



BUCKEYE BULLETIN

OHIO CHAPTER

MYASTHENIA GRAVIS FOUNDATION INC.
QUARTERLY NEWSLETTER

AUGUST 2006

VOL 34 ISSUE 3

Ohio Chapter email address: ohiochaptermgf@nci2000.net
Ohio Chapter website: www.ohiochaptermgf.org

OHIO CHAPTER MGF
2907 LINCOLN WAY E
UNIT B
MASSILLON OH 44646
PHONE 330-834-9066

SUPPORT GROUPS

HERB BYER
MEMORIAL MG
SUPPORT GROUP -
CINCINNATI

Contact:
Sharon Meyer
513-242-7448
Sue & Jack Paas
513-831-7307

CLEVELAND
Contact:
Sandra Gardina
216-433-0535
Gloria Diane Mondok
440-835-1521

COLUMBUS
Contact:
Laura Imely
330-704-2737

FINDLAY
Contact:
Charles Neal
419-422-6725
Larry Kitchen
419-423-3906

STARK-SUMMIT
Contact:MG Office
330-834-9066
Ruth Albertelli
330-628-2148

OHIO CHAPTER ANNUAL LUNCHEON AND MEETING

DIMITRI'S RESTAURANT
1830 SNOW RD.
PARMA OH

Date: SATURDAY OCTOBER 7, 2006

Registration: 12:30 PM
Lunch 1:00 PM
Speaker 1:30 PM

Speaker: DR. ROBERT RUFF, MD, Ph.D.
Neurologist, VA Medical Center, Cleveland

Cost: \$13.95 PER PERSON
Choice of Roast Beef, Honey Mustard Chicken or Broiled Boston Scrod
w/ salad, potato, vegetable, rolls, beverage and dessert

The Ohio Chapter annual luncheon and a brief meeting is open to all members and friends. We invite all to join us for a delicious lunch and excellent speaker.

Tickets will be sold for a gift basket.
\$1.00 each or 6 for \$5.00

If you are planning to attend, please fill out the reservation form on page 2 and mail it to the Ohio Chapter office along with your check or money order by October 4, 2006.

Driving directions for annual meeting & luncheon:

FROM DOWNTOWN:

77 South to Rockside Rd Independence exit— make a right off exit—when you cross Broadview Rd. we are in the Midtown shopping Plaza on the right.

FROM 77 NORTH:

Exit at Rockside Rd. Independence—make left off exit—when you cross Broadview Rd. we are in the Midtown Shopping Plaza on the right.

FROM 480 OR 71 EAST:

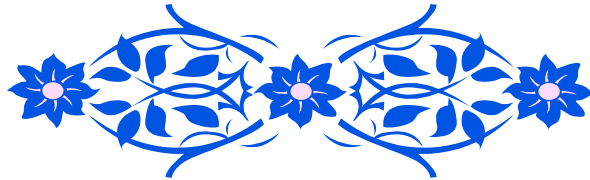
Exit at State Rd.—make a right off exit going South—left on Snow Rd. - we are in the Midtown Shopping Plaza on the left just past McDonalds.

FROM 480 OR 271 WEST:

Exit at State Rd.—make a left off exit going South—left on Snow Rd.—we are in the Midtown Shopping Plaza on the left just past McDonalds.

FROM 90 OR 490:

Take 71 South to 176—exit at Brookpark Rd. Parma—right off exit—left on Broadview Rd.—Right on Snow Rd.—Midtown Plaza on the right.



ANNUAL MEETING & LUNCHEON RESERVATION FORM

NAME _____

NUMBER OF PERSONS ATTENDING LUNCHEON _____

TELEPHONE NUMBER (_____) _____

AMOUNT ENCLOSED _____

NUMBER OF PERSONS ATTENDING MEETING AND SPEAKER ONLY ____ (NOT LUNCHEON)

Please mail check or money order payable to:

OHIO CHAPTER MGF
2907 LINCOLN WAY E UNIT B
MASSILLON OHIO 44646



SUPPORT GROUP MEETING UPDATES

Cincinnati— The next meeting of the Cincinnati Support Group is scheduled for September 9 at Drake Center, 151 W. Galbraith Rd., Cincinnati OH at 1:00 PM. Lunch is provided Free of Charge at 12:00 PM. Speaker; To Be Announced.

