Nancy Davis Foundation for Multiple Sclerosis

We are dedicated to the treatment and ultimate cure of MS. Funding research is the core focus of the Foundation and all funds raised support our Center Without Walls program, a selected network of the nation’s top MS research centers. This nationwide collaboration of physicians and scientists are on the cutting-edge of innovative research programs, working as a team on therapeutic approaches to eradicate MS. In addition to combating MS through research in a clinical environment, we hope to increase awareness by educating the public about this mystifying disease.

In This Issue

Annual MS Roundtable Summary...Page 3
Shopping Event...Page 3
Photo Gallery: Erase MS Gala...Page 4-5, Page 12-13
Center Without Walls: Medical Center Summaries...Page 6
Pediatric MS...Page 7
Alternative Medicine for MS...Page 7
Center Without Walls: Collaborative Studies...Page 8
MS Gene Pioneer, Dr. Stephen Hauser...Page 10
Health Tip and Resources...Page 11
From our supporters...Page 14
Lamborghini Sponsors 2009 Race Gala...Page 16

Contact Us

Nancy Davis Foundation for Multiple Sclerosis, The Race to Erase MS
1801 Ave of the Stars, Suite 1400
Los Angeles, CA 90067
Phone: 310.440.4842
Fax: 310.471.4975
www.erasems.org

Annual Gala: May 2, 2008

Co-Chairs Nancy Davis and Tommy Hilfiger celebrated the 15th Anniversary Race to Erase MS with a thrilling performance by Frankie Valli & The Four Seasons with special celebrity presenters Anne Heche, James Tupper, Tom Arnold, Lisa Rinna and Dr. Phil and Robin McGraw. The event was themed “We Heart to Erase MS”. The event took place on Friday, May 2nd at the Hyatt Regency Century Plaza and raised over two million dollars for multiple sclerosis research thanks to a most generous group of supporters. Tommy Hilfiger Corporation, EMD Serono, Associated Television International, American Airlines, and the Hyatt Regency Century Plaza all contributed to the tremendous funds raised to support MS research.

The highlight of the evening included an exclusive celebrity fashion show featuring one-of-a-kind inspired designs by Tommy Hilfiger, modeled by such celebrities as Aly & AJ, Lisa Rinna and Harry Hamlin, Garcelle Beauvais-Nilon, Keisha Whitaker, Shannon Elizabeth, Maria Menounos, Cheryl Ladd and Tara Reid. The amazing dancers from “Dancing with the Stars” kicked off the evening and a spectacular live performance by musical icon Frankie Valli & The Four Seasons who serenaded the crowd with their legendary tunes. The show’s production was graciously donated by Associated Television International.

The ballroom was decked in modern white and vibrant orange by well known designer, Mindy Weiss, to complement the iconic event theme. The extraordinary floral arrangements were generously donated by Marks Garden. Thank you to our sponsors Makers Mark, Fiji Water, Barefoot Wine and Bubbly, Asahi, and Frederic Fekkai and MAC, who created the amazing hair and makeup for the fashion show.

Tom Arnold and Lisa Rinna raised much needed funds as celebrity auctioneers at the night’s exciting live auction. The high-energy auction featured a spectacular (RACE continued on Page 14)

"Yesterday is history, tomorrow a mystery, but today is a gift...that’s why they call it the present.” - Eleanor Roosevelt
A diagnosis of any life altering disease is a terrifying experience...the world as you know it is changed in a heartbeat. When I was told I had multiple sclerosis sixteen years ago, hopelessness set in as doctors had no substantial information to give me and there were no drugs or therapies available. It is remarkable how the MS landscape has significantly changed in the past sixteen years to help stop the progression of this disease. Miraculously, there are now six drugs with FDA approval and a seventh new drug that will hopefully be approved soon. A cure is so much closer than I could have ever imagined. Hopelessness has been replaced by hopefulness.

The amazing doctors that are part of our Center Without Walls program have brought us to the brink of discovering the cause and a cure for this disease. Our newsletter is an educational forum to learn about the break-through discoveries these brilliant research scientists have accomplished this past year. I truly believe we must continue to push and fight to win this race against multiple sclerosis. With this belief we began our first MS month of May awareness campaign, Orange You Happy to Erase MS, utilizing the vibrant color of orange which we feel symbolizes hope. I am thrilled at the fabulous response we had this past May and look to all of our supporters who will help make May 2009 even more powerful in raising awareness.

The Center Without Walls commitment as a team to find a cure for MS is an inspiration to all of us, and I am so grateful for their diligent work. The support that the CWW receives from our amazing donors and supporters is more than I could have ever imagined. Thank you to everyone for your generosity and continued commitment to help us realize our dream and find a cure for MS"

Join our Network at

Go to http://www.uplej.com/erasems and start raising funds for Multiple Sclerosis research!

uPlej (pronounced "you pledge") is a Professional Fund Raising Organization that combines social networking with charitable giving. For only $4.79 per month everyone can afford to create your own uPlej user page and start giving back to charity! Then spread the word and tell others to do the same.

