



**TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION**

971-C S. Kenmore Drive
Evansville, Indiana 47714
Phone: 812-423-5943 Toll-free: 1-866-514-4312
New Website: www.tristatems.org
“Like” us on Facebook

February 2016 Newsletter

Offering support, care, and hope...right here at home!

Indiana Support Group Meeting Dates

Evansville, IN support group **will NOT meet** in February. Please join us at the “All About ME” event, Saturday, February 20th! See further details in the newsletter.
Contacts: Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Princeton, IN support group **will NOT meet** until Spring!! Watch newsletter for date!
Contact: Alice Burkhart / 812-782-3735.

Tell City, IN support group will meet Tuesday, February 9th, at 11:00 a.m. at the Twilight Towers, 1648 10th Street, in the cafeteria. Join us for an open discussion and refreshments.
Contacts: Terri Hasty / 812-649-4013 or Gayle Taylor / 812-719-2417.

Washington, IN support group will meet Saturday, February 20th, at 10:00 a.m. at Daviess Community Hospital. Join us for an open discussion and refreshments.
Contacts: Cindy Kalberer / 812-254-6735 or Fran Neal / 812-259-1565.

Kentucky Support Group Meeting Dates

Henderson, KY support group will meet Saturday, February 6th, 10:00 a.m. Calvary Missionary Baptist Church, 2360 Green River Road, Henderson, KY.
Contacts: Meg Burnley / 270-826-9507 or Debbie Whittington / 270-827-8298.

Owensboro, KY support group will meet Monday, February 8th, at 6:00 p.m. at HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY.
Contact: Susan Reynolds / 812-228-6100.

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, February 6th, at 11:00 a.m. at Fairfield Memorial Hospital in the Board Room of Horizon Clinic. Join us for open discussion.
Contacts: Kathie Hill / 618-847-8452 or TSMSA / 1-866-514-4312.



We would like to sincerely thank St. Mary's Health System for their continued support of the Tri-State MS Association's monthly newsletter.

Thank you to Teva Neurosciences for sponsoring our February newsletter.

Shared Solutions: 1-800-887-8100  www.copaxone.com/shared-solutions

*The Mission of the Tri-State Multiple Sclerosis Association
is to enhance the quality of life for individuals living with multiple sclerosis and
their families in Southern Indiana, Southern Illinois, and Western Kentucky.*



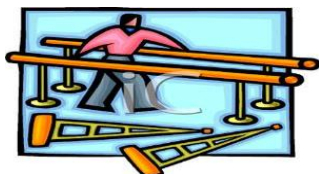
Calendar of Events



February 18, Thursday, Monthly Newsletter

Stuffing Time: 11:30 a.m.

Location: TSMSA Office – Come help, while you make new friends!



February 19, Friday, Acorda (Ampyra) Educational Program

Speaker: Dana Lykins, PT,DPT, MSCS: Baptist Health, Lexington, KY

Time: 5:30 p.m.

Location: The Patio Steakhouse, 3120 IN 66, Tell City IN

RSVP: You and 1 (one) guest; TSMSA 812-423-5943 / 1-866-514-4312

*Its all about
ME!*

February 20, Saturday, “It’s All About ME!” Weekend

Time: Registration begins at 9:30 a.m.

Location: Holiday Inn, Hwy 41, Evansville, IN

RSVP to TSMSA: 812-423-5943 or 866-514-4312 by *February 16th*.

(See attached flyer for more information.)



February 23, Tuesday, Mallinckrodt (Acthar) Educational Program

Speaker: Dr. Randy Cox, Neurologist, Tell City, IN / Hardinsburg, KY

Time: Registration 5:30 p.m.; Program 6:00 p.m.

Location: Moonlite Bar-B-Q, Owensboro, KY

RSVP: You and 1 (one) guest; TSMSA 812-423-5943 / 1-866-514-4312



February 24, Wednesday, Teva (Copaxone) Educational

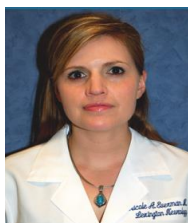
Program Speaker: Dr. Rod Warren, Neurologist, Evansville, IN

Time: Registration 5:30 p.m.; Program 6:00 p.m.

