



971-C S. Kenmore Drive
Evansville, Indiana 47714
Phone: 812-423-5943 Toll-free: 1-866-514-4312
www.tristatems.org
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June 2016 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday, June 11th, at 10:00 a.m. at the TSMSA Office, 971-C S. Kenmore Drive. **Speaker: Gayle Golike** E-RYT 200, RCYT became a certified Forrest Yoga teacher in 2004. She has continued to do numerous teacher trainings with an emphasis on anatomy and alignment.

Contacts: Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Princeton, IN support group will meet Saturday, June 25th, at 10:00 a.m. at Gibson General Hospital, 5th floor, first room on right. Join us for an open discussion and refreshments.

Contact: TSMSA Office 1-866-514-4312.

Tell City, IN support group will meet Tuesday, June 14th, at 11:00 a.m. at **Mary Ann Weatherholt's camp for a "Summer Picnic". We will provide the meat, drinks, and paper products. Please join us and bring your favorite dish to share. Call Terri for directions!**

Contacts: Terri Hasty / 812-649-4013 or Gayle Taylor / 812-719-2417.

Washington, IN support group will meet Saturday, June 18th, 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, June 4th, at 10:00 a.m. at 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, June 13th, 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, June 4th, at 11:00 a.m. at Fairfield Memorial Hospital in the Board Room of Horizon Clinic. Join us for an 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.

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

Thank you to Teva Neurosciences for sponsoring our monthly newsletter



Calendar of Events

	<p><u>June 6, Monday, The Ted Donosky MS Golf Scramble</u> Location: Rolling Hills Country Club, Newburgh, IN Single and foursomes available. See website for sponsorship opportunities! www.tristatems.org Call TSMMSA for more information!</p>
	<p><u>June 8 – July 17, Holy Hoops H.O.R.S.E. Shootout for Multiple Sclerosis</u> Come play basketball for a cause! Sign up to play H.O.R.S.E. during select dates and times, June 8th thru July 17th at Wesselman Park or American Baptist East by calling Jay Stockman: 812-774-3963. Visit www.holyhoops4ms.com for a list of available times and prizes! All participants will receive a prize! Participants of all ages are welcome, excluding individuals who have signed to play collegiate basketball. Make a tax-deductible donation of \$20 to play, and an additional \$10 to re-enter if you have been knocked out. All donations will benefit TSMMSA! Tell your family and friends, and sign up today!</p>
	<p><u>June 9, Thursday, Mallinkrodt (Acthar) Educational Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:00 p.m. Location: The Log Inn, 12491 County Road 200E, Haubstadt, IN 47639 RSVP: You and 1 (one) guest: 812-423-5943 or 1-866-514-4312</p>
	<p><u>June 12, Sunday, Texas Roadhouse Give Back Fundraiser</u> Present the enclosed flyer to your server at Texas Roadhouse (7900 Eagle Crest Blvd, Evansville), and Holy Hoops H.O.R.S.E. Shootout will give back 10% of sales to TSMMSA!</p>
	<p><u>June 13, Monday, Teva (Copaxone) Educational Program</u> 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</p>
	<p><u>June 16, Thursday, Monthly Newsletter Stuffing</u> Time: 11:30 a.m. Location: TSMMSA Office – Come help, while you make new friends!</p>
	<p><u>June 19, Sunday, Happy Father's Day!</u> Celebrate the special dads in our lives!</p>


MSF: MSF is taking applications for cooling products through June 1st. You may apply online or print an application at www.msfocus.org or you may call 1-888-673-6287.

MSAA: You may download an application for a cooling vest from MSAA at www.mysaa.org. Complete the application and mail it to the address on the form. Or you may call 1-800-532-7667.

Calendar of Events (cont'd)

	<p><u>June 22, Wednesday, Mallinkrodt (Acthar) Educational Program</u> Speaker: Dr. Randy Cox, Neurologist, Tell City, IN / Hardinsburg, KY Time: 6:00 p.m. Location: The Patio Steakhouse, 3120 IN 66, Tell City, IN RSVP: You and 1 (one) guest: 812-423-5943 or 1-866-514-4312</p>
	<p><u>June 25, Saturday, Spudz-N-Stuff Give Back Fundraiser West Side Only</u> Mention TSMSA at the west side Spudz-N-Stuff (5225 Pearl Drive, Evansville), and Holy Hoops H.O.R.S.E. Shootout will give back 10% of sales to TSMSA!</p>
	<p><u>June 28, Tuesday, Mallinkrodt (Acthar) Educational Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:00 p.m. EST (5 p.m. Evansville time) Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN RSVP: You and 1 (one) guest to 812-423-5943 or 1-866-514-4312</p>
	<p><u>June 30, Thursday, Genzyme (Aubagio) Educational Program</u> Speaker: Jenifer Patterson, NP, APRN – Norton Healthcare Neurology MS Center, Louisville, KY 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, Event code: TR357087 (1304657)</p>
	<p><u>June 30, Thursday, Genzyme (Aubagio) Educational Program</u> Speaker: Jenifer Patterson, NP, APRN – Norton Healthcare Neurology MS Center, Louisville, KY Time: 6:00 p.m. Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: 1-866-703-6293, Event code: TR357090 (1304658)</p>
	<p><u>Reminder: Schwan's Cares Fundraiser Continues!</u> Through Schwans-Cares.com, you can order from Schwan's Home Delivery and help TSMSA! When you order from now thru July 7th, 20% of all product sales and 40% of eGift Card sales will go to TSMSA! See details in this newsletter.</p>

Upcoming July Event

	<p><u>July 12, Tuesday, Teva (Copaxone) Educational Program</u> Speaker: Dr. Randy Cox, Neurologist, Tell City, IN / Hardinsburg, KY Time: 12:00 p.m. (noon) Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: Shared Solutions 1-800-887-8100</p>
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Nuedexta: Medication to Treat Uncontrolled Crying or Laughing

Susan Reynolds RN, MSCN

A medication has been approved for a symptom of MS that is not commonly talked about. The medication is called Nuedexta, and it is marketed by Avanir Pharmaceuticals. Nuedexta is supposed to treat pseudobulbar affect (PBA) or Involuntary Emotional Expression Disorder (IEED). It is characterized by uncontrolled or exaggerated episodes of crying, laughing, or other emotional displays occurring with minimal or no stimulation to provoke such a response. Studies show that up to 50 percent of MS patients experience PBA. People who have the condition usually have some type of neurologic disorder, typically MS, Amyotrophic Lateral Sclerosis, Parkinson's disease, dementia, traumatic brain injury, or stroke.

Nuedexta contains dextromethorphan hydrobromide, 20 mg and quinidine sulfate, 10 mg. A few years ago the medication was almost approved by the FDA under the name Zenvia, but the FDA sent the company back to the drawing board, citing concerns over heart rhythm safety. The main concern was whether quinidine caused QT prolongation (a heart rhythm abnormality that can cause a heart attack). The amount of quinidine was decreased by one-third, and more clinical trials were done. The new formulation will be sold under the name Nuedexta.

Nuedexta is first in its class of medications, thought to affect the neurotransmitter glutamate, although the exact mechanism by which Nuedexta works is unknown. Nuedexta was tested at two strengths: 30 mg dextromethorphan hbr with 10 mg quinidine, and 20 mg dextromethorphan with 10 mg quinidine. Each reduced the PBA rate by 46.9% and 49% respectively, relative to a placebo.

Patients with PBA typically experience embarrassment because of their unpredictable emotional outbursts leading to disruptions of their relationships with family and friends. This can lead to social isolation. It is thought that PBA is a disconnection syndrome that results when regulation of higher centers of the brain associated with emotions are impaired due to disease or injury. Physicians sometimes treat the signs and symptoms of PBA with anti-depressants called serotonin reuptake inhibitors, e.g. fluoxetine, citalopram, paroxetine, and sertraline. The trade names are: Prozac, Celexa, Paxil, and Zoloft. These can significantly reduce the frequency of emotional outbursts, but they can also cause unwanted side effects.

Patients with PBA are frequently misdiagnosed with depression, bipolar disorder, personality disorder and sometimes even epilepsy. One difference is that the previously mentioned disorders have sustained emotional states over long periods of time.