$1 a month from each friend who joins your uPlej network will go to ERASE MS as well as $1 from their friends and $1 from their friends' friends.

Together we can raise a significant amount of money for the Nancy Davis Foundation for MS every month simply by connecting with other charitable individuals, businesses or charities. Join today!
MS Roundtable Forum
May 3, 2008

Once a year the Nancy Davis Foundation for MS invites the general public, MS patients, families and friends to attend an MS Roundtable, an open forum in which the distinguished doctors from the Center Without Walls program share advances in groundbreaking research. Attendees have the unique opportunity to ask questions and to speak to top research scientists. This MS Roundtable is a significant component to the mission of the Nancy Davis Foundation, and as always is an important compliment to the previous evenings gala fundraising event.

This year, panel members included Dr. Dan Greenberg, Dr. Stephen Hauser, Dr. Richard Rudick, Dr. Emmanuelle Waubant, Dr. Stephen Waxman, Dr. Howard Weiner and Dr. Leslie Weiner, as well as distinguished guests Nancy Davis, Teri Garr, Attorney Mark Barondess, and Claudia Curry Hill. The MS Roundtable highlights important medical research conducted by each of the seven centers, who communicate every month to share their findings, and reinforces the need for the existence of The Center Without Walls. "We don't compete, we communicate, share, and cross fertilize…. This is unique and the whole is much greater than the sum of it's parts" said Dr. Stephen Waxman of Yale University, underlining the importance of the Center Without Walls program.

We would like to thank our sponsors EMD Serono, Hyatt Regency Century Plaza, Le Pain Quotidien and Fiji Water for their invaluable donations towards this very important educational opportunity which is free and open to the public. If you were unable to attend our symposium but would like a copy of the program on DVD, please contact (310) 440-4842.

Shopping Event
July 16, 2008

On July 16, 2008 the Nancy Davis Foundation for Multiple Sclerosis welcomed celebrity guests and foundation supporters to a cocktail party for the Melrose Place Orange Pass Shopping Benefit. The cocktail party centered on the “Orange You Happy to Erase MS” shopping card – the “Orange Pass”, which was available to purchase for $75 with 100% of the proceeds going directly towards MS research and entitled the bearer to a range of discounts and benefits on fashion, beauty and dining in the Melrose Place District during the week of July 17, 2008. Participating stores included some of the most sought after boutiques in Los Angeles, adding excitement and glamour to our “Shop to Erase MS” event. Frederic Fekkai, Kate Somerville, Santa Maria Novella, Carolina Herrera, Diane Von Furstenberg, Diesel, Lambertson Truex, MAX&Co., Mulberry, Sergio Rossi, Mary Norton, Republic, Comme Ca, Dolce Enoteca e Ristorante, and Kumo donated their time and generosity to make this evening event a success.
photo gallery: We Heart to Erase MS

Jennifer Lucas and Byron Allen
Anne Heche, James Tupper, Nancy Davis, and Ken Rickel
Emmy Rossum, Tommy Hilfiger, and Dee Ocleppo
Cast from “Dancing with the Stars”
Nancy Davis with Frankie Valli
Julianne Hough
Katie Brass, Nancy Davis, and AJ Brass
Sheri Disney, Silvia Baker, Debbie Eaton, Markie Post, and Sherry Cordey
Ray and Anna Romano
David Horowitz (center) and Guests
Brooke, Jennifer, Debbie, and Jimmy Lustig
Lynn and Paul Palmer
Lisa Rinna
Cynthia Haro, Lisa Fitzmaurice, Diana Meyer, and Cathy Blazej
Amy Yasbeck and Guest
Aly and AJ Michalka
Kenny Rickel, Nancy Davis, Tommy Hilfiger, Dee Ocleppo, and Barbara Davis
Laura and David Mckenzie
Rick and Paris Hilton, Nancy Davis, Kathy Hilton
John Duran and Guests
Mark Held, Nancy Davis, and Richard David
Arlene and Barry Hirschfeld, Debbie Lustig, and Pam McMahon
Louis Van Amstel and Kym Johnson
Stephanie and Bill Perkins
Victoria Jackson, Nancy Davis, and Bill Guthy
Center Without Walls Program
Medical Research Update

The Nancy Davis Center Without Walls currently consists of seven of the top MS centers with complementary expertise in multiple sclerosis research. The Nancy Davis Center Without Walls (NDCWW) is highly regarded nationwide as a leading consortium in the development of promising agents for multiple sclerosis (MS). The strategy of the NDCWW is first to evaluate novel treatment approaches in single-center or two-center studies which, if proven promising, are later developed collectively. In addition to trials of candidate agents for MS, the group is developing promising techniques to monitor more carefully the disease.

Cleveland Clinic,
Director, Richard Rudick, M.D.

