

CMSCenterPiece

The 2007 CMSC Annual Meeting Newsletter

Washington, DC

Edited by June Halper and James Simsarian, MD • June 1, 2007

CMSC Lifetime Achievement Award presented to Randall Schapiro, MD

Randall T. Schapiro, MD, was honored with the CMSC Lifetime Achievement Award in recognition of his accomplishments in MS care and his contributions to the CMSC. Dr. Schapiro founded and continues to direct the first comprehensive MS center in the United States, now known as the Schapiro Center for Multiple Sclerosis, at the Minneapolis Clinic of Neurology. A founder and past-president of the CMSC and a member of the Board of Trustees of the Foundation of the CMSC, he serves on the board of the National MS Society. After Lael Stone, MD, presented the Lifetime Achievement Award, Dr. Schapiro received a standing ovation from the CMSC membership.

30 Years of Progress in MS-- Randall Schapiro, MD

On Thursday morning, Dr. Schapiro drew on his lifetime experience to give an overview of the changes in diagnosis and treatment of MS since the 1960s. "I'm going to talk about what I've seen in three decades and more," he said. "We've come a long way, baby."

Dr. Schapiro began by focusing on 1965-- a time when we thought we knew what MS was and what it did. Doctors could make a clinical diagnosis, but generally not at the time of the first attack. The first drug to treat MS, adrenocorticotrophic hormone (ACTH) was introduced in the late '60s. The next decade brought evoked potentials as an assessment tool. The 1970s also marked the beginning of neurorehabilitation, Dr. Schapiro added. "Our center was the first comprehensive care center, opening in 1977. We included neurorehabilitation from the beginning."

MRI was introduced in the 1980s. At the same time, high-dose corticosteroids became a part of MS treatment. "We also began to treat the symptoms," Dr. Schapiro said, marking the beginning of symptom management in MS. The 1990s led to an explosion of therapeutic studies and head-to-head trials of drug treatments. Intensive immunomodulators such as beta interferon entered the mainstream.

From a diagnostic perspective, MS practitioners currently face the challenges of correlating MRI results and clinical data. Optimal management involves understanding both the disease and personal characteristics in individual patients to put them in the best position for successful outcomes. Dr. Schapiro reminded us that patient care is "a marathon, not a sprint" and what's important is who's there at the end. "I'm proud that I've seen MS come this far," Dr. Schapiro said, "but I'll be even happier and prouder when I see us end this disease."

Web-based spasticity program launched yesterday

Yesterday, a web-based program premiered on the latest strategies for treating MS-related spasticity. The program includes discussions on non-pharmaceutical strategies and assessments, medication management, rehabilitation, and in some instances, intrathecal delivery of baclofen, a technique that has revolutionized rehabilitation in MS. Developed by the team of Frances Bethoux, MD, Danni Gogol, RN, and Matt Sutcliff, PT, this CMSC program will be featured on our website (www.mscares.org). The team will present a related workshop on Saturday from 1:00 – 2:30 pm.

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Whitaker Prize to be presented, 4 pm today

Please join us for the awarding of the Foundation of the CMSC (FCMSC) Whitaker Prize for MS Research at 4 pm in the Jefferson Ballroom. The Whitaker Research Track, a day of research presentations from students, postdoctoral fellows and young scientists (9 am- 4pm) culminates in this award of a \$5,000 grant to a young MS researcher. Presentations will focus on disease progression in animal models of MS as well as MRI. The Whitaker Prize and the Whitaker Research Track are named in memory of John N. Whitaker, MD, world-renowned MS researcher. Michael Racke, MD chairs the panel that judges the presentations and will make the final award.

CMSC Poster Session combines with a buffet dinner, 7-9 pm, Exhibit Hall

This session will include more than 150 peer-reviewed poster presentations, and investigators will be present to discuss their findings.

Indulge your sweet tooth: LACTRIMS Dessert Symposium, 9-10 pm, International Ballroom East -- Latin America: Impact of MS and Challenges in the Region

We are only beginning to learn about the epidemiology of MS in Latin America and its impact on the healthcare system. This program will provide attendees with a broad perspective about the physical, psychological, and rehabilitative needs of patients with MS and implications for healthcare delivery.

Highlights from the Exhibit Hall

MSFriends offers the first 24/7 peer support telephone helpline, staffed with volunteers who have MS. "Friends Helping Friends" is a lifeline that is immediate and offers MSFriends Guided Outreach to anyone, anywhere in the Continental USA at **1-866-MSFRIENDS** (1-866-673-7436). Visit booth 214 to learn more.

MS care for Veterans— Veterans Health Administration MS Centers of Excellence (booth 419) work to improve care for veterans with MS and provide a resource for providers through a specialized and collaborative integration of clinical care, education, research, and informatics. **Paralyzed Veterans of America** (booth 220) serves the needs of more than 20,000 veterans paralyzed by spinal cord injury or disease.

Be sure to visit the booths of the **CMSC** (100), the **International Journal of MS Care** (104), **International Organization of MS Nurses** (IOMSN, 102) and the **Foundation of the CMSC** (225).