

# KEEP S'MYELIN

A NEWSLETTER FOR KIDS ABOUT MULTIPLE SCLEROSIS

Where  
is the  
cure?

GROWNUPS ARE ALWAYS SAYING, "BE PATIENT."  
Do you ever wonder why it is taking so long?

## THERE ARE LOTS OF REASONS.

For one, scientists can't figure out a cure without knowing what causes **MS**. There are lots of clues, and these are like pieces of a jigsaw puzzle that scientists all over the world are trying to put together.



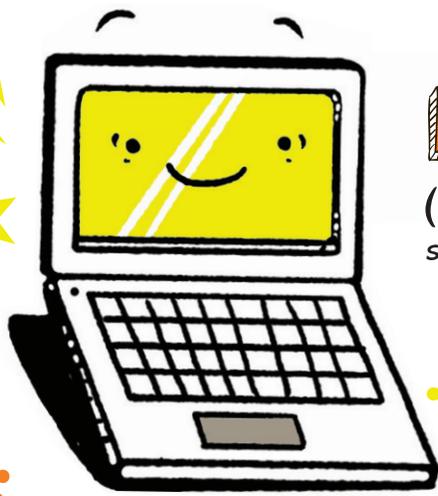
## THERE ARE SO MANY PUZZLE PIECES.

**MS** attacks a very complicated part of the body, the brain and the spinal cord (called the central nervous system). Scientists need special tools to figure out what's going on in there. Another complicated part of the body that is involved in **MS** is the immune system. This system is made to help our bodies fight germs, but something goes wrong in **MS** and the immune system attacks the central nervous system instead.

Scientists are looking for the puzzle piece that will give them the power to turn off the attack forever.

**THE GOOD NEWS** is that scientists are making lots of progress filling in pieces of the puzzle. They're also learning a lot from research being done in other diseases. So, we hope soon that all of the pieces will come together and the answer will be in front of us. Then we won't have to be patient anymore, because we'll have a **cure**.





# MULTIPLE SCLEROSIS

(MS FOR SHORT) is a disease that affects the central nervous system (the brain, optic nerves and the spinal cord). The brain is like a computer that tells the body what to do. The spinal cord is like a thick wire attached to the computer. Messages travel between the brain, spinal cord, and other parts of the body.

## WHEN A PERSON HAS MS

the covering (myelin) that protects the nerves gets damaged. Scars form where the myelin is damaged. As messages travel from the brain, they sometimes get stuck or slowed down by these scars. When this happens, the other parts of the body can't always do what the brain is telling them to do.

**SOMETIMES** people with MS have trouble seeing. Sometimes their arms and legs feel weak or their skin feels "tingly" (like pins and needles). Sometimes they lose their balance, feel very tired, or have trouble walking. MS problems like these are called *symptoms*.

**SYMPTOMS** of MS can come and go. We don't know exactly why. Sometimes you don't even notice the symptoms. At other times they are pretty obvious. It's hard for a person with MS to know from one day to the next how he or she will feel. That is why we say that **MS** is unpredictable.

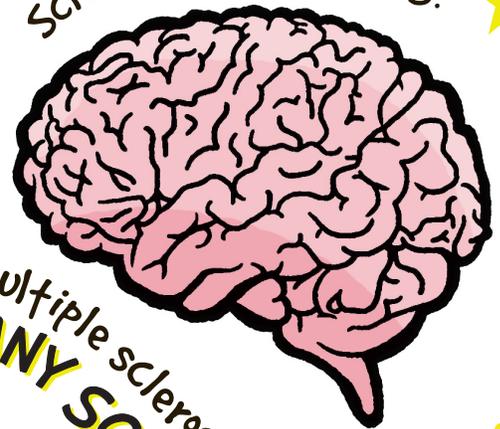
Healthy Myelin Sheath



Damaged Myelin Sheath

## INTERESTING FACT:

Multiple means MANY.  
Sclerosis means SCARS.



So, multiple sclerosis means  
"MANY SCARS!"

## KEEP S'MYELIN Readers WE WANT YOU!

We love to publish your pictures, stories, and poems about MS.

## PLEASE SEND US YOUR WORK:

Tell us how your family learns about MS together, how you feel about having MS in your family, what advice you would give other kids about having a mom or dad with MS, how you help your mom or dad, or whom you talk with about MS.

**MS** KEEP S'MYELIN  
National Multiple Sclerosis Society

900 South Broadway, Suite 200  
Denver, CO 80209

or e-mail to:  
[KEEPSMYELIN@NMSS.ORG](mailto:KEEPSMYELIN@NMSS.ORG)

# MY STORY

by: Hannah

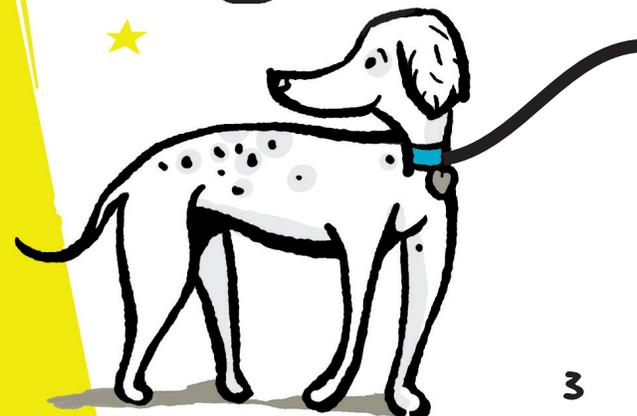
Hi. My name is **Hannah** and I am 13 years old. My mom has MS and we work together to try and help! Sometimes she needs to use a cane, or when we're out I will let her use my shoulder. I am the perfect height. People are always staring, but just because sometimes you can't see it, does not mean you don't have a disability. But it's okay because me and my family know and that's all that matters. She carries a cute notebook to remember things because she forgets stuff sometimes. I love my mom very much. And any kid out there that finds out your mom, dad or family member has MS, just treat them the same. My mom takes me places and shopping even though sometimes she can hardly move. I just love that she tries. She will never let **MS** rule her life.

That's my story.



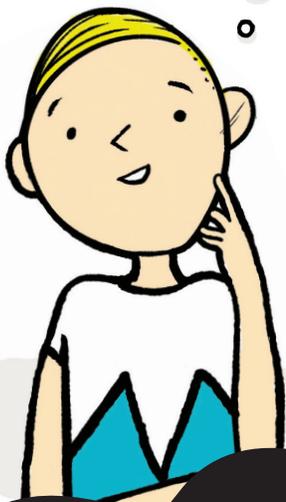
If your mom or dad has an exacerbation, he or she may notice new **MS** symptoms. Sometimes these symptoms appear and disappear quickly. Other times they last for a long time.

**REMEMBER** that MS is different for each person, so your mom or dad may never have any of these symptoms.



# KEEP S'MYELIN

★ ★ ★ ★ ★ KIDS ★ ★



**Michael:**

"When I had an ear infection last month, I took medicine and it went away in a couple of days. I wish MS were like that."



**Crystal:**

"Yeah, wouldn't it be great if all you needed to do was take some medicine and MS would just go away? I dream of that a lot!"



**Ben:**

"I bet MS researchers dream the same dream we do."

# MS: A POEM

by: **gracie**   
9 years



MS you are a pest.  
You're worse than all the rest.  
It would be best, MS, if you  
leave my mom alone!  
I love my mom, very much,  
she has a motherly touch.  
It's really sad and very bad  
that she had to have MS.  
MS you are a pest!  
You're worse than all the rest.  
It would be best, MS,  
if you leave my mom alone.

 **gracie**

## JOKES!

What is the  
difference between  
here and there?

ANSWER: The letter T.

What part of a ship  
is made out of cards?

ANSWER: The deck.

Why did Joe keep his  
trumpet in the fridge?

ANSWER: Because he liked cool music.

What happens when you  
don't dust your mirror?

ANSWER: You get a dirty look.

WHAT  
WOULD A  
CURE  
FOR MS  
LOOK  
LIKE?



Maybe, it will be a **VACCINE**

to keep people from ever getting MS. This would be like the shot you get from your doctor so you won't ever get the measles or mumps. Or, maybe it will be a medicine that makes MS go away once a person has it, maybe it helps cells in the immune system do what they are supposed to do—like fighting germs—rather than damaging the myelin and nerves the way they do in a person who has MS. Or maybe there will be a cure that reverses the damage. Scientists are exploring all these possibilities, and more. And maybe, the cure will turn out to be something that no one has even thought about yet.

WHAT DO YOU THINK IT WILL BE  
...?????

Draw the cure here:

Draw the cure here:

# SPEECH!

Here is a "speech" that Sid wrote for his creative writing class at the Doris Eaton School in Walnut Creek, California. In this speech, Sid imagines that he has found a cure for MS. Do you dream about finding the cure for MS?



I am honored to have won this award for finding a cure for multiple sclerosis. It all started when I heard about MS from a doctor at a school assembly. I was very bothered by how awful the disease is and its effect on human lives. So, I decided to find a cure for **MS** no matter how long it took.

I researched websites, talked to experts, and learned as much as I could about possible cures for this disease. I traveled through every continent, ocean, and sea, but nothing cured my patients. So, I went to space searching. On Mars, I found a glowing herb. I brought the herb back to Earth and tested it on a patient. He recovered fully and became very healthy. I felt so good that the patient was cured and no longer had any problems.

I am now in a program that grows the special herb and produces the medicine called **Cure-a-Bunch**. I will continue my research and hope that we make medical breakthroughs and find cures for all diseases.

Thank you very much.

## TELL US YOUR DREAMS & IDEAS

FOR WHAT A **CURE** WILL LOOK LIKE.

You can send us your stories by e-mail:  
[keepsmyelin@nmss.org](mailto:keepsmyelin@nmss.org) or

**KEEP S'MYELIN NATIONAL MS SOCIETY**

900 S Broadway #200 Denver CO 80209.



National Multiple Sclerosis Society



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KEEP S'MYELIN  
WHERE IS THE CURE?

# Families can count on the National MS Society!

To learn more about the resources available to you and your family, please contact an MS Navigator at:

1-800-344-4867



START SEARCHING FOR THE CURE!

