971-C S. Kenmore Drive

Evansville, IN 47714

Phone: 812-423-5943 Toll-Free: 1-866-514-4312

[www.tristatems.org](http://www.tristatems.org/)

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**September 2019 Newsletter**

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

# Indiana Support Group Meeting Dates

**Evansville, IN** support group will meet Saturday, September 14th, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. **Speaker:**

Mark Haywood, Optimum Wellness Pharmacy.

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

**Tell City, IN** support group **will NOT meet** in September. Join us for the Sanofi Genzyme (Aubagio) educational lunch and dinner programs at Moonlite and Biaggi’s.

**Contacts:** Terri Hasty / 812-649-4013 or Mary Ann Weatherholt / 812-719-2666.

**Washington, IN** support group will meet Saturday, September 21st, at 10:00 a.m. at Daviess Community Hospital. Join us for an open discussion.

**Contacts:** Fran Neal / 812-259-1565 or TSMSA / 1-866-514-4312.

# Kentucky Support Group Meeting Dates

**Henderson, KY** support group **will NOT** meet until further notice.

**Contacts:** Cheryl Walker / 270-823-4752 or TSMSA / 812-423-5943.

**Owensboro, KY** support group will meet Saturday, September 14th, at 11:00 a.m. at

HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY. Join us for an open discussion and refreshments.

**Contacts:** Susan Reynolds / 812-228-6100 or TSMSA / 1-866-514-5312.

# Illinois Support Group Meeting Dates

**Fairfield, IL** support group will meet Saturday, September 7th, at 11:00 a.m. at Fairfield

Memorial Hospital in the Board Room of Horizon Clinic. Join us for an open discussion.

**Contacts:** Carol Anne Greenwood / 618-558-1045 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.***



***THANK YOU to Biogen for sponsoring our monthly newsletter!***

www.abovems.com 1-866-955-9999

***Calendar of Events***

|  |  |
| --- | --- |
| Mark Howard Fletcher | **September 10, Tuesday, Sanofi Genzyme (Aubagio) Educational Lunch Program****Speaker:** Dr. Mark Fletcher, Neurologist, [N. Mississippi Medical Center](https://health.usnews.com/best-hospitals/area/ms/north-mississippi-medical-center-6540810), Tupelo, MS.**Time:** 12 p.m. (noon)**Location:** Moonlite Bar-B-Q, Owensboro, KY**RSVP:** You and 1 (one) guest: 1-877-895-1136 or [www.aubagio.com/events](http://www.aubagio.com/events) |
| Mark Howard Fletcher | **September 10, Tuesday, Sanofi Genzyme (Aubagio) Educational Dinner Program****Speaker:** Dr. Mark Fletcher, Neurologist, [N. Mississippi Medical Center](https://health.usnews.com/best-hospitals/area/ms/north-mississippi-medical-center-6540810), Tupelo, MS.**Time:** 6:00 p.m.**Location:** Biaggi’s Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN**RSVP:** You and 1 (one) guest: 1-877-895-1136 or [www.aubagio.com/events](http://www.aubagio.com/events) |
|  | **September 12, Thursday, ‘Girls' Night Out’ Fundraising Event****Time:** 6:00 p.m.**Location:** Evansville Country Club, 3810 Stringtown Road, Evansville, IN**Cost:** $25.00 prior to event; $30.00 at the door. Tickets available at TSMSA office.***Come support TSMSA and enjoy time with the girls!* Vendor space available.** |
|  | **September 19, Thursday, Monthly Newsletter Folding** **Time:** 11:30 a.m. **Location:** TSMSA Office – Come help, while you make new friends! |
|  | **September 29, Sunday, TSMSA Family Fun Day \****See details in this newsletter*\***Time:** 1:00 p.m. to 4:00 p.m.**Location:** GattiTown, 316 N Green River Rd, Evansville, IN 47715**RSVP:** TSMSA 812-423-5943 or 1-866-514-4312 *by Friday, September 27*. |
|  | ***Upcoming October Events*** |
| Dr. Kristi M. Nord, MD | **October 2, Wednesday, Biogen Idec (Tecfidera) Educational Dinner Program****Speaker:** Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN **Time:** 6:00 p.m.**Location:** Moonlite Bar-B-Q, Owensboro, KY**RSVP:** You and 1 (one) guest: Navigating-MS.com or 1-866-955-9999 |
|  | **October 11 thru 13, Friday thru Sunday, ‘Strike Out MS’ Fundraiser**✓NGS fields, Newburgh, IN ✓8u to 16u divisions / 18u divisions ✓All-star teams are welcome ✓4-game guarantee ✓a champion for each division ✓Play at your 2019 or 2020 age ✓Fast Pitch Softball ✓All proceeds benefit TSMSA ✓Details in this newsletter*\* Please note: Date change and age group change.\**This is the first year for ‘**Strike Out MS**’, a tournament that was conceived by Molly Jillson and her father, Rick Jillson. Molly grew up in Newburgh and played for Memorial HS, helping lead the team to championships her senior year.One year after playing her final competitive softball game, Molly was diagnosed with MS. Molly decided to do something to help raise money and awareness for MS. She and her dad decided to host a softball tournament. Thus, "Strike Out MS" was born. |