The Mellen Center has found that some immune communicating molecules called chemokines are key in the brain inflammation but also in repair processes. Identifying which of the chemokine receptors should be targeted will result in the development of novel treatments. The team at the Mellen Center has also reported that nerve cells are transected not only in MS lesions but also in the outmost layer of the brain, called cortex. The team has identified resident immune cells of the brain that play an important role in protecting the brain from injury.

Johns Hopkins
Directors, Peter Calabresi, M.D. and John Griffin, M.D.

Permanent disability in MS is thought to occur because of irreversible damage to the nerve “wires” called axons. The goals of the team at Johns Hopkins are to define the mechanisms by which axon injury occurs in MS and develop imaging biomarkers of axon and myelin injury. They are using classical inflammatory animal models of MS as well as some novel non-inflammatory models in which the myelin is genetically absent or chemically altered. These are providing information as to how axons that have lost their myelin die, e.g. because they are transected by immune cell derived enzymes, or because they have lost growth factor support from the myelin. The team at Johns Hopkins has found out that this occurs through different communication pathways and hopes to take advantage of the protective signals to devise axon protective therapies.

University of California,
San Francisco
Director, Stephen Hauser, M.D.

The main goal of UCSF team is to unravel the genetic makeup that convey susceptibility to MS and dictate the severity of the disease. Multiple collaborations within the Center Without Walls (OHSU and Johns Hopkins) allow for outstanding recruitment of patient samples from various populations with various risks to develop MS. The team has observed a higher than expected co-occurrence of other autoimmune disorders, both in the individual affected by MS and their relatives. Our new exciting finding that a functional variant of the interleukine-7 receptor is a risk allele for MS highlights the need for large cohorts and justifies a sense of optimism that the genetic approach will be increasingly productive with the new generation of tools now available.

Harvard Brigham and Women’s Hospital,
Director, Howard Weiner, M.D.

The team at Harvard is analyzing the linkage of certain blood and MRI markers with MS activity and response to MS drugs. The team has also combined MRI measures of disease severity for predicting disease progression in patients with MS. In addition to developing new blood test for MS, the team is investigating the role of neural stem cells during brain inflammation, so deleterious processes can be identified and inhibited in MS.

Oregon Health Sciences University
Director, Dennis Bourdette, M.D.

In the past year, the team at OHSU continued its investigation of RTL1000, a novel therapy for MS developed at OHSU. The investigators have determined that RTL1000 shifts the immune system from a pro-inflammatory state to a regulated state. This bioengineered protein is now in Phase I clinical trials. The team continued its groundbreaking research investigating how modulation of mitochondrial function can protect axons from injury in a mouse model of MS. Finally, the
OHSU team continues to be a national leader in the investigation of natural supplements, including lipoic acid, omega-3 fatty acids, American ginseng extract and ginkgo biloba, as therapies for MS.

University of Southern California, Los Angeles
Director, Leslie P. Weiner, M.D.

The team at USC Center is evaluating the role stem cells may play in brain repair and regeneration. The team at USC has studied differentiation biomarkers that control how stem cells will develop into various brain cell types that could be used for repair. The team also studies brain cell injury utilizing micro chambers in which they cultivate single brain cells exposed to various immune factors or growth factors. Finally, the team is studying viruses as potential MS triggers.

Yale University
Director, Stephen Waxman, M.D.

The goal of the team at the Yale Center is to restore and protect neurological function in animal models of MS and translate such discoveries toward effective treatments for people with MS. Key objectives are to investigate the potential of cell-based approaches in the repair of central myelin damage and in the restoration of nerve impulse conduction in MS; to preserve neurological function in the injured brain and spinal cord via novel strategies that protect axons so that they do not degenerate; to study the molecular makeup associated with poor nerve impulse conduction in MS, and identify strategies that will restore normal conduction within demyelinated axons.

Pediatric Multiple Sclerosis
Emmanuelle Waubant, MD, PhD, UCSF

Although MS typically affects young adults with a peak of onset between ages 20 and 40 year, up to 10% of patients in fact develop their first MS symptoms before the age of 18. This is referred to as pediatric MS. Children as young as two years old have been diagnosed with MS.

Pediatric MS is under recognized by pediatricians and child and adult neurologists as it is relatively rare (between 10 and 20,000 cases in the USA) and very little has been published on disease presentation. Therefore, the diagnosis and initiation of preventative therapy are often delayed. In fact, families often see several care providers before the diagnosis is established, and are often stressed by how little information is available to them, as parents.

Establishing the diagnosis of MS in children is harder than in adults. Young children typically do not appreciate that numbness from their waist down or decreased vision in one eye is not normal, unless symptoms are severe and interfere with their daily activities and become detectable by their parents. Thus mild symptoms may go unnoticed in young patients for a while. Also, as the awareness about pediatric MS is low in the medical community, patients may be diagnosed instead with hyperactive disorders or viral infections.