Cleveland— The next meeting of the Cleveland Support Group is scheduled for August 26 at Brookpark Branch Library, 6155 Engle Road, Brookpark OH at 2:00 PM. The scheduled speaker is attorney Rich Ashley who will also answer your questions. The July 29th meeting featured Jim Walters, paramedic. Future meetings: September 30 will feature a guest from the police department. October's meeting will feature a discussion on depression.

Gloria reports; several support group members are still having serious health problems so our support and prayers couldn't come at a better time.

Columbus— Information to be sent regarding the next meeting. Call Laura Imely 330-704-2737 or the MG office 330-834-9066 for more information.

Findlay— A meeting in the Fall will be announced at a later date. The June 23 meeting had 11 people in attendance. A covered dish was enjoyed by all. The topic was a roundtable discussion. For more information on the next meeting, call Charles Neal 419-422-6725 or Larry Kitchen 419-423-3906.

Stark/Summit— The next meeting of the Stark/Summit Support Group will be September 16 at Taylor Memorial Library, 2015—3rd Street, Cuyahoga Falls, OH at 1:00 PM. Speaker: To Be Announced.

Future meetings: November 11, 2006.

The July 15 meeting had 13 people in attendance, including one new patient. A video was the topic.

2005 SCIENTIFIC SESSION

Copies of the 2005 Scientific Session of the Myasthenia Gravis Foundation of America, Inc. may be requested from the Ohio Chapter office. Due to the length of the report, we were unable to incorporate it into the current newsletter. Call Lindie at 330-834-9066 for your copy.

2005 ANNUAL OHIO CHAPTER MEETING

Reservation information is in the Annual Meeting Notice in this newsletter. This meeting is planned for all MG patients and families. Dr. Robert Ruff is the planned speaker. He will answer your questions about MG. Please join us.

MATCHING GIFTS

Aetna Giving Campaign and General Electric Foundation matching gifts program have recently matched gifts from Teresa Gilchrist and John Paas. We appreciate these donations and thank our donors for applying for the matching funds to benefit the Ohio Chapter. Their support is greatly appreciated.

SPRING RAFFLE WINNERS

- 1st Prize—\$500 US Savings Bond:
Eugene Fitzthum, Sandusky OH
- 2nd Prize—Portable DVD Player:
Virginia Rensch, Galion OH
- 3rd Prize— Handmade Crocheted Afghan:
Mrs. Reba Simpson, Ocala FL
- 4th Prize —Smartset Dual Alarm Clock Radio:
Edna Buerger, Akron OH

Congratulations to this year's winners. The Chapter realized a profit of \$1294.20.

Our sincere thanks to all who participated including Mae Wagner who crocheted the afghan.

HOLIDAY RAFFLE

Watch for upcoming information regarding the Ohio Chapter MG Holiday raffle. This years prize will be a beautiful piece of Diamond Jewelry. Details to be sent in the near future.

OHIO CHAPTER PATIENT AND FAMILY HELPLINE

THE FOLLOWING MEMBERS HAVE VOLUNTEERED TO SPEAK WITH OTHER MG PATIENTS IN THEIR AREAS ABOUT THE MANY DAY TO DAY PROBLEMS OF LIVING WITH MG:

YOUTH

MATTHEW BARBER	CARLISLE	1-513-845-2046	MG PATIENT
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ADULTS

AMY MOORE	HAMILTON	1-518-772-5269	MG PATIENT
RENEE ARNOLD (SON HAS CONGENITAL MG) N CANTON	CLEVELAND	1-330-834-1649	MOTHER OF SON WITH CONGENITAL MG
SHARON BELKO	HIGHLAND HTS	1-216-251-6954	MG PATIENT
STEPHANIE TRAMONTANO	DEFIANCE	1-440-460-0016	MG PATIENT
DONNA GUARJARDO	AKRON	1-419-782-2191	MG PATIENT
JOSEPH KERR	RIVERSIDE	1-330-645-1924	MG PATIENT
EDDIE NICHOLS JR	MALVERN	1-937-236-2486	MG PATIENT
KATHRYN HOOPES	COLUMBUS	1-330-863-1007	MG PATIENT
PAT HUTCHISON	WEST MILTON	1-740-917-9166	MG PATIENT
JAMES DAVID MADEWELL	UNIONTOWN	1-937-698-3482	MG PATIENT
CAROL GALEHOUSE	MOGADORE	1-330-699-5638	MG PATIENT
RUTH ALBERTELLI	WILLOUGHBY	1-330-628-2148	MG PATIENT
KAREN LALLY	CELINA	1-440-944-2607	MG PATIENT
CATHY JO SCHREIMA	MORAIN	1-419-586-6092	MG PATIENT
DONNA JO BRUNNER	FINDLAY	1-513-263-3248	MG PATIENT
CHARLES NEAL	PICKERINGTON	1-419-422-6725	MG PATIENT
MAE WAGNER	BROOKLYN	1-614-866-3907	MG PATIENT
THERESA ZIEBRO	PAINESVILLE	1-216-661-0660	MG PATIENT
CLAUDE J SIGLEY	DAYTON	1-216-352-7773	MG PATIENT
CLARENCE SCHOCK	MENTOR	1-513-426-5436	MG PATIENT
JUNE JANDA	MARIETTA	1-440-255-5842	MG PATIENT
DAVID ROSE	TOLEDO	1-740-373-2935	MG PATIENT
JOHN J SCHMIDT		1-419-241-9599	MG PATIENT