Location: Biaggi’s Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN

RSVP: You and 1 (one) guest, Shared Solutions 1-800-887-8100

Upcoming Events



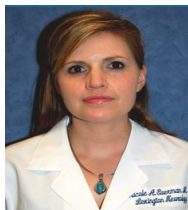
March 3, Thursday, Genzyme (Aubagio) Educational Program

Speaker: Dr. Nicole Everman, Associates in Neurology, Lexington,

Time: 12:00 p.m. (Noon)

Location: Biaggi’s Ristorante Italiano, 6401 E. Lloyd Exp. Evansville,IN

RSVP: You and 1 (one) guest: 1-866-703-6293



March 3, Thursday, Genzyme (Aubagio) Educational Program

Speaker: Dr. Nicole Everman, Associates in Neurology, Lexington, KY

Time: 6:00 p.m.

Location: Moonlite Bar-B-Q, Owensboro, KY

RSVP: You and 1 (one) guest: 1-866-703-6293

Spasticity is a common symptom of MS. About 80 percent of people with MS will have spasticity to some degree. Spasticity refers to stiffness and involuntary muscle spasms or contractions ranging from tightness to painful, uncontrollable spasms. Spasticity can occur throughout the body, but it is most common in the legs. There has to be a certain amount of resting tension in your muscles in order for you to stay upright. For some people, spasticity can be useful. Lower extremity spasticity can allow someone with weak legs to bear weight in order to walk /transfer.

When central nervous system pathways are disrupted (for example, by an MS lesion), loss of inhibition occurs and as a result, muscle tension increases, causing spasticity. This tension occurs at the spinal cord level and is noted when your neurologist checks your reflexes. Your responses are controlled by CNS pathways that connect the brain to the spinal cord. They inhibit tension in the muscle groups. Loss of inhibition can produce a stiff gait and limit the use of your arms. Lower limbs typically become stiffer and upper limbs typically contract. This makes it more difficult to walk or move your limbs, increasing the amount of work required to do an activity, thus increasing fatigue.

Spasticity can be temporarily worsened by a coexisting illness, particularly if there is a fever. Dehydration and overheating may also be triggers. It has been said that interferon medications can cause an increase in core body temperature, which can temporarily increase spasticity. Spasticity can lead to immobilized joints and bedsores, if left untreated.

Medications used to treat spasticity are Baclofen, Tizanidine (Zanaflex), Valium, Clonidine and Dantrium. These medications do not cure spasticity or improve muscle strength or coordination. However they can help relieve the symptoms so the spasticity is less troublesome. The medications used to treat spasticity can cause drowsiness which can exacerbate fatigue. This is something to be aware of when starting medication for spasticity.

Physical and occupational therapy are also used to treat spasticity. These two disciplines can work together to increase range of motion, mobility, strength, coordination and comfort. Ask your neurologist for a referral to a physical or occupational therapist if you think it will help you. A therapist can teach you range of motion exercises that can improve your mobility, strength and coordination. Hot packs, ultrasound or topical agents facilitate stretching and range of motion. Pool therapy can increase buoyancy to make exercising easier for people with limited strength.

Intrathecal baclofen (ITB) is another option. It is most useful in lower extremity spasticity. ITB is delivered directly to the spinal fluid in the back via a surgically implanted pump. The pump, which is usually implanted at the waistline, is about the size of a hockey puck. A catheter is connected from the pump to the spinal canal. The dose is adjusted non-invasively and refills are injected through the skin into the drug reservoir. ITB allows smaller doses to be given with better results and fewer side effects than oral baclofen.

Another treatment for spasticity is Botox injections into the affected muscle. This is useful if spasticity is limited to several muscle groups. It can loosen a muscle before physical therapy. Botox injections are effective for three or four months. Injecting a chemical block using phenol is another option for contracted muscles of the legs.

A more drastic treatment would be Selective Dorsal Rhizotomy. It is a surgical procedure that involves the selective cutting of nerve roots in the lumbar spine. Severing these fibers reduces messages from the muscle, thus reducing spasticity. This procedure works best for lower extremity spasticity, and can provide many years of relief.

Some complementary therapies include: Acupuncture, Biofeedback, Electromagnetic Stimulation, Yoga, T'ai Chi, Aquatherapy or Aquacise, Hippotherapy (horseback riding with a specially trained hippotherapist), and Massage. Always consult your Doctor before beginning any of these treatments.

As always, adequate nutrition, sufficient sleep, stress management, daily stretching, and exercise are very important. If you are experiencing spasticity, talk to your neurologist to see what treatment would be best for you. If you use physical therapy, be sure to find a good physical therapist familiar with MS, who is willing to help you with an appropriate exercise program.

