



971-C S. Kenmore Drive
Evansville, IN 47714
Phone: 812-423-5943 Toll-Free: 1-866-514-4312
www.tristatems.org
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June 2017 Newsletter

Offering support, care, and hope...right here at home!

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday June 10th, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive.

Contacts: Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Tell City, IN support group will meet Tuesday, June 27th. The Tell City support group will be closing for the summer. Please join us at Mary Ann Weatherholt's camp for a picnic lunch on June 27th, at 11:00 a.m. The Camp is located across from Rocky Point Restaurant, Cannelton, IN. Please RSVP by June 20th and bring a dessert. For directions call Terri or MaryAnn.

Contacts: Terri Hasty / 812-649-4013 or Mary Ann Weatherholt / 812-719-2666.

Washington, IN support group will meet Saturday, June 17th, at 10:00 a.m. at Daviess Community Hospital. Join us for an open discussion and refreshments.

Contacts: Fran Neal / 812-259-1565 or TSMSA office / 1-866-514-4312.

Kentucky Support Group Meeting Dates

Henderson, KY support group will meet Saturday, June 3rd, at 10:00 a.m. at Calvary Missionary Baptist Church, 2360 Green River Road, Henderson, KY.

Contacts: Meg Burnley / 270-826-9507 or Debbie Whittington / 270-827-8298.

Owensboro, KY support group will meet Saturday, June 10th, at 11:00 a.m. at HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY. Join us for an open discussion and refreshments.

Contacts: Susan Reynolds / 812-228-6100 or TSMSA / 1-866-514-5312.

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, June 3rd, at 11:00 a.m. at Fairfield Memorial Hospital in the Board Room of Horizon Clinic. Join us for an open discussion.

Contacts: Kathie Hill / 618-847-8452 or TSMSA / 1-866-514-4312.

*The Mission of the Tri-State Multiple Sclerosis Association
is to enhance the quality of life for individuals living with multiple sclerosis and their
families in Southern Indiana, Southern Illinois, and Western Kentucky.*

Shared Solutions: 1-800-887-8100  www.copaxone.com/shared-solutions





Thank you to Teva Neurosciences for sponsoring our monthly newsletter!






Calendar of Events

	<p><u>June 5, Monday, The Ted Donosky MS Golf Scramble</u> <u>Location:</u> Rolling Hills Country Club <i>Save the Date!</i> Single and foursomes available. See website for details and sponsorship opportunities: www.tristatems.org <i>Call TMSA for more information:</i> 812-423-5943 or 1-866-514-4312</p>
	<p><u>June 8, Thursday, Genzyme (Lemtrada) Educational Program</u> <u>Speaker:</u> Jenifer Patterson, NP, APRN, Norton Healthcare Neurology MS Center, Louisville, KY <u>Time:</u> 6:00 p.m. <u>Location:</u> The Patio Steakhouse, 3120 IN 66, Tell City, IN <u>RSVP:</u> You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>June 13, Tuesday, Acorda (Ampyra) Educational Lunch Program</u> <u>Speaker:</u> Marissa Clark, MPT, Clark Neuro Rehab Consultants, Lawrence, KS <u>Time:</u> 12:00 (noon) <u>Location:</u> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN <u>RSVP:</u> You and 1 (one) guest: 1-866-514-4312 or 812-423-5943</p>
	<p><u>June 13, Tuesday, Acorda (Ampyra) Educational Lunch Program</u> <u>Speaker:</u> Marissa Clark, MPT, Clark Neuro Rehab Consultants, Lawrence, KS <u>Time:</u> 6:00 p.m. <u>Location:</u> Moonlite Bar-B-Q, Owensboro, KY <u>RSVP:</u> You and 1 (one) guest: 1-866-514-4312 or 812-423-5943</p>
	<p><u>June 15, Thursday, Monthly Newsletter Folding</u> <u>Time:</u> 11:30 a.m. <u>Location:</u> TMSA Office – Come help, while you make new friends!</p>
	<p><u>June 15, Thursday, Genzyme (Lemtrada) Educational Dinner Program</u> <u>Speaker:</u> Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY <u>Time:</u> 6:00 p.m. <u>Location:</u> Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN <u>RSVP:</u> You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>June 18, Sunday, Happy Father's Day!</u> Celebrate the special dads in our lives!</p>
	<p><u>June 18, Sunday, Holy Hoops Kick Off Event</u> <u>Time:</u> 12:15 p.m. – 2:45 p.m. <u>Location:</u> Bethel Church, 4400 Lincoln Avenue, Evansville, IN For more information, go to www.holyhoops4ms.com</p>
	<p><u>June 20, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u> <u>Speaker:</u> Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY <u>Time:</u> 12:00 p.m. (noon) <u>Location:</u> Moonlite Bar-B-Q, Owensboro, KY <u>RSVP:</u> You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>

