

# MS WALK 2009

## Irvine, California

### TEAM HOT STEPPERS

MS WALK is an annual event organized by the National Multiple Sclerosis Society and it takes place in over 500 locations all across the country. The organization's main objectives are to raise funds for research, increase awareness, and to facilitate support and education for those living with MS (Multiple Sclerosis).

Sygmata Consulting Group, LLC feels very proud to have been given the honor and the opportunity to sponsor and support Team Hot Steppers in this noble and worthwhile cause. We look forward to participating again next year.



Team Hot Steppers 2009 (Courtesy: Sophie Khan Photography)

### MULTIPLE SCLEROSIS

According to the National MS Society, there are approximately 200,000 people living with MS in the United States and approximately 200 people are diagnosed with it every week. Worldwide, the number of people living with MS is thought to be approximately 2.5 million.

Current research suggests that MS is an auto-immune disease. The body's own immune system attacks its myelin (protective fatty sheath that covers nerve fibers in the central nervous system). To learn more about MS, please visit the National Multiple Sclerosis Society's website at: <http://www.nationalmssociety.org>.

### A WORD FROM THE TEAM CAPTAIN



***"I never looked at this disease as a burden. Instead, I treated it as a hurdle that I needed to overcome."***

**-Erum Ahmed**

(Photo Courtesy: Sophie Khan Photography)

*I was first diagnosed with Multiple Sclerosis in December of 2006. At that time, I had no idea what to expect since I was not very familiar with the disease. I began researching Multiple Sclerosis and realized that I had experienced several symptoms of this illness over the years, yet I was very unaware that they were related to such a serious condition. At times, even menial tasks were painful. For example, taking a shower felt like I was being pricked by pins and needles from every direction.*

*Despite the need to make some major lifestyle adjustments, I never looked at this disease as a burden. Instead, I treated it as a hurdle that I needed to overcome. After accepting MS as a permanent challenge in my life, I felt that the next step was to get involved and to help make a difference. The MS Walk was a perfect venue to help those around me learn and understand the effects of this incurable disease. The MS Walk offered resources and information relating to MS, and it provided me with guidance on different ways to raise funds and awareness while offering a simple approach to making donations.*

*It was wonderful to see my family and friends so involved in MS Walk 2009. I was especially pleased when Sygmata Consulting Group so generously requested to be the official sponsor of Team Hot Steppers. Sygmata Consulting Group provided the team with their official MS Walk 2009 t-shirts, thereby fostering unity amongst all forty members. Sygmata Consulting Group also graciously contributed to the team's fundraising efforts, helping the team surpass their fundraising goal. I would like to thank Sygmata Consulting Group, as well as my family and friends, for all their support and dedication to this particular cause. They are truly the reason why MS Walk 2009 was such a huge success.*