Press Release from IQuity Labs

Susan Reynolds, RN, MSCN

IQuity Labs, a company specializing in leading-edge diagnostic tests for autoimmune disease and related conditions, has announced it has secured \$2 million in seed funding. The funding will support the launch of IQuity's test panels, which confirm the presence or absence of disease at the onset of symptoms.

IQuity will launch its first test for multiple sclerosis in the second quarter of 2016, with panels for additional autoimmune diseases launching throughout the second half of the year. The National Institutes of Health estimates the cost of autoimmune disease is \$100 billion per year, with one in 20 Americans living with such a condition. Early diagnosis and treatment is widely accepted to improve quality of life and decrease costs associated with misdiagnosis or delayed medical intervention.

"The rapid success of our fundraising effort is a result of our investors being directly affected by autoimmune disease. They believe in the science and how it can positively impact millions of patients," stated Julia B. Polk, COO and CFO of IQuity Labs.

IQuity's test was developed within Vanderbilt University Medical Center's research community and has also received peer-reviewed grant funding from the National Institutes of Health. The minimally invasive test, using a simple blood draw ordered by a healthcare provider, marries a new technique with a proven technology.

"We are excited to work with IQuity to facilitate the commercialization of Vanderbilt University technology that provides the opportunity to transform the diagnostic process for providers and positively impact the lives of millions of patients," said Alan Bentley, assistant vice chancellor for technology transfer.

In the second half of 2016, IQuity plans to launch additional tests currently under development in the fields of gastroenterology and rheumatology. Learn more at www.iquitylabs.com.

Take These 6 Steps to Protect Your Privacy

This article was provided by Schultheis Insurance, 32 N. Weinbach Ave., Evansville, IN

There has been much media attention surrounding the latest data breaches from Target, Neiman Marcus, and Michaels. Customers of these stores have had their private information stolen. It can be overwhelming for you (and your clients) to figure out what to do to protect yourself. While you don't have any control over the breach, following are some steps you can and should take to protect yourself from being a victim of identity theft.

This information is important even if you weren't a victim of any of the recent breaches. Privacy and security professionals say on a regular basis, data breaches aren't a question of "if," they are a question of "when." It is best to be prepared and proactive.

Step 1: Review your accounts.

As a result of the Target data breach, many banks and credit card companies took proactive action to cancel and reissue cards. Go online and check the accounts you use to make purchases at any retailer on a regular basis. Don't wait for the monthly statement. If there is any charge — including a very small charge — that you did not make or authorize, call immediately.

Step 2: Credit cards are better than debit cards. Always.

If you used a debit card at the breached retailer, call your financial institution and request that they issue you a new card (if they haven't already). And in the meantime, monitor your account closely and report any loss as soon as you notice it.

Step 3: Take advantage of free credit monitoring services, BUT realize their limitations.

In the cases of Target and Neiman Marcus, they are each offering a single-bureau monitoring service (there are 3 credit bureaus). This can be helpful if someone gains access to your Social Security number and tries to open a new account in your name, but it does not protect you against other forms of fraud.

Step 4: Keep a lookout for scams.

If you follow these general rules, you will reduce your chances of falling victim to common scams.

- **Never give sensitive information out to anyone who calls you.** It is unlikely that any company that has had a data breach is going to call everyone whose records were breached and don't trust your caller ID. This applies to any law enforcement or government agency, bank, or other entity that may have a reason to need sensitive information. Verify before you provide information over the phone.

- **Keep an eye out for fraudulent emails.** If the email seems suspicious, delete it. I received an email last week from British Airways confirming my ticket. I didn't buy a ticket — it was an obvious phishing attempt. Don't click on links in the email unless you know exactly where that link will take you. Don't open attachments unless you BOTH trust the sender and are expecting an attachment from them. Don't respond to an email asking for any sensitive information even if it looks official.

Step 5: Keep up with your credit reports.

It doesn't matter if you've been the victim of a data breach; you are entitled to one free credit report per year from each of the three credit bureaus. We recommend spacing them out and ordering one report every four months. Make sure to only do this through the official site, [**Annual Credit Report.com**](http://AnnualCreditReport.com). Don't fall for websites with similar names that want to charge you for ongoing credit monitoring.

Step 6: Talk with your family.

Make sure everyone in your family is familiar with these steps. Children can be just as much a target for spammers as adults.

Data breaches have become a reality in our online world. You can fight back by being smart and vigilant. Taking these steps will not guarantee you won't have your identity stolen but it sure will help add a layer of protection.



Saturday, February 20, 2016
Holiday Inn, Hwy 41 N., Evansville, IN

Here is a tentative schedule of events, with much more being planned!