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**Rehab for Life**

**“Making Waves” Aquatic Exercise Classes**

Rehab for Life is offering Aquatic Exercise Classes! “Making Waves” classes involve higher level active movement using resistance from the water, along with other equipment to make for a greater workout. The classes are *open to the public*.

“Making Waves” will take place at Rehab for Life on Mondays and Wednesdays at 8 a.m.

Twice per week / 4-week session cost: $85. *Please note*: TSMSA will pay $40 toward the first 4-week session for individuals living with MS. The participant will pay the remainder of the cost.

Explore the benefits of aquatic exercises. Tell your friends! Everyone is invited to participate.

Check out Rehab for Life’s new location: 6215 E. Florida Street in Evansville.

For additional details, or to register, call Amy at Rehab for Life: (812) 401-5210.



 ***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 | AT&T Employee Giving |
| Mike Clauson | Nancy Arapios | Zeidler Floral |
| Pamela Gray | Denise Orrick | Open Door UU Church |
| David Titus | Fresh Thyme Market | Network For Good |
| ***In Memory of Joni Gentry***Bruce Adler | ***In Memory of Doug Euler, Kim Halley & Jennifer Hoffman*** |
| Mr. & Mrs. Chester Wilson | Jennifer & Jenna Hollander |
| Mr. & Mrs. Mike Henry | Randy Blythe |
| Mr. & Mrs. Pat Rhoades | Patricia Haller |
| Mr. & Mrs. Dan Winiger | Mr. & Mrs. Jerome Preske |
| Mr. & Mrs. Nick Winiger | Mr. & Mrs. Thomas Schmitz |
| Mr. & Mrs. Gary Case | Mr. & Mrs. James Tomes |
| Mr. & Mrs. Rick Jackson | Mr. & Mrs. Dirk Euler |
| Woodward Commercial Realty | Mr. & Mrs. David Waters |

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| --- |
| **Happy Birthday To You!** |
|  Ella Minor Melvin Dickson Sharon MehlingRose Fieldhouse Hershel McNary Alan Bartlett Debbie Robertson Susan Reynolds Patricia Godge Linda Winfield Greg Bannister Kathy HazelwoodNina Harris Catherine Graber Mike CherryAmy Phillips Sharon Kamholtz Patricia LaGrone Diane Goffinett |



If you would like to have your birthday included in our newsletter, please send a note that includes your *name*, *date of birth*, and *signed permission* for us to print it.

**Coping**

When you can’t cope, try hope.

What you can’t cure, you must endure.

The difference between an adventure and an ordeal is your attitude.

**Multiple Sclerosis Association of America**

We would like to highlight the **Multiple Sclerosis Association of America** (MSAA) and the free services they offer to help improve lives.

**MSAA MRI Access Fund**

The MSAA MRI Access Fund assists with the payment of brain and c-spine MRI scans for qualified individuals who have no medical insurance or cannot afford their insurance costs and require the exam to help determine a diagnosis of MS or evaluate MS progression. You must contact MSAA *before* you schedule your MRI. Applications can be filled out online or completed applications can be faxed to MSAA at 856-488-8257. For questions or to request a mailed copy of the MRI Access Fund application, please call MSAA at **(800) 532-7667, ext. 120**.

**Equipment Distribution Program**

Some people with MS experience difficulty with balance and coordination, fine motor skills, and mobility. The MSAA Equipment Distribution Program offers clients products designed to improve safety, dignity, mobility, and independence. Items distributed through the program include home safety products such as shower chairs and grab bars, as well as mobility devices including canes, walkers, and wheelchairs. MSAA provides these products at no charge and ships them directly to the client. For more information, visit mymsaa.org, call MSAA at (800) 532-7667, or email clientservices@mymsaa.org.

**Cooling Distribution Program**
MSAA provides cooling vests to individuals with MS who qualify for the program. Many people with MS are heat sensitive. MS research has proven that heat and humidity often aggravate common MS symptoms. MS research has also proven that cooling the body can help lessen the negative effects of heat and humidity on a person with MS. The MSAA Cooling Program offers cooling vests and accessories for adults with MS as well as children diagnosed with pediatric MS. Cooling vests are commonly worn over clothing and contