TRI-STATE MULTIPLE SCLEROSIS ASSOCIATION

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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September 2016 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday, September 10th, at 10:00 a.m. at the TSMSA Office, 971-C S. Kenmore Drive. **Speaker**: Pharmacist Mark Haywood, owner of the Optimum Wellness Pharmacy in Newburgh, will discuss nutritional supplements, Low Dose Naltrexone, and compounding services provided at the pharmacy that apply to MS patients.
Contacts: Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Tell City, IN support group will meet Tuesday, September 13, 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, September 17th, 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 not** meet in September!! Meetings will resume in October.
Contacts: Meg Burnley / 270-826-9507 or Debbie Whittington / 270-827-8298.

Owensboro, KY support group will meet Monday, September 12th, 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, September 3rd, 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.

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.

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

Thank you to Teva Neurosciences for sponsoring our monthly newsletter.

Calendar of Events

	September 8, Thursday, Genzyme (Lemtrada) Educational Lunch Program **Speaker:** Nancy Heckler, RN, BSN, CBN Associates Neurology, Lexington,KY **Time:** 12:00 p.m. (noon) **Location:** Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN **RSVP:** You and 1 (one) guest: Lemtrada.com or 1-866-682-7502
	September 8, Thursday, Genzyme (Lemtrada) Educational Dinner Program **Speaker:** Nancy Heckler, RN, BSN, CBN Associates Neurology, Lexington,KY **Time:** 6:00 p.m. **Location:** Moonlite Bar-B-Q, Owensboro, KY **RSVP:** You and 1 (one) guest: Lemtrada.com or 1-866-682-7502
	September 14, Wednesday, Mallinkcrodt (Acthar) Educational Dinner Program **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
	September 15, Thursday Monthly Newsletter Stuffing **Time:** 11:30 a.m. **Location:** TSMSA Office – Come help, while you make new friends!
	September 22, Thursday, Acorda (Ampyra) Educational Lunch Program **Speaker:** Laura Miller, PT, Norton Healthcare, Louisville, KY **Time:** 12:00 p.m. (Noon) **Location:** The Patio Steakhouse, 3120 IN 66, Tell City, IN **RSVP:** You and 1 (one) guest: 812-423-5943 or 1-866-514-4312
	September 22, Thursday, Acorda (Ampyra) Educational Dinner Program **Speaker:** Laura Miller, PT, Norton Healthcare, Louisville, KY **Time:** 6:00 p.m. EST (5:00 p.m. Evansville time) **Location:** Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN **RSVP:** You and 1 (one) guest: 812-423-5943 or 1-866-514-4312
	October 13, Thursday, Genzyme (Lemtrada) Educational Lunch Program **Speaker:** Dr. Gregory Anderson, KentuckyOne Health Neurology Associates **Time:** 12:00 (noon) **Location:** Moonlite Bar-B-Q, Owensboro, KY **RSVP:** You and 1 (one) guest: Lemtrada.com or 1-866-682-7502
	October 13, Thursday, Genzyme (Lemtrada) Educational Dinner Program **Speaker:** Dr. Gregory Anderson, KentuckyOne Health Neurology Associates **Time:** 6:00 p.m. **Location:** Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN **RSVP:** You and 1 (one) guest: Lemtrada.com or 1-866-682-7502

Holy Hoops H.O.R.S.E. Shootout for MS

A HUGE THANK YOU to **Jay Stockman** for all of his hard work and devoted time in making the Holy Hoops H.O.R.S.E. Shootout for MS a success!! The fundraiser raised $3,000 for TSMSA! We couldn't have done it without you Jay! Stay tuned for future H.O.R.S.E. tournaments benefitting TSMSA by checking holyhoops4ms.com!!

Thank you to everyone who participated in the fundraiser!

Alan McClure
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Archie Stambush IV
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Ryan Tomes
Shawn Scott

Thank you to all of the wonderful prize donors! We appreciate your support and generosity!

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Taco Tierra
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Texas Roadhouse
TGI Fridays
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Western Ribeye & Ribs

SPASTICITY AND MS **Susan Reynolds, RN, MSCN**

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 or transfer.