PBA's emotional episodes are relatively short in duration. Usually the patient is laughing or crying, and it is not congruent with what the patient is feeling. A test most commonly used by doctors to diagnose PBA is the Center for Neurologic Study Lability Scale (CNS-LS), a short seven item questionnaire completed by the patient. Another test performed is the Pathological Laughing and Crying Scale (PLACS) which is based on an interview between the patient and the clinician.

Nuedexta is taken once a day for the first week, then two times a day starting on the eighth day. Side effects can be diarrhea, dizziness, cough, vomiting, weakness, peripheral edema, and flatulence. The FDA cautions that quinidine is linked to a risk for severe and potentially fatal immune-related thrombocytopenia (decreased platelets that can lead to bleeding) that can be preceded by such nonspecific signs and symptoms as lightheadedness, chills, fever, nausea, and vomiting. Treatment should be permanently discontinued if thrombocytopenia develops.

Assessment Questions on the CNS-LS Scale:

1. There are times when I feel fine one minute, and then I'll become tearful the next minute over something small or for no reason at all.
2. Others have told me that I seem to become amused very easily or that I seem to become amused about things that really aren't funny.
3. I find myself crying very easily.
4. I find that even when I try to control my laughter, I am often unable to do so.
5. There are times when I won't be thinking of anything happy or funny at all, but then I'll suddenly be overcome by funny or happy thoughts.
6. I find that even when I try to control my crying, I am often unable to do so.
7. I find that I am easily overcome by laughter.

Instructions for filling out CNS-LS: Write answers, using a scale between 1 and 5, with 1 being "never," and 5 being "most of the time." Write down the number that describes the degree to which each item applies to you DURING THE PAST WEEK. Write only 1 number for each item. If you score 13 or higher, you may be having PBA symptoms. You should discuss with your doctor. Sources: Nuedexta.com; Avanir Pharm. press release, Avanir Pharm. patient advertising brochure



Schwan's Cares Fundraiser

Giving back to the Tri-State MS Association never tasted so delicious! We will have a Schwan's Cares fundraiser thru July 7, 2016. Go to Schwans-Cares.com to order from Schwan's Home Delivery and help our organization meet its fundraising goals.

When you order thru July 7th, 20% of all product sales and 40% of eGift Card sales will go back to TSMSA! Schwan's Home Delivery offers over 350 delicious foods, flash-frozen at the peak of freshness! You will find the perfect meal ideas for parties and events, all delivered right to your door! There are two ways to support us:

Order Online:

1. Visit <http://www.schwans-cares.com/c/26514>
2. Click "Shop to Give"
3. Start shopping!

Order by Phone:

1. Call 1-855-870-7208 and provide Campaign ID: 26514

Existing Schwan's customers need to follow one of the ordering steps above to create your fundraising affiliation and have your order contribute to our campaign. Your order will be delivered on your existing route day. New customers need to choose a delivery date & time during checkout.



Lucas Oil - Father's Day Gift Ideas

Lucas Oil Diamond Discount Cards: Purchase a discount card from the TSMSA office or Lucas Oil Center for \$10.00 to receive discounts from many local businesses. Proceeds benefit TSMSA.

Lucas Oil Discount Football: Purchase a football (7" diameter) from the TSMSA office or Lucas Oil Center for \$10 to receive \$5.00 off a car wash or oil change at Lucas Oil Center *every time* you show the football.



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
Stacy Little
Nancy Arapios

Open Door UU Fellowship
Denise Love Orrick
Carl Brown

Professional Transportation
Daniel McCarty
Trevor Hoehn

In Memory of Joni Gentry

Bruce Adler

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In Memory of Mary Kay Thomas

Connie Romain
Debbie Hebbeler
Sharon Omer
Linda Mattingly

In Memory of Sheila Overton

Allison Spaeth



HAPPY BIRTHDAY TO YOU!!

Kathy Knight	John Wick	Betty Tharp
Tiffany Stepto	Jeff Elpers	Scott Berry
Gayle Taylor	Billie Jo Winder	Lori Gray
Donna Cooper	Alice Burkhart	Joyce Elpers

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.