Although a couple of preliminary studies suggest that MS is less severe in children than in adults, patients reach similar levels of disability at a younger age, thereby affecting them during their most productive years of their lives when they are students or young parents. Furthermore, recent data collected in North America questions this notion of relative benignity of pediatric MS. The accumulation of (PEDIATRIC continued on Page 15)

Complementary and Alternative Medicine for Multiple Sclerosis
Dennis Bourdette, MD, OHSU

Complementary and alternative medicine or CAM refers to a broad spectrum of treatments that most conventional physicians do not prescribe. CAM therapies include acupuncture, special diets, dietary supplements, such as herbs, megadose vitamins and fish oil, meditation, energy therapy and many more therapies. Up to three quarters of people with MS report taking one or more CAM therapies and often report deriving benefit from some CAM treatments. Despite this, conventional physicians, typically do not recommend any CAM therapies because up until recently there has been no scientific evidence to support using any CAM approaches.

Fortunately, research being conducted on CAM through the Nancy Davis Center Without Walls is beginning to determine what works and what does not. What follows is a brief summary of some of this research that has been performed at Oregon Health & Science University.

We have demonstrated that people with MS can do yoga safely and it improves their fatigue and can be done safely. Yoga thus is beneficial for this MS symptom.

Fish oil supplementation The omega-3 fatty acids (called EPA and DHA) in fish oil have anti-inflammatory effects and may also improve depression. We are currently performing a research study to assess the effect of fish oil supplementation on proinflammatory proteins produced by white blood cells and to determine whether it improves depression when used along with anti-depressant medication. Taking a fish oil supplement (ALTERNATIVE continued on Page 15)
Center Without Walls: Group Overview of Clinical Trial Projects

COLLABORATIVE STUDIES
The Center Without Walls has several collaborative studies under way in various stages of development.

Studies Completed In Past Year

Treatment that decreases B cells and antibodies against the nervous system
Several of the seven Centers have been involved in a new treatment strategy in primary progressive (PP) MS using rituximab, a monoclonal antibody against the B cell marker CD20 that depletes B cells for over 6 months after the first course of treatment. B cells are believed to contribute to MS brain inflammation and make antibodies against constituents of the brain. Although this study did not meet its primary endpoint in terms of statistical significance, there was a modest reduction in disease progression in PPMS patients who received rituximab compared to those who received placebo, particularly if they had experienced progression before enrolling in the trial. Rituximab recipients also had a lesser brain MRI progression over the 2-year period of the study. Rituximab is administered intravenously every six months. It is FDA-approved for non-Hodgkin lymphoma and rheumatoid arthritis and is well tolerated except for mild to moderate infusion-related reactions. Further studies will confirm whether some patients with progressive MS can benefit from this therapeutic strategy.

Ongoing Studies
The NDCWW has continued or initiated patient enrollment in several collaborative clinical trials of medications for MS that have been designed by the NDCWW.

Lipitor (atorvastatin) for early MS
Eighty-three patients with their very first MS event have been enrolled nationwide in this study that evaluates the effect of Lipitor compared to placebo for one year on MS activity measure by clinical examinations and MRI scans. Enrollment is complete, and the last patient in the study is expected to complete the last study visit at the end of 2008. With this study, 6 of the Centers (UCSF, Cleveland, USC, Yale, OHSU and Johns Hopkins) are following up on the exciting work in animal models suggesting that Lipitor significantly decreases the activation of the immune system that occurs in MS. Since Lipitor may also have neuroprotective properties, the centers use spectroscopy, a sophisticated magnetic resonance technique, to determine whether Lipitor prevents brain damage. This is an exciting trial, as the medication is given orally and is much safer than many immunologic therapies considered for MS. This is also one of the first times the CWW centers are able to share their advanced magnetic resonance technology. The study, designed by UCSF, is also sponsored by the Immune Tolerance Network, Biogen Idec and Pfizer.

Memantine - MS cognitive impairment
This year OHSU, in collaboration with USC, has conducted a double blind, placebo-controlled pilot trial of memantine for cognitive impairment in MS. Memantine is a glutamate receptor antagonist that has been shown to improve cognition in Alzheimer's disease. This trial is designed to assess whether memantine will improve cognition among MS patients. One hundred patients have completed the study. Data should be analyzed by the end of 2008.

Recombinant T Cell Ligand Therapy
Two of the Centers, OHSU and Yale, have initiated a Phase I safety and dose finding study of the DR2-MOG 35-55 RTL, referred to as RTL1000. Patients with MS and positive for a specific marker (DR2+) will receive single intravenous infusions of RTL1000 of increasing doses (6-300 mg). The study should be completed next year. Outcomes will be safety, including MRI monitoring for disease activation and antibody formation to the RTL1000. This is the first step in developing RTL1000 as a novel immunotherapy for MS.

Studies About to Start

CTLA4-Ig
Harvard is planning a multicenter phase II trial with CTLA4-Ig (Abatacept) based on the data reported last year for the phase I trial done at their center. CTLA4-Ig blocks T cell activation and suppresses inflammation. The data from the pilot study showed that CTLA4-Ig is safe in MS, and there is evidence of biologic activity by changes in the immune markers in the blood.

