

# REASONS TO BE HOPEFUL FOR A CURE

## The National MS Society

- Currently spends \$50 million annually, for over 380 **MS** investigations
- Has invested a total of \$820 million since first 3 grants in 1947
- Recruited more than 800 new **MS** researchers to the field
  - Provided early career support and funding to nearly every thought leader in the field of **MS** research
- Set the standards in the areas of diagnosis, symptom management, complementary and alternative medicine, pediatric **MS**, rehabilitation research, clinical trial strategies, and stem cell research
  - Drove research uncovering genes contributing to **MS** susceptibility and new treatment avenues
- Paved the way for all existing FDA-approved therapies
  - none of which existed just 20 years ago.

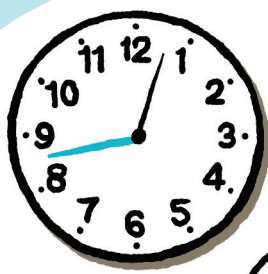
★ ★ The Society continues to seek out and support the **brightest** minds to solve the problem of **MS**, and leading collaborations including a global alliance to find solutions for people affected by progressive **MS**.

★ In addition, the National Institutes of Health (funded by your tax dollars) spends approximately \$100 million per year toward research related to **MS**.

### ★ **MULTIPLE SCLEROSIS NUMBERS**

★ **Prevalence, worldwide:**

**2.3 MILLION PEOPLE**



# WHILE WAITING FOR A CURE...

Everybody wants a cure for **MS**. And everyone feels impatient waiting for it to come. The best thing someone with MS can do while waiting for the cure, is to keep as healthy as he or she can, and try to be positive and upbeat. Can someone with MS be healthy? **Yes!** And while thinking about a cure makes everyone feel hopeful, it is also important to enjoy life every day.

HERE ARE WAYS SOMEONE WITH MS AND HIS OR HER FAMILY CAN KEEP HEALTHY AND HAPPY WHILE WAITING:

**LEARN**  
new things

**TALK**  
to one another  
about important  
things

**EAT**  
nutritious meals  
together as  
a family

**LAUGH**  
and have fun  
together as a  
family

**EXERCISE!**

Get regular  
medical and dental  
**CHECK-UPS**

**WORK**  
with the doctor to  
manage **MS** symptoms  
and **SLOW DOWN**  
**MS**, if possible





"My child likes to **PRETEND** he is a **SCIENTIST** and has invented a **CURE** for **MS**. Is this healthy behavior?"

Your child's pretending to have found a cure for MS may reflect her deepest wishes, while also enabling her to feel in greater control of the feelings she has about MS. Encourage her to share her fantasies with you. If you have concerns that your child cannot distinguish her fantasy from reality, or, if you detect anxiety or worries that seem excessive, you may wish to discuss the situation with a counselor. More likely, she is engaging in age-appropriate behavior that is helping her cope with the challenges of MS in your family. Also, many future careers are born in the fantasy play of children and their personal experiences. Perhaps your child will be inspired to pursue medical research or clinical care in his or her future.

According to psychologists, fantasy play and make-believe are vital parts of childhood development. In this essential stage, children engage in pretending and fantasy play in order to ponder and absorb important information and attempt to gain mastery over complex feelings.

Children don't often feel as though they have a lot of control over their lives; in pretend play, however, a child can be the person who takes care of others in need, saves the day, or finds the cure for MS.

In other words, make-believe can help a child feel stronger. That may be why children like to impersonate superheroes, parents, or doctors. Role-playing offers a chance to work out feelings of helplessness and gain a sense of power or control.

**SHARE** your child's ideas for what a **CURE** will look like. You can send your stories by e-mail: [keepsmyelin@nmss.org](mailto:keepsmyelin@nmss.org) or to:  
**KEEP S'MYELIN**  
**National MS Society**  
900 S. Broadway #200  
Denver, CO 80209



# GET INVOLVED!

[www.nationalMSSociety.org/get-involved](http://www.nationalMSSociety.org/get-involved)



## YOU CAN HELP DRIVE RESEARCH FORWARD IN MANY WAYS:

1. You can sign up to be an **MS** activist and advocate for research funding and other issues: [nationalMSSociety.org/advocacy](http://nationalMSSociety.org/advocacy)
2. You can consider participating in genetic studies: Go to [nationalMSSociety.org/research](http://nationalMSSociety.org/research) and click on **Participate in Research Studies**

The **National MS Society** offers over **60** publications on a variety of topics related to managing and living with **MS**.

**TO LEARN MORE,** contact an **MS** Navigator at **1-800-344-4867** or visit: [nationalMSSociety.org/brochures](http://nationalMSSociety.org/brochures).

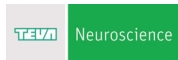
### JOIN THE CONVERSATION NOW.

Visit [msconnection.org](http://msconnection.org) to join other families living with **MS**. To register for your FREE **KEEP S'MYELIN** subscription contact an MS Navigator at **1-800-344-4867**.

# KEEP S'MYELIN

Keep S'myelin is a publication for children with parents or other relatives with multiple sclerosis. The National Multiple Sclerosis Society ("Society") is proud to be a source of information on multiple sclerosis. The information provided is based on professional advice, published experience, and expert opinion, but does not constitute medical advice. For specific information and advice, consult a qualified physician. The Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered helpful information. The Society assumes no liability for the recipient's use of any product or service mentioned.

THIS ISSUE IS MADE POSSIBLE THROUGH EDUCATIONAL GRANTS FROM:



The National MS Society mobilizes people and resources to drive research for a cure and to address the challenges of everyone affected by MS.