E MAIL ADDRESS FOR:

Reba Marie Simpson
Ourlighthouses77@aol.com

WEBSITE:
Varsha Aloni (patient)
www.alonivarsha.com

*Ohio Chapter Founder
Lois Siemer
LoisSiemer@aol.com

NEW
Carla Davis
carlagdavis@yahoo.com

PEN PALS:

REBA MARIE SIMPSON
13256 SW 2ND COURT
OCALA FL 34473-8527

ERIN BERNSTEIN
2512 OSAGE DR
GLENVIEW IL 60025



NANCY WILLIAMS
26677 OTTEKEE DR
PERRYSBURG OH 43551-5461

If you would like to volunteer to chat with other MG patients in your area, please send your information to the Ohio Chapter MG office or call Lindie at 330-834-9066.

Looking Out For Depression

Depression is an illness that affects many people. It generally affects their physical as well as their mental well-being. Fortunately, it is a highly treatable illness. Complete, or at least partial improvement, can be obtained in eighty to ninety percent of cases.

Depression can occur “out of the blue,” for no obvious reason, or it can occur as a response to adverse life circumstances, such as the loss of a spouse, the loss of a job, the loss of good health, or the loss of any other significant thing or relationship. Regrettably, the nature of depression is such that affected persons, as a result of being depressed, are actually unlikely to realize that they are depressed, and even more unlikely to seek help for themselves. This is related directly to the nature of the symptoms of depression which we will discuss momentarily. The implication of this fact, however, is that healthy relatives and friends of older people should be on the lookout for signs of depression among their older relatives and friends, so they can assist them to obtain treatment.

The Tell Tale Signs of Depression

Not every depressed person experiences all of the signs of depression. But the presence of a whole cluster of these signs should arouse concern, and should lead to having the person evaluated by a physician or mental health professional. The most common signs of depression are:

- A sad , discouraged mood*
- Blue, or empty*
- Persistent pessimism about the present, future, and the past*
- Loss of interest in work, hobbies, social life, and sex*
- Difficulty in making decisions*
- Lack of energy, and feeling slowed down*
- Thoughts of suicide*
- Restlessness, irritability*
- Loss of appetite and loss of weight*
- Disturbed sleep, especially early morning awakening*
- Depressive, gloomy, or desolate dreams*

Treatment of Depression

There are three main forms of treatment for depression: (1) counseling and/or psychotherapy; (2) antidepressant medications; and (3) electroconvulsive therapy or ECT.

Psychotherapy can be used when the individual who is depressed is still able to interact with a counselor or therapist, and when a specific loss can be identified about which the depressed person can talk with a therapist.

Antidepressant medication can be used when the depression comes on “out of the blue,” or when the individual can no longer respond to verbal support, explanations, or other psychological interactions.

ECT is used only rarely, in the most severe cases, when the patient does not respond to these other forms of therapy, or where medications cannot be used due to specific medical reasons.

(Continued on page 6)

A variety of mental health professionals, including physicians, psychologists, or social workers, can provide counseling or psychotherapy. Antidepressant medication can only be prescribed by a physician, who may be a psychiatrist, a family doctor, or internist. ECT can generally only be administered in a psychiatric hospital setting.

Response to therapy may take several weeks. Antidepressant medications may have side effects. These can include drowsiness, constipation, blurred vision, dry mouth, and even dizziness. When such side effects occur, they must be reported promptly to the doctor who will determine with the patient whether to continue the medication, reduce the dosage, switch to another medication or stop medication altogether.

As the depressed person begins to feel better, he or she should not stop treatment on their own but do so only on the advice of their doctor. Recent research has shown that people with recurrent depressions should stay on a maintenance dose of antidepressants. Above all, resuming an active life after depression is important in preventing the recurrence of “the mean blues.”