June Events (cont'd)

	<p><u>June 20, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY Time: 6:00 p.m. Location: Haub Steak House, 101 E Haub Street, Haubstadt, IN RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>June 21, Wednesday, We Give A'Zip Giveback Fundraiser at Azzip Pizza</u> 20% of sales from Newburgh and Evansville locations will be donated to TSMSA. (Newburgh) 8680 High Pointe Drive; (Evansville East) 2121 N. Green River Road; and (Evansville West) 5225 Pearl Drive * MUST have coupon included in this newsletter. *</p>
	<p><u>June 26, Monday, EMD Serono (Rebif) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:00 p.m. Location: KlubHaus61, 2031 Newton Street, Jasper, IN. RSVP: You and 1 (one) guest: 1-877-969-1722</p>
	<p><u>June 28, Wednesday, Teva (Copaxone) Educational Dinner Program</u> Speaker: Dr. Rod Warren, Neurologist, Evansville, IN Time: 6:00 p.m. Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: Shared Solutions 1-800-887-8100</p>

Upcoming July Events

	<p><u>July 13, Thursday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Dr. Cary Twyman, Associates in Neurology, Lexington, KY Time: 12:00 p.m. (noon) Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>July 13, Thursday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Dr. Cary Twyman, Associates in Neurology, Lexington, KY Time: 6:00 p.m. Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>July 26, Wednesday, Biogen (Tysabri) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:00 p.m. Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: Active Source: 1-866-955-9999</p>



For Sale: Jazzi 600 Power Chair: \$50.00
 For information, call Dale at 812-853-2824

MD1003 is a highly concentrated form of the B vitamin, biotin, also known as vitamin H or vitamin B-7. MD1003 is necessary for cell growth, for the production of fatty acids, and for the metabolism of fats and amino acids, which are the building blocks of proteins. At the cellular level it activates enzymes involved in energy production and the synthesis of myelin. Very high doses of biotin may be effective in MS by promoting myelin repair through the activation of an enzyme involved in myelin synthesis and by enhancing energy production in demyelinated nerves.

Using the data from a tiny open label pilot study, MD1003, a high dose preparation of biotin (300 mg per day) was studied in a phase III trial of patients with Secondary Progressive MS or Primary Progressive MS. (This dose equals 10,000 times the recommended daily intake of biotin.) At this huge dose, it is not considered a food supplement (vitamin) and is being developed as a pharmaceutical preparation (drug), regulated by the FDA. Neurologists are warning that people should not start taking large quantities of biotin supplements which are manufactured to a lower quality than the pharmaceutical grade biotin used for this study.

The primary endpoint of the clinical trial was improved mobility, with 12.6% of patients showing an improvement in either the expanded disability status score (EDSS) or a timed 25 foot walk (TW25) after nine months of treatment. At the request of the FDA, patients were assessed again at 12 months, and the improvement was maintained.