Saturday, February 20, 9:30-10:20 am – Registration, Light Breakfast & Pampering!

*The Salon Professional Academy staff
will be offering free pedicures, manicures, hair styling and waxing!*

Sessions Include: Massage For Home Use by Regina Maier, Essential Oils by Meagan Bates, Drumming by Cindy Goodwin; and much more!

Lunch presentation sponsored by **Acorda Therapeutics**; Ampyra may help with your walking!

Speaker: Dana Lykins, PT, DPT, MSCS: Baptist Health, Lexington, KY

It's All About ME event is quickly approaching, and we are excited that you will be joining us! All sessions will take place Saturday, February 20th, at Holiday Inn, Hwy 41 N., Evansville, IN.

The registration fee is only \$20 per person!

This includes the pampering, sessions and all meals. (Please let us know if you will be staying for dinner.)

Staying the night?

If you would like to stay Friday, February 19th or Saturday 20th, please contact the hotel directly at 812-867-7999 and ask for the Tri-State MS Association rate of \$75.00. **You** will be responsible for making your hotel reservation (if you choose to stay overnight) and for paying the hotel when checking in.

Questions? If you have any questions, please call the TSMMSA office today! 812- 423-5943 or 1-866-514-4312.

All About ME Reservation - Please RSVP today by mailing check and this form to:

TSMMSA, 971-C S. Kenmore Dr., Evansville, IN 47714

Name: _____

Name of Guest: _____

Please check meals you will be joining us for:

Saturday Meals: Breakfast _____ Lunch _____ Dinner _____

“Change for Change” at Amerie, LLC



Come support TSMSA during the month of February at Amerie, LLC. Amerie is a newly-opened clothing boutique in Newburgh, IN where all of the merchandise sold benefits a cause. During the month of February, a “Change for Change” jar will be placed on the counter in Amerie and all change donated during the month of February will be donated to TSMSA! Amerie is located at 10 W. Jennings St., Newburgh, IN.



In Memory of.....



In Honor of.....

This is a wonderful way to acknowledge those individuals in our lives that have made a difference. Please include a note of who the donation is ‘*In Memory of*’ or ‘*In Honor of*’.

In Honor of Tri-State MS Association

| | | |
|------------------------------|-------------------------------|----------------------------|
| Dr. Rick Yeager | John Stanley | United Leasing & Employees |
| John Clauson | Mary Rueger | Yager Materials |
| Carroll A. Petricek | Nancy Arapios | Texas Gas Matching Gifts |
| Mr. & Mrs. Charles Anslinger | Scott Alford | Mildred Connaway |
| Mr. & Mrs. James Long | Joyce Rice | Nita Ruxer |
| Mr. & Mrs. William Hines | Mr. & Mrs. Larry Elpers | Jean Ward |
| Mr. & Mrs. Michael Tucker | Mr. & Mrs. Eugene VanHoose | Marilyn Coomes |
| Mr. & Mrs. James Alka | Mr. & Mrs. Robert Kassenbrock | Wynn Denman |
| Mr. & Mrs. Michael Meredith | Mr. & Mrs. Steven Holt | Zeidler Floral |
| Mr. & Mrs. Sol Bronstein | | |

In Memory of Joni Gentry

Bruce Adler

In Memory of JoAnn Minter

Mr. & Mrs. Karl Rau

In Memory of Velma White

Mrs. Marilyn Evans

In Memory of Von Sloan

Laura Weibush
Vonda Templeton
Loretta Niemeier

Mr. & Mrs. Paul Williams
Mr. & Mrs. James Pfister
Kenny Brown & Lynda Price

Mr. & Mrs. Steven Wilderman
Mr. & Mrs. James Hudson

In Memory of Norbert Nordhoff

Toyota Motor Manufacturing, IN

In Memory of Jerry Vantrease

Camilla Vantrease



HAPPY BIRTHDAY TO YOU!!

**Theresa Ladd
Bruce Houp**

**Nita Ruxer
Melissa Smith**

**Diana Helfrich
JaVan Cook**

If you would like to have your birthday included in our newsletter, please send a note that includes *your name,* your *date of birth,* and your *signed permission* for us to print it in our newsletter. Our mailing address is 971-C S. Kenmore Drive, Evansville, IN 47714.

Equipment Loan Closet: If you need an item, please check our loan closet before you make the purchase. If we have what you need, we would love for you to borrow it and save your money! We have wheelchairs, walkers, bath chairs, canes, and an air mattress for a hospital bed.