

News of Health

A Moving Way To End A Serious Disease

(NAPSA)—**Phil Keoghan**, host of **The Amazing Race** reality show, knows how to **Move it during MS Awareness Week** to help end multiple sclerosis. He knows that when it comes to reality, no one chooses to have MS. He also knows that with your help, there is a great opportunity to spread the word and raise awareness of MS so that we can move closer to a world free of this disease that every hour stops someone new from moving forward with his or her life.

Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system that interrupts the flow of information within the brain and between the brain and body. Symptoms range from reduced or lost mobility to numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. MS affects more than 400,000 people in the U.S. and over 2 million worldwide.

Advances in research are moving us closer to ending the disease and MS is treatable for the majority of people who are now diagnosed. This is a very exciting time if you have MS or know someone who lives with the disease because MS research has reached a watershed year, with more than a dozen therapies that hold promise of new and improved treatments for the disease moving through the pipeline, including the first oral therapies. This makes our commitment to advance MS research ever more important.

This MS Awareness Week and beyond, it is time for you to **Move it to end MS**. Congress is supporting the goals and ideals of MS Awareness Week with a congressional resolution. To find out ways that you can join Phil



Phil continues to *Move It* for the MS movement. This spring, he is releasing a documentary about his bike ride across America that raised awareness of and funds to end MS.

Keoghan and be a part of MS Awareness Week and the MS Movement, as well as encourage others to do likewise, visit nationalMSSociety.org.

- Whether you volunteer, bike, walk, advocate, educate, support—every action is a unique way of moving us closer to a world without multiple sclerosis and shows your commitment to the MS Movement. It also helps to motivate the potentially millions of people who want to—and can—do something about MS now.

- From the Society's national site you will find ways to build the MS Movement. You can even find out how you can share your own video story, download Web banners, or sign up to participate in or volunteer for Walk MS, Bike MS or some other special event offered by a chapter near you.

Progress on MS can't wait. Be a part of the amazing race to end MS and find your own way to **Move it** during MS Awareness Week and beyond by visiting www.nationalMSSociety.org!



Note to Editors: MS Awareness Week is March 8 to 14, 2010 but this article can be helpful to your readers at any time.