Sodium channel expression within human MS lesions
Yale and Cleveland are examining the slow burn of axons in chronic lesions which have been implicated to play a major role in MS disability. The group was ready to follow-up with a clinical trial of an oral sodium channel blocker in patients with MS, but this study is on hold because of preliminary data in the animal model suggesting that a rebound may occur when discontinuing the drug. Additional data in animals are being acquired before starting the study in MS.

A study targeting macrophages
A multicenter phase I study involving UCSF, USC, Cleveland Clinic and OHSU will start at the end of 2008 to evaluate the safety and preliminary efficacy of a monoclonal antibody targeting macrophages in patients with relapsing-remitting and secondary progressive MS. This study is sponsored by Amgen.

SINGLE-SITE PILOT STUDIES
Some very novel agents are currently being developed by individual NDCWW centers. Single-site studies serve the
valuable function of deriving preliminary data that, if encouraging, will come to fruition as larger collaborative trials.

**Studies Completed In Past Year**

**Oral anti-CD3**
Murine OKT3 monoclonal antibody is an approved therapy for the treatment of transplant rejection and humanized anti-CD3 monoclonal antibody has shown positive clinical effects in new onset diabetes in humans. Based on animal studies, the group at Harvard has tested the effect of oral administration of murine OKT3 in 18 healthy human subjects for 5 days. Immune effects were observed in all subjects with the most consistent responses observed at the 1.0 mg dose. No side effects were observed. These findings demonstrate that oral anti-CD3 monoclonal antibody is biologically active in humans and is applicable for the treatment of human autoimmune diseases such as MS. A follow-up study is in the planning for next year to evaluate various dosages.

**CTLA4-Ig**
The modulation of co-stimulatory pathways represents an original therapeutic approach to regulate T-cell mediated autoimmune diseases by preventing or reducing auto-antigen driven T cell activation in humans. The group at Harvard has used CTLA4-Ig intravenous infusions to block the CD28/B7 T cell co-stimulatory pathway in a phase I, dose escalation study in MS. Sixteen patients with relapsing-remitting MS received a single CTLA4-Ig infusion and 4 additional subjects received 4 doses of CTLA4-Ig. Inhibiting co-stimulatory molecule interactions by using CTLA4-Ig appears safe in MS and the immunologic effects suggest that it may be a promising approach to regulate the inflammatory processes associated with MS. The center at Harvard is following up with the design of a larger scale study to confirm their findings.

**Alpha lipoic acid**
The group at OHSU has completed a study of three different formulations of oral alpha lipoic acid in which 40 patients participated. One of the formulations gave the highest plasma levels of lipoic acid. This will lead to a study combining lipoic acid and interferon in patients with secondary progressive MS.

**High dose cyclophosphamide study**
Nine patients have been treated at Johns Hopkins with immunosuppressive doses of IV cyclophosphamide in patients with RRMS refractive to other therapies. This aggressive treatment approach seems promising for very active MS. A confirmatory study is in planning.

**Daclizumab**
This monoclonal antibody blocks T cell activation and induces a unique type of regulatory cell. The group at Harvard has completed an open-label study of 59 patients which shows that a majority of patients benefited.

**Studies About to Start**

**Alpha Lipoic acid**
OHSU will test oral alpha lipoic acid in the coming year as an adjuvant therapy to interferon beta for patients with secondary progressive MS. The study protocol is being finalized.

**Ginkgo Biloba for cognitive impairment in MS**
OHSU is about to start a study in 100 patients that will test Ginkgo compared to placebo for three months as a treatment of cognitive problems related to MS.

**Anti-CD3 therapy**
Harvard is planning a phase I trial with oral anti-CD3 monoclonal antibody that suppresses the animal model for MS. This study will evaluate several doses of the medication and will determine if the therapy induces regulatory cells in the blood.

**Vitamin D replacement**
The group at Johns Hopkins is planning to start the evaluation of immunological benefits of high dose vitamin D replacement in MS.
On the Cusp of a New world: MS Gene Pioneer
Dr. Stephen Hauser Shares his Vision

Excerpts By Sara Bernstein

"This is a time of great momentum," said Stephen L. Hauser, MD. "We are at the cusp of understanding the genetic basis of MS with a resolution that we could never have imagined just two or three years ago." Dr. Hauser would know; he has received the National MS Society/American Academy of Neurology's 2008 John Dystel Prize for MS Research in recognition of two decades of pioneering studies on genetic susceptibility to MS.

Dr. Hauser's excitement about MS genetics is due to the work of the International Multiple Sclerosis Genetics Consortium (IMSGC), a group of international MS genetic experts created with funding from the Society.... Not only will we have a 'dictionary' of the genes that are important in MS, but much more significant, this information is likely to transform our understanding of just how MS begins." Although Dr. Hauser surmises that there are probably 50 or so susceptibility genes for MS, he believes that identifying these genes will not complicate the MS picture, but will lead us to a much simpler view of disease pathways, better treatments, and prevention.