In addition to prompting improvements in a significant proportion of patients, there was a 67% decrease in the rate of disease progression in the treated group as a whole. This clinical trial shows that biotin not only prevents progression, but also improves a significant number of patients with progressive multiple sclerosis. These results suggest a possible therapeutic effect of high-dose biotin in Progressive MS. Further studies are needed to verify these results. Since the dose of biotin studied would require taking hundreds of commercially available vitamin pills, it is not generally advised that patients begin such a regimen at this time. Studies also need to determine if any toxic effects could come from taking such high doses of this vitamin.

Other studies have shown that biotin can interfere with lab test results and make it appear that the patient has a low thyroid hormone level reading, depending on which lab testing system is being used. Biotin is water soluble and will wash out of your system in one to two days. If you stop taking the biotin, interference with laboratory tests has been reported to disappear within eight hours, although other researchers have reported it might take 24 to 48 hours for some of the more typical tests that might be used and up to seven days for some antibody tests.

MedDay Pharmaceuticals has launched a Phase 3 clinical trial to investigate whether treatment with high-dose biotin may ease disability and improve mobility in non-relapsing Primary or Secondary Progressive MS patients. The study is recruiting participants across the U.S., Canada, and Europe.

Eligible patients must be 18 to 65 years old, and can maintain existing disease-modifying therapies, if treatment has been stable for at least three months before enrollment. This randomized and double-blinded trial, called SPI2 (NCT02936037), is expected to enroll 600 MS patients, especially those with gait impairment, who will be assigned to receive either a capsule of MD1003 (100 mg) or a placebo three times a day for 15 months. Results are expected to be known by mid-2019.

FREE. *Trus-T-Lift 750 Wheelchair / Scooter Lift.* Makes accessibility for elderly, disabled, and mobility impaired people easier. Some of the features include:

- 750lb weight rating for power wheelchairs/ scooters
- Ability to plug in to any standard wall socket
- Easy access electrical from top of tower to allow for easy maintenance

If interested in the item, please call TMSA: 812-423-5943 or 1-866-514-4312.



In Memory of.....

This is a wonderful way to acknowledge those individuals in our lives that have made a difference. Please include a note of who the donation is '*In Memory of*' or '*In Honor of*'.



In Honor of.....

In Honor of Tri-State MS Association

Dr. Rick Yeager
Mary Rueger
Nancy Arapios

Michael Clauson
Denise Love Orrick
Marcia Augustus

Open Door UU Church
Kenneth Ashleman
Raleigh Rasmussen
Regina Dillsworth

In Memory of Joni Gentry

Bruce Adler

In Memory of Morris Knight

Mr. & Mrs. Charles Barr

In Memory of Von Sloan

Vonda Templeton

In Memory of Darlene Smith

Mr. & Mrs. Gary Smith
Mr. & Mrs. Sidney Taylor
Evansville Alumni Kappa

Mr. & Mrs. Preston Smith
Mr. & Mrs. Harvey Chandler
Alpha PSI Fraternity

In Honor of Brenda Floyd

Laura Weibush

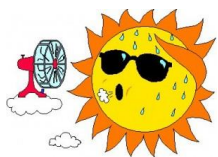


Happy Birthday To You!

Kathy Knight	Betty Tharp	John Wick
Tiffany Stepto	Jeff Elpers	Scott Berry
Gayle Taylor	Billie Jo Winder	Lori Gray
Donna Cooper	Alice Burkhardt	Joyce Elpers

If you would like to have your birthday included in our newsletter, please send a note that includes your name, date of birth, & signed permission for us to print it.

Summer Cooling Products



It's not too soon to start thinking about cooling off during hot weather. The Multiple Sclerosis Foundation (MSF) and Multiple Sclerosis Association of America (MSAA) are taking applications for cooling products for income eligible individuals.

MSF: MSF is taking applications through June 1st for cooling products, including cooling vests, neck wraps, wristbands, and hats. You may apply online or print an application at www.msfocus.org, or you may call MSF at 1-888-673-6287.