Thank you to **Jason’s Deli** for hosting a give back night for TSMSA.
We appreciate the support!!



Thank you **Kight Lumber, Sherwin-Williams Paint,** and **Danny Hirsch** for making our second craft event a huge success! Thank you to all those that came and made a flag or flower! They were all so unique and beautiful! Check out all the pictures on Tri-State MS Association’s Facebook page!

Evening of Excellence

Congratulations to Spirit Award Recipients: Mary Jane Miles and Beckie Dennis!

Thank You to Our Sponsors

Bussing-Koch Foundation	German American Bank	Pet Food Center, LLC	Tropicana Evansville
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14 WFIE	Derby Dinner Playhouse	Jennifer's Hallmark	Rolling Hills Country Club
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Azzip Pizza	Dr. Goodman	Just Faux Fun	Shyler's BBQ
Basket Kases	Eastern Kentucky University	Kentucky Derby Museum	St. Louis Cardinals
Beech Bend Park	Escape Evansville	Kentucky Horse Park	Stampin' Up
Bella Vi Spa & Aesthetics	Evansville Archery Academy	Lefler's Collision & Glass	Sugar Bakers Home Fashions
Belle of Louisville	Evansville Music Academy	Lic's	Sweet Lolli Toys
Biaggi's Ristorante Italiano	Evansville Otters	Live Well	Swonder Ice Arena
Big Splash Adv. Water Park	Evansville Phil. Orchestra	Longhorn Steakhouse	Tennessee Smokies Baseball
Casey's General Stores	Family Dentistry	Louisville Mega Caverns	TGI Friday's
Chicago Bulls	Flutter Newburgh	Louisville Zoo	The Cheer Zone
Chik-fil-A	Fort Wayne Children's Zoo	Mahoning Valley Scrappers	The Cheesecake Factory
Children's Museum of Indianapolis	Ganz	Marengo Cave	The Face Place
Chili's	Gatti Town	Mark's Mattress	The Galt House Hotel
cMoe	GiGi's Cupcakes	McAlister's Deli	The Hornet's Nest
College Football Hall of Fame	Grand Country Music Hall	Mesker Park Zoo	The Rug Gallery of Newburgh
Colonial Gardens	Hacienda	Muhammad Ali Center	Tiny Prints
ComedySportz Indianapolis	Historic Newburgh, Inc.	Naples Zoo	Tri-State Athletic Club
Connie Romain	Holiday Inn Evansville Airport	National Corvette Museum	Tropicana Evansville
Cork 'n Cleaver	Holiday World	NCAA Hall of Champions	TSMSA Board Members
Creation Museum	Indiana Basketball Hall of Fame	Nitro Fitness	University of Louisville
Crystal Ball Carpet Cleaning	Indiana Caverns	No Frye Zone	Wild Flower Boutique
D'Alto Studio of Perf. Arts	Indiana State Museum	Olive Garden	WNBA Indiana Fever
Darrell's Photography	Indianapolis Colts	Oliver Winery	Working Distributors
Dean Bosler's Furniture	Indianapolis Zoo	People's Furniture - Mattress	World of Coca Cola
Déjà vu Skin & Vein Center	J. Michael Conkright, M.D.	Portrait Innovations	YMCA
Denver Zoo	J.E. Shekell, Inc.	Red Lobster	Zuki
	Jason's Deli	Reitz Home Museum	

Special Thanks to Those Who Made Our Event a Success:

Amanda Hughes	Barb Heacock	Donut Bank	Linda Anslinger	Schutte Printing
Amy Higelman,	Chad Schmidt	Gina Moore	Monarch Beverage	Stacey May
Fire & Rain	CRS One Source, Alan	Jennifer Jones	Pam Jutzi	Stan Newman
Angie Martin	Clark	Jim David	Sally Jochim	Susan Shovers
Angie Wargel	Diane Merritt	John Jenkins	Sandy Bitter	Tiffany Stepto
		Kristin Dannheiser	Sassy Sweet Conf.	Trina Doepker
				Tropicana Evansville

