

Health Bulletin



What Will You Do To Join The Movement?

(NAPSA)—A growing number of Americans are discovering that helping others can be a good way to help themselves—to a good time. For example, there are walks and bike rides organized by the National Multiple Sclerosis Society that are internationally renowned for great food and lodgings, beautiful scenery and seamless organization. Many people even plan their vacations around the events.

About Multiple Sclerosis

Multiple sclerosis (MS) interrupts the flow of information between the brain and the body and stops people from moving forward with their lives. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system.

Symptoms range from numbness and tingling to blindness and paralysis. You can't prevent MS, nor can you predict its course, but advances in research and treatment are moving the world closer to being free of the disease.

What You Can Do

While any time is a good time to get involved, MS Awareness Week, March 10-17th, is when the National MS Society makes an extra-special effort to spread the word that 400,000 Americans—2.5 million worldwide—live with MS.



MS stops people from moving. The National MS Society exists to make sure it doesn't.

No matter how much or how little you can do during this time, it will help. To get started:

- Tell 10 people you know about MS Awareness Week and ask them to visit www.nationalMSSociety.org.
- Call (800) 344-4867 to volunteer at an upcoming event or program.
- Make a donation.
- Sign up for a Bike MS or Walk MS event or sponsor someone who has signed up.
- Contact policymakers about an issue important to people with disabilities.

Make your mark against MS. Look for more information and news of events at www.nationalMSSociety.org.