MSAA: You may download an application for a cooling vest from MSAA at www.mymsaa.org. Complete the application and mail it to the address on the form. Or you may call 1-800-532-7667.

Congratulations to the 2017 Spirit Award Recipients

Linda E. White was recognized for her outstanding leadership in the community.

Amy Banks Wilsbacher was recognized for her continued support and dedication to the Tri-State Multiple Sclerosis Association and other individuals coping with the disease.

Thank you to all our Evening of Excellence Sponsors

6 th Street Soapery	Grand Hair Station: Erin Graber	Robert Griffin
Alan Clark	Hartz & Shields	Rolling Hills Country Club
BasketKases	Holiday Inn Evansville Airport	Santa Claus Christmas Store
Beech Bend Park	Holiday World	Sassy Sweets Confections
Biaggi's Ristorante Italiano	J. Michael Conkright, M.D.	Shylers BBQ
Bill Bussing	J.E. Shekell, Inc.	Steve Clark
Bokeh Lounge	Jennifer's Hallmark	Sugar Bakers Home Fashions
Comedy Sportz Indianapolis	Joergens Photography	Swonder Ice Arena
Courier & Press	Just Rennie's	The Dapper Pig
Creation Museum	Kentucky Horse Park	The Diamond Galleria
CRS OneSource	KY Department of Parks	The Dinner Detective
Dean Bosler's Furniture	Lamasco Bar & Grill	The Face Place
Déjà vu Skin & Vein	Live Well	The Rug Gallery of Newburgh
Dillard's	Louisville Mega Caverns	The Wolf Park
Donut Bank	Marengo Cave	Tri-State Athletic Club
Dr. Barry Ray & Mary Miles	Mesker Park Zoo & Botanic Garden	Tropicana Evansville
Dr. Cindi Basinkski	Midday With Mike	TSMSA Board Members
Enjolé Interiors	Monte Skelton	Tucker Publishing
Escalade Sports	Nasta Salgado's Abstract Art	VenuWorks/Ford Center
Escape Evansville	National Corvette Museum	WEHT 25 Local / Local WTVW
Evansville Media Group/News 4U	No Frye Zone	Wells Orthodontics
Evansville PediCab	People's Furniture Mattress Outlet	West Baden Springs
Flutter Newburgh	Pet Food Center	Wildflower Boutique
Gerst Haus	Piston's Bar & Grill	YMCA
Glo Tanning & Wellness	Redwoof Cottage	

Special Thanks To:

Alli Wilsbacher
Angie Wargel
Direction by Newman
John Jenkins
Monarch Beverage
Rebecca Daniels
Schutte Printing

Special Thanks to Our

Dinner Committee:

Angie Martin
Jennifer Jones
Jody Donosky
Kristin Dannheiser
Sandy Bitter
Tiffany Stepto

Volunteers

Amanda Hughes
Diane Merritt
Lauri Shipman
Pamela Jutzi
Sally Jochim
Samantha Greenwell

Tai Chi Classes



At our Evansville support group meeting in May, we welcomed certified Tai Chi instructor Mike Goebel as a guest speaker. Mike discussed and demonstrated Tai Chi, which can be done sitting or standing. St. Vincent Wellness Center offers Tai Chi, along with other classes at their Epworth Crossing location in Newburgh. For more information, call (812) 485-5725.



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We Give A'Zip Giveback Fundraiser: Azzip Pizza

On Wednesday, June 21, Newburgh and Evansville locations of Azzip Pizza will donate 20% of sales to TMSA. The locations are: (Newburgh) 8680 High Pointe Drive; (Evansville East) 2121 N. Green River Road; and (Evansville West) 5225 Pearl Drive.

Coupon must be presented at the time you place your order. Clip a coupon for yourself; give a coupon to your friends and family; or take a picture of the coupon with your phone and show it at the register!