Dr. Hauser hopes to follow up this genetics effort with a study of people who can be identified as being at increased genetic risk for MS. Investigators would seek to identify a series of changes in the immune system that occur before the damage to nerve-fiber insulating myelin-the hallmark of MS-begins. "Armed with new genetic knowledge and insight from immunology, we should be able to identify people at risk for MS and understand the very first steps," said Dr. Hauser. "Wouldn't it be wonderful to prevent MS before it begins?"

Long interested in the immune activity that underlies MS, Dr. Hauser published seminal findings associating antibodies (proteins produced by B cells) with damage to the myelin. (Nature Medicine 1999 Feb;5[2]; 170-5) These lab findings resulted in a clinical trial of rituximab (Rituxan, from Genentech and Biogen Idec), a drug that depletes B cells.

"The development of rituximab has been thrilling," said Dr. Hauser. "We found that treatment was effective against relapsing-remitting MS beyond what we had imagined." Dr. Hauser and colleagues reported that one course of this intravenous drug reduced disease activity -for 48 weeks in people with relapsing-remitting MS, a course of MS characterized by clearly defined flare-ups followed by partial or complete recovery periods. (The New England Journal of Medicine 2008 Feb 14;358[7]; 676-88).

Dr. Hauser looks forward to a bright future in MS research, where novel collaborations and therapeutic strategies are bringing us closer to a world free of the disease. "These exciting new developments could change the face of what is possible for people with MS," he concluded.

Resource: Momentum, Fall 2008

The Nancy Davis Foundation for MS is proud to support the research of Dr. Stephen Hauser at UCSF and we congratulate him on the prestigious award of the National MS Society/American Academy of Neurology's 2008 John Dystel Prize for MS Research.

Thank you Dr. Stephen Hauser for your passion to find a cure for multiple sclerosis!
ms health tips and resources

**300 Tips for Making Life Easier, 2nd Edition**  
Shelley Peterman Schwarz  
This completely revised second edition of Multiple Sclerosis: 300 Tips for Making Life Easier contains tips, techniques, and shortcuts to help MS patients organize and simplify their lives. From basic principles to unique solutions for saving time and energy to specific ideas, this book is packed with helpful information for those coping with the special challenges of a chronic illness. Updated chapters cover Home Safety and Accessibility, Computers and Technology, Looking Good, Feeling Better - Grooming and Dressing, Managing Mealtime, and much more. NEW sections include: Managing medical issues Travel tips for weekend getaways or extended travel Unique product suggestions for practical helpful items that make everyday tasks easier Resource section to easily locate products and services  

Multiple Sclerosis: 300 Tips for Making Life Easier, 2nd Edition is a valuable resource for individuals living with MS, family members, caregivers, and medical professionals.  

**Fish Oil and MS**  
According to researchers from Oregon Health & Science University, fish oil has been shown to ease the symptoms of MS. Patients with multiple sclerosis who were given fish oil found that their symptoms improved significantly and the levels of inflammatory proteins in their blood was down nearly 60 percent. “The findings confirm previous research findings that suggest the intake of fish oil containing omega-3 fatty acids could provide a measure of relief for those with MS,” the investigators conclude.

Resource: NE September 17, 2007

**Fear, Anger, Depression**  
Dealing with fear, anger, and depression can be the result of the effect of MS on the brain. But these are also natural emotions that come from dealing with the unfairness of losing what we may have thought of before as a “normal life.” While such feelings may be inevitable, their persistence can be harmful. Be as honest with yourself as you can. This means not denying reality or creating false expectations. Develop a positive attitude by thinking about things that can be done instead of things that cannot be undone. Do volunteer work, help a friend or relative in time of need. All of these things can have a therapeutic effect. Hope and acceptance come when you realize that MS is now another part of you and doesn’t define you – and that life is about today and less about yesterday or tomorrow.  
http://www.mswatch.ca/community/section.aspx?SectionId=689b4448-a836-4a8d-97db-0b0d06d2b980

**MS: Eating Right**  
Healthy eating is important for everyone, but it is particularly important if you have a chronic illness, such as multiple sclerosis. What Are Some Basic Nutrition Guidelines for People With MS? 1) Eat a variety of foods from each food group; maintain your weight through a proper balance of exercise and food. 2) Choose foods low in saturated fat and cholesterol, unless otherwise directed by your healthcare provider. 3) Try to limit how much sugar you eat and moderate your use of salt. 4) If you choose to drink alcoholic beverages, do not consume more than one or two beverages per day. 5) Drink eight 8-ounce glasses of water per day and limit caffeine consumption.  
Reviewed by the doctors at the Mellen Center for Multiple Sclerosis Research at The Cleveland Clinic.  

