

HEALTH AWARENESS

Racing To Raise Awareness About Multiple Sclerosis

(NAPSA)—While people with chronic, debilitating diseases might not typically be thought of as champion athletes, a group of multiple sclerosis (MS) patients has been working passionately to debunk this perception.

The eleven members of Team Copaxone® range from triathlete to snowmobiler, from mountain climber to mountain biker. Ultimately they all have shared a common goal to live their lives to the fullest despite an MS diagnosis. They also work to educate MS patients nationwide about the benefits of a healthy diet, exercise and treatment adherence with relapsing-remitting MS (RRMS), the most common form of the disease.

The team strives to show that a person with MS can still pursue their dreams. Jennifer Schuble, an elite track cyclist and U.S. Paralympian, has become the newest Team Copaxone® member after a nationwide search.

"I'm excited to join the ranks of this remarkable group that has contributed so much to the MS community," says Jennifer. "After my diagnosis, I made the decision to take action by doing my best to lead a healthy and active lifestyle. I've been blessed with the ability to cycle competitively despite MS and with my new role on the team I hope to inspire other patients to stay active in whatever way they can."

MS is an autoimmune disease that affects the central nervous system. In the U.S. today, there are approximately 400,000 people with MS and the disease is thought to affect more than 2.1 million people. Many multiple sclerosis symptoms imitate other diseases, making MS a complicated disease to diagnose. While MS symptoms vary in each individual, some may include:

- Weakness
- Numbness
- Tingling sensations
- Balance problems, stumbling
- Depression



Jennifer Schuble, an elite cyclist doesn't let multiple sclerosis hold her back on the track.

- Blurred vision
- Fatigue
- Cognitive difficulties

When Schuble was diagnosed with RRMS, she was forced to stop competitive running. Instead of accepting defeat, Jennifer did her best not to let MS slow her down and focused on finding new ways to participate in competitive sports.

In place of running, Schuble took up track cycling and eventually entered into the professional cycling scene. She's broken numerous U.S. and world records. Recently, she won a gold medal and two silver medals at the Paralympic Games in Beijing, China.

Since being diagnosed with RRMS, Jennifer has a renewed focus on her health and well-being and feels more in tune with her body's needs, all of which have helped her achieve personal peak performance. "While individual results may vary, I made the commitment to follow a training schedule, take my daily injection, and live a regular day-to-day life by holding down a full-time job and hanging out with friends," says Schuble.

Off the track she's a volunteer at the Lakeshore Foundation, a non-profit organization that promotes independence for persons with physically disabling conditions.

"Sharing my experience allows me to show people that it's okay to face your MS and do what you can to accomplish your goals, no matter how big or small they might be," says Schuble.

Indication: COPAXONE® (glatiramer acetate injection) is indicated for the reduction of the frequency of relapses in relapsing-remitting multiple sclerosis, including patients who have experienced a first clinical episode and have MRI features consistent with multiple sclerosis.

Additional Important Safety Information about COPAXONE®: The most common side effects of COPAXONE® are injection site reactions, such as redness, pain, swelling, itching, or a lump at the site of injection. A permanent indentation under the skin at the injection site may occur, due to a local destruction of fat tissue. Be sure to follow proper injection technique and inform your doctor of any skin changes.

Some people report a short-term reaction right after injecting COPAXONE®. This reaction can involve flushing (feeling of warmth and/or redness), chest tightness or pain with heart palpitations, anxiety, and trouble breathing. Keep in mind that these symptoms generally appear within minutes of an injection, last about 15 minutes, and go away by themselves without further problems. If symptoms become severe, call the emergency phone number in your area. Do not give yourself any more injections until your doctor tells you to begin again.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Ms. Schuble has received compensation from Teva.

For more information on Jennifer and the team, visit www.TeamCopaxone.com. For more information on Copaxone® visit www.Copaxone.com or consult your physician.