CLINICAL TRIALS IN OCULAR MYASTHENIA GRAVIS

Dr. Mark Kupersmith’s clinical group noted that low-dose prednisone would reduce the likelihood that a person with ocular-only MG would go on to develop generalized MG. More than 40% of people who presented with ocular-only MG and who did not receive steroid treatment developed generalized MG. Whereas, less than 20% of patients who were treated with low-dose prednisone developed generalized MG after 2 years. Based upon this observation, Dr. Kupersmith is leading a multi-center study to evaluate the benefits and risk of giving low dose prednisone to treat people with newly diagnosed ocular-only MG as a means of inhibiting the MG from becoming generalized. The NIH funded a pilot grant, which is in progress.

Presented by Dr. Mark Kupersmith, New York City

AMPS: West Central FL and MGF of IL

“SISTER” ORGANIZATIONS

According to our National office, there are other MG Associations throughout the world. They include Argentina, Australia, Barbados, Belgium, Canada (4), Canary Islands, Costa Rica, Croatia, Finland, Germany (2), India, Israel, Italy, Netherlands, Pakistan, Philippines, Poland, Slovakia, Spain, UK, and China. If you would like complete contact information please call the National MGFA office at 1-800-541-5454.

Above information from MGA of IL. Newsletter)

SEASONAL CONCERNS

Sometimes seasons affect MG. How? Some Myasthenics are affected by the weather. And some things that come with the territory can be factors, such as chemicals used for lawn treatment, neighborhood mosquito spraying, bug repellent applied to the skin, candle/bomb type repellents, pet flea treatments, or some allergy medicines to name a few. Be Aware.

(Above information from MGF of IL newsletter)

The following Contributions to the Ohio Chapter were received through mid July 2006

HONORARIUMS

For:
JUDY VESCO (Birthday)
JUDY AND BOB VESCO (47th Anniversary)

From:
EMMALOU CLARK
EMMALOU & RON CLARK

MEMORIALS

For:
MARIE EMCH
MARIE EMCH
ROBERT THOMPSON
HERB BYER
HOWARD MILLER
DOROTHY MOSSER
HARVEY BATES
HOWARD MILLER
HOWARD MILLER
HOWARD MILLER
HOWARD MILLER
JOHN O PURSLEY
HOWARD MILLER
HOWARD MILLER
HOWARD MILLER
HOWARD MILLER
RUTHANN BUSSE
HOWARD MILLER

from:
LINDA AND ROBERT BAKER
SUE AND DENNIS FARNEY
DOROTHY AND HAROLD BURT
DR. ROLAND HEYNE SR.
MR AND MRS ANTHONY CENTOFANTI
EMMALOU AND RON CLARK
ANITA AND JERRY SLAWTER
DALE AND DAVID WALTER
RICK AND MARY BELL
BRUCE BAYLESS
SYLVIA AND LARRY RESNIK
GERALD AND ANITA SLAWTER
SUZIE AND WAYNE MARIS
ALAN AND ANNE SIEBERT
MIMI AND DON SANTEE
STEPHEN AND PATRICIA MCCURLEY
ELAINE AND RONALD LACKIE
RAY AND LINDA HERTEL

ORDER FORM

_____ HANDICAPPED PARKING APPLICATION _____ MG STAMPS (\$1.00 per sheet of 50)

Your name _____ Mail to: Ohio Chapter MGF
2907 Lincoln Way E Unit B
Address _____ Massillon Oh 44646

City/State/Zip _____

ARE YOU MOVING? PLEASE SEND YOUR NEW ADDRESS AND THE COVER PAGE OF THIS NEWSLETTER WITH THE CURRENT ADDRESS LABEL, TO: THE OHIO CHAPTER, 2907 LINCOLN WAY E, UNIT B, MASSILLON OH 44646

NAME _____

NEW ADDRESS _____

EFFECTIVE DATE _____ NEW PHONE NUMBER _____

OHIO CHAPTER MGF ANNUAL MEETING

October 7, 2006
Dimitri's Restaurant
1830 Snow Rd
Parma, Ohio

FEATURED SPEAKER: DR. ROBERT RUFF
(Details inside)

OHIO SUPPORT GROUP MEETINGS

Cleveland—August 26, 2006
Cincinnati—September 9, 2006
Columbus—to be announced
Canton/Akron—September 16
Findlay—Fall 2006



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