When central nervous system (CNS) pathways are disrupted (for example, by an MS lesion) loss of inhibition occurs. 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, and 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 therapist 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 it easier for people with limited strength to exercise.

Intrathecal Baclofen Therapy (ITB) is another option. It is most useful in lower extremity spasticity. ITB is delivered directly to the spinal fluid in the back through 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 most useful if spasticity is limited to several muscle groups. It can help to loosen a muscle before physical therapy. Injections are effective for 3 to 4 months. Injecting a chemical block using Phenol is another option for contracted leg muscles.

A more drastic treatment would be Selective Dorsal Rhizotomy, 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 are: acupuncture, biofeedback, electromagnetic stimulation, yoga, tai chi, aquatherapy or aquacise, hippotherapy (horseback riding with a hippotherapist), and massage. Always consult your doctor before beginning any of these treatments.

Adequate nutrition, sufficient sleep, stress management, daily stretching, and exercise are always very important. Talk to your neurologist to see what treatment would be best for you, if you are experiencing spasticity. 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.

Do you suffer from the MS Hug?

MS hug is a tight, squeezing band-like feeling around your torso. I usually get the MS hug when I am tired, hot or overstressed. The following are a few things to try:

- Apply a cool compress or a cool washcloth over the area.
- Drink plenty of water. Stay hydrated!
- Eat a healthy diet.
- Take a cool shower, if you are overheated.
- Drink ice water if you are in a hot place outside.
- Get a massage.
- Stay rested, and get at least 8 hours of sleep each night.
- Use deep breathing techniques, yoga, and meditation.
- Wear loose, comfortable clothing.
- My neurologist advised wearing a tight girdle to compete against the tightness.
- The one thing that always works for me is to lie flat on my back and rest until the tightness subsides. Sometimes it takes several hours or until the next day for the pain to subside.

Medications may fight the pain of MS hugs. Your doctor may prescribe one of the following:

- ✓ Acetaminophen or ibuprofen
- ✓ Muscle relaxers; i.e., Baclofen and Zanaflex
- ✓ Neuropathic meds, i.e., Gabapentin or Lyrica
- ✓ Pain-relief cream
- ✓ Keep taking you disease modifying therapy

Responses are different for every person. Keep trying until you find something that works! Talk with your health care team about the best treatment for you.

Schwan's Cares Fundraiser

You have until October 2, 2016 to place an order to benefit TSMSA. Go to Schwans-Cares.com to order from Schwan's Home Delivery and help our organization meet its fundraising goals. When you order thru October 2nd, 5% of all product sales and eGift Card sales will go back to TSMSA!

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

Diamond Discount Cards

Purchase a discount card from the TSMSA office or Lucas Oil Center for $5.00 and you will receive discounts from many local businesses. Proceeds benefit TSMSA.

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
Mr. & Mrs. Roy Freudenberg
Mr. & Mrs. William Hines
Michael Clauson
Denise Love Orrick
Nancy Arapios
Schwan Food Company
Mary Rueger
United Way Gibson County

In Honor of Brenda Floyd

Laura Weibush

In Memory of Richard Daly

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In Memory of Edward Peak

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HAPPY BIRTHDAY TO YOU!!

Ella Minor	**Melvin Dickson**	**Sharon Mehling**
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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.

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Autumn Walks

Owensboro Walk

Location: Moreland Park; 1215 Hickman Ave; Owensboro, KY

Sunday, October 30 Registration: 12:30 p.m. Walk: 1:30 p.m.

Evansville Walk

Location: Harrison High School; 211 Fielding Rd; Evansville, IN

Sunday, November 6 Registration: 12:30 p.m. Walk: 1:30 p.m.

Start getting your teams together TODAY! **We are counting on you!!**

Please Read!!

If you would like to continue receiving the monthly newsletter by mail, you MUST contact us by e-mail: officemanager@tristatems.org, by phone: 812-423-5943 or 1-866-514-4312 or by returning the survey on our website, and indicate your newsletter preferences.