved? Changed your email address? Let us know! Send changes in contact information to info@bostoncure.org or give us a call at 781-788-0880!

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This newsletter available online at www.bostoncure.org, in the "Downloads" section.