**Two Steps Forward**  
Forbes, September 1, 2008  
Robin Giese, 59, Kicks off each day by getting out of her wheelchair for a half-hour ride on a stationary bike followed by 30 minutes of stretching exercises. Giese hasn’t always been so active. She has multiple sclerosis...Over three decades multiple sclerosis has slowly robbed Giese of her mobility and weakened her muscles, and without treatment she would be all but immobilized in her wheelchair. But an experimental drug has changed the course of her disease— and her husband’s career path.  
The compound, called dirucotide, is a chain of 17 amino acids that mimics a portion of the protein in myelin. It works by acting as a decoy to divert the attacking immune cells. It has had such a profound impact on Robin’s condition that her husband has started a company, BioMS Medical, to bring it to market.  
Today dirucotide is one of two novel MS drugs in late-stage clinical trials. Most existing MS therapies work by suppressing the immune system, and they’re generally effective only when the disease is at an early stage.

Dirucotide began with research conducted at the University of Alberta by doctors Kenneth Warren and Ingrid Catz. In 1989 Warren developed a synthetic peptide that mimics myelin protein.

The results so far have been very promising. Patients with either of two genes associated with autoimmune disorders, HLA-DR2 and HLA-DR4, have gone five years without any progression of the disease. Those genes are found in 65% to 75% of all MS patients, and because of that analysts estimate that the potential market for drugs like dirucotide, effective for patients at later stages of the disease, could reach $10 billion a year. The current market for all existing MS drugs is $6 billion.
photo gallery, continued

Michael Fredo with Kim and Andy Hilfiger
Michael Smith, Benny Alagem, and Kenny Rickel
Aly and AJ Michalka with Guests
Marcy Taub and Lynn Palmer
Eric Benet with Guest and Michael and Iris Smith

Katie Brass and Nancy Davis, and Friends
Shannon Elizabeth
Emma Sharratt and Guests
Dean Singleton with Guests
Elaine Tack, Shannon Cassidy and Nancy Davis

Jan Miller, Gary Gilbar, and Pepita Serrano
Anne Heche and Nancy Davis
Alagem Family
Sherry Corday and Robin Correll
David and Beth Horowitz
Jillian Barberie and Grant Reynolds

John and Jordan Davis, and Julie Araskog
Robin Broidy and Nancy Davis
Deb MacMillian Family and Guests
Emmy Rossum and Nancy Davis
Steven and Jennifer Pal

Jack Rich and Ali Landry
Dr. Stephen Hauser, Dr. Elizabeth Robins, Elaine Hauser, Nancy Davis
Tara Reid
Mary Virginia Knight and Henry Fong
Cheryl Ladd
School Essay Contest Winner!

Ana Randall entered an essay contest in her 7th grade class at Marshall Middle School in which a $50 check would be sent to the charity or cause that was written about in their essay. Ana won! The check was gratefully received by the Nancy Davis Foundation for MS. Thank you Ana for writing such a wonderful essay in support of your father and the foundation. Enjoy Ana’s winning essay:

“Imagine finding out that someone you love or know can become blind or paralyzed any day of their life. I know that feeling because my dad has multiple sclerosis. Multiple sclerosis, or MS, is the erosion of your meniscus, or the spinal coating that protects your nerves. The erosion is caused by your body thinking that your meniscus is dangerous, therefore it attacks it, causing the lesions. If treatment is not given though MS can cause numbness, heat intolerance, blindness, and in the long run death.

That is why I would like to give our money to the Nancy Davis Foundation for MS. The Nancy Davis Foundation helps find a cure, while it empowers families to have hope.

Imagine having to pay for the weekly shot, while living in a low income family, it would really takes it toll. That is why I would like to give our money to the Nancy Davis Foundation, so that we could help everyone with MS.

So that is why I would like to have our money be given to the Nancy Davis Foundation. So no other child or parent will have to know the pain of losing a loved one. Thank You.”

The MonSter

A poem by Michele Chambers

You sometimes see the way I walk
You sometimes tell the way I talk
But you look fine I always hear
Then I say those words you fear
It conjures visions many dread
The MonSter’s reared its ugly head
Some diagnosed in time to fight
Yet those like me too late just fright
You sit with hope, fear and terror
That maybe it was done in error
Those two slight letters evoke distress
That inescapable phrase, “you have MS”
I cannot work, I cannot run
You’ll hardly find me in the sun
Those years the Doctor didn’t see
The MonSter had control of me.
The tingling comes in dead of night
You try to rest with all your might
The pain you feel you can’t express
Being tortured though you can’t confess
With its own rules this MonSter goes
And mercy’s not a word it knows
You want to scream and beg why me
But MonSter does not care you see
So I smile, and say I’m fine
This misery must be just mine
Those strangers, their disgusted leers
Will almost always bring the tears
I’ve learned to rant and cry inside
The healthy rules I must abide
An injection I now take each day
The pain on pain a price I pay
To keep the MonSter slight at bay
And mercy’s not a word it knows
You want to scream and beg why me
But MonSter does not care you see
So I smile, and say I’m fine
This misery must be just mine
Those strangers, their disgusted leers
Will almost always bring the tears
I’ve learned to rant and cry inside
The healthy rules I must abide
An injection I now take each day
The pain on pain a price I pay
To keep the MonSter slight at bay
No more attacks each night I pray
Though each new day as I awake
Each leg I shake, a chance I take
One eye I have, I beg I’ll see
The MonSter did not visit me
My battles lost, but not the war
I’m hoping many years to for
Though I may slur and sometimes fall
I won’t give in to MonSters call

Thank you to Michelle for sharing her poem with us and we appreciate her email and support of the Nancy Davis Foundation for Multiple Sclerosis!
Every year 98,000 people in the United States die from preventable medical mistakes and 400,000 people are injured by these mistakes making this the sixth leading cause of death in our country.

