

MS Entrepreneurs Help Communities Where It Counts

By Jeff Kanaly

I have spent most of my adult life helping others. Kanaly Trust, our family business, was set up to guide people in managing wealth and taking care of their financial affairs. When you get involved with people, you immerse yourself into their world and see it from their perspective. You provide answers to the personal and financial questions they face each day and in the future.

I have been very accustomed to helping others, in my professional and charitable work. When I was diagnosed with multiple sclerosis more than three years ago, I wasn't prepared for something that would require me to seek help from others. I felt as though my world had come to an end. Once I realized that was not the case, I started paying attention to all the circumstances surrounding my condition and realized a lot of others had common issues and problems to address.

To learn more about the National MS Society and its efforts to find a cure, I got involved with the MS bike ride and began actively fundraising. This is definitely a more comfortable side for me to be on in contributing to the National MS Society. Not only do I enjoy riding and the feeling of accomplishment it gives me to finish, but it is refreshing to encounter such a motivated group of people so committed to helping

family, friends and strangers with MS.

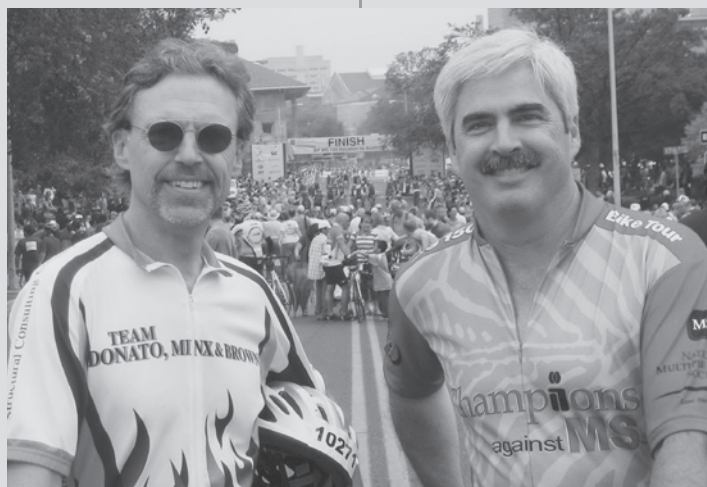
My fundraising efforts landed me in the 300 Club Ride last year in Sonoma, Calif. During the trip, I heard many touching personal stories and learned more about the needs of others with MS.

I have been blessed with a terrific support system in my family and friends, but the stories I heard in Sonoma made me realize that not everyone is so fortunate. There are people with MS who live in rural areas and have difficulty accessing medical care. There is a communication breakdown between doctors, their patients and the assistance available through the National MS Society. The list goes on and on.

Hearing these stories focused me on getting involved with

really making a difference on a grass-roots level. Every disease needs contributions for research, but sometimes it's the simple needs that get lost in the shuffle.

I talked with Kelly Moran, Director of Community Development with the Lone Star Chapter, about what I could do to help. Kelly told me about the idea she had for the MS Entrepreneurs Program. The thing that drew me in was its ability to get volunteers involved over and above the Society's staff. Anyone who wants to help can submit



Mark Stauss and Jeff Kanaly

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Caffeine Adds New Jolt to MS Research

Researchers at Cornell University report that administering caffeine – the equivalent of six to eight cups of coffee per day – to a small number of mice protected them from developing the MS-like disease EAE.



These effects are attributed to caffeine’s ability to prevent the molecule “adenosine” from stimulating the immune attack that occurs in EAE and MS.

Multiple sclerosis occurs when the immune system attacks the brain and spinal cord. Adenosine, one of the building blocks that comprise DNA, has been shown to regulate the movement of immune cells. Caffeine is known to block adenosine.

The research team administered 4.0 mg of caffeine to five mice (the equivalent of six to eight cups of coffee per day in humans)

daily. Five other mice received drinking water alone. After 30 days, EAE was induced. Mice that received caffeine were protected from developing the disease, as immune cells were prevented from entering the brain.

“This is an interesting finding that gives us one more clue toward how to stop the immune attack that occurs in MS,” said John Richert, Executive Vice President of the National MS Society’s Research and Clinical Programs Department. “But it is not clear that caffeine would block all immune cell trafficking into the brain and spinal cord. In addition, it is important to note that excessive use of caffeine can lead to a number of adverse reactions, including restless sleep and increased anxiety, so these results require much further study to understand how to achieve this effectiveness in people without incurring adverse effects.”

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an idea for solving everyday problems for people with MS. Helping people help others to improve the services available is a great way to get to the root of the problem.

Kelly indicated they needed a corporate sponsor. I was so pleased to have the opportunity for Kanaly Trust and the Kanaly Foundation to support this program and help get it off the ground.

My hope for this program is to help people with MS get the resources they need on a daily basis and, from that, improve their overall quality of life.



For more information about the MS Entrepreneurs program, contact Kelly Moran at kmoran@nmsslonestar.org or 1-800-344-4867 (press 2).