



Association Canadienne de la Sclérose en Plaques

Canadian Multiple Sclerosis Association
CMSA
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National Office
 P.O. Box 76037, 240-70 Shawville Blvd. S.W.
 Calgary, Alberta T2Y 2Z9
 1-888-395-2672 • www.cmsaonline.com

2005
Member

Ms Minnie Diamond

The Canadian Multiple Sclerosis Association is dedicated to providing direct patient care services to those suffering from multiple sclerosis and to promote, expand and encourage awareness and knowledge as to the needs of the physically challenged.

CMSA programs and services include a toll-free information line (1-888-395-2672) and free loan of some therapeutic equipment, such as cool suits.

Ms Minnie Diamond
300 Lemarchant Rd
St. John's NL A1E 1R2

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Please detach and return this portion with your gift.

Yes, Keith, it is important to me to reach out and help educate and promote advocacy for MS. Living a full life should be a given for all Canadians. I am proud to be able to help my fellow Canadians living with MS with my gift of:

- \$15
- \$20
- \$35
- \$70
- Other \$_____

My cheque is enclosed (Please make payable to CMSA)

I would like to charge my gift.

-
-

Card # _____

Expiry _____

Signature _____

I will urge anyone I know with MS to call your toll-free number for help — 1-888-395-2672.

Ms Minnie Diamond
300 Lemarchant Rd
St. John's NL A1E 1R2

CMSA is a registered charitable organization, 89374 5224 RR0001. A charitable receipt will be issued for the amount of your gift.

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Please detach and retain this portion for your records.

Date _____ Cheque # _____ Amount \$ _____



Dear Friend,

Our health is truly our most precious asset. For without our health, no material possession holds any value at all.

You might be surprised to know that a financial gift from you can make a real difference in the lives of more than 50,000 people, but it's true. Please, keep reading, and I'll explain how.

Imagine what it is like to feel perfectly healthy, capable of everything that may come your way ... and then one day you notice that it is hard to keep your balance and you don't know why. You may begin to experience double vision or have trouble speaking.

So you go to the doctor, thinking you'll be diagnosed with fatigue, stress or maybe anxiety. You're not really *sick* ... right? But instead of telling you to get some rest and that your health will improve, you're told you have MS – Multiple Sclerosis.



Perhaps you're lucky and your health is good. I hope that is the case. Right now, more than 50,000 Canadians are living with MS. It struck them in their prime – right in the middle of child-rearing and career growth - they are already in the midst of very challenging lives.

Every day, three more Canadians receive the diagnosis of Multiple Sclerosis and are faced with a future of uncertainty and physical challenges.

MS is a disease of the central nervous system. It destroys the protective insulation surrounding the nerves, as well as the nerves themselves. As a result, messages from the brain to the rest of the body short circuit. This results in a variety of unpredictable symptoms.

Symptoms that include loss of bladder control, blurred vision, loss of balance, muscle weakness and paralysis, numbness, tremors ... the list goes on.

The symptoms are not the same for everyone, and they strike unpredictably. While

(Over, please)

MS is not fatal, living with it can be a real challenge. That is why CMSA exists – to help improve the quality of life for those living with MS.

Your financial support is very important to Canadians and their caregivers. By sending a gift today, you will:

- ❖ Help support the big issues, such as research into potential new therapies and working to improve government health care funding for people with MS.
- ❖ Provide educational resources on complementary therapies, such as cool suits to battle the overwhelming heat flashes common to people with this disease.
- ❖ Fund innovative studies in acupuncture and nutrition, because while there may be no cure for MS, there is research done all the time to find ways to combat the often devastating symptoms.

2004 was an exciting time for CMSA and for all Canadians. Thanks to the support of caring individuals, we have been able to continue our work in these important areas and also to fund new studies that will help Canadians take control of Multiple Sclerosis.

In 2004 we teamed up with DIRECT-MS (Diet Research into the Cause and Treatment of Multiple Sclerosis), an initiative dedicated to providing reliable science-based information on nutrition and MS. This exciting work – thanks in no small part to you – has already provided resources and relief to many Canadians living with the disease.

It is very difficult having an illness most people don't understand. Education is the key. That's where your contribution can provide real help.

Your generous gift today of \$15, \$20, \$35 or even \$70, will do so much to:

- ❖ Improve the quality of life of those living with Multiple Sclerosis
- ❖ Educate
- ❖ Advocate
- ❖ Support research into complementary therapy
- ❖ Promote cooling therapy

Until a cure is found, CMSA and you will be there to help Canadian MS patients build happier, more productive futures through symptom relief treatments and therapies. Afterall, we have more than 50,000 important reasons to do so.

Gratefully,



Keith Stewart
Executive Director

P.S. I hope you will accept the enclosed 2005 Membership Card as a symbol of your commitment to support those who truly need your help. It is a tangible sign of your compassion for your neighbors, as are the free name labels I have enclosed as well. Enjoy them in good health, and please, send your most generous gift today.