My Very Necessary Medical I.D. Card™ fits easily in your wallet and contains your most essential medical information in case of an emergency when you can’t speak for yourself. Our service allows you to store and retrieve your medical and legal records and will assist in reducing healthcare inefficiencies, limit the possibility of medical errors, and ensure one’s legal wishes. We have developed a safe and secure method to organize, store, and immediately access one’s important medical information and legal wishes from anywhere in the world by using the internet or calling one of our customer service associates 24/7. My Very Necessary Medical I.D. Card™ has partnered with AccessMyRecords.comSM to offer you this valuable service.

www.vnmedical-idcard.com
800-796-6431

(ALTERNATIVE cont. from Page 7)

that provides 1-2 gm/day of EPA and 0.5-1 gm/day of DHA is safe and may be beneficial.

Ginkgo biloba for memory problems We have completed a small double blind placebo controlled trial of ginkgo biloba (120 mg twice a day) for memory problems in MS. This study suggested that ginkgo biloba was safe and beneficial. We have started a much larger placebo controlled trial involving 100 volunteers with MS to prove that it is helpful.

Lipoic acid Lipoic acid is an orally active anti-oxidant that is effective in treating mice with an experimental, MS-like disease. We have shown that taking lipoic acid (1200 mg once a day) produces therapeutic blood levels of the anti-oxidant and lowers proteins associated with MS disease activity.

American ginseng extract We recently completed a placebo controlled trial of American ginseng extract to determine whether it is effective in improving fatigue in MS. The results of this trial will be available this coming fall.

Research on CAM is important because it will demonstrate what works and what does not. Support provided to scientists through the Nancy Davis Center Without Walls is helping to advance this important research.

TRIBUTE CARD PROGRAM
Pay tribute to friends and family for special occasions and help us win the RACE to Erase MS!
We will send a card with your personal message to your friends and family on your behalf.

Protect Yourself and Your Family

Every year 98,000 people in the United States die from preventable medical mistakes and 400,000 people are injured by these mistakes making this the sixth leading cause of death in our country.

My Very Necessary Medical I.D. Card™ fits easily in your wallet and contains your most essential medical information in case of an emergency when you can’t speak for yourself. Our service allows you to store and retrieve your medical and legal records and will assist in reducing healthcare inefficiencies, limit the possibility of medical errors, and ensure one’s legal wishes. We have developed a safe and secure method to organize, store, and immediately access one’s important medical information and legal wishes from anywhere in the world by using the internet or calling one of our customer service associates 24/7. My Very Necessary Medical I.D. Card™ has partnered with AccessMyRecords.comSM to offer you this valuable service.

www.vnmedical-idcard.com
800-796-6431
Lamborghini 2009 Exclusive Auto Sponsor

We are pleased to announce Automobili Lamborghini S.p.A. as our exclusive automobile sponsor of the 2009 Race to Erase MS event. Lamborghini will be donating one of its newest super sports cars as well as a personal tour of its birthplace; the historic Lamborghini factory in Sant’Agata Bolognese, Italy to our Live Auction. Working together, Lamborghini and the Nancy Davis Foundation for MS will partner to raise record funds to fight this debilitating illness.

Lamborghini’s DNA is characterized by its origin. No other region in the world is as intensely formed by the passion for the fine sound of high-performance engines as the region of Emilia Romagna in northern of Italy.

The design of a Lamborghini is always unique. Even when presented for the first time, every new Lamborghini is intrinsically destined to become a future legend and a sought-after classic.

The Lamborghini will be featured in the Live Auction on May 8, 2009 at the Hyatt Regency Century Plaza during the Race to Erase MS event. For information on tickets and sponsorships, please call the Nancy Davis Foundation at (310) 440-4842 or email info@erasems.org.

16th Race to Erase MS Gala
Friday, May 8, 2009

Hyatt Regency Century Plaza

For more information please call 310-440-4842 or visit www.erasems.org

2009 MS Roundtable
Saturday, May 9th

Hyatt Regency Century Plaza

Free to the public. Open forum with our top MS research scientists speaking on the latest advancements in multiple sclerosis research.

Major Sponsors

Thank you for your generous support!

Nancy Davis Foundation for Multiple Sclerosis
1801 Avenue of the Stars, Suite 1400
Los Angeles, CA  90067
Phone: 310-440-4842
Fax: 310-471-4975
http://www.erasems.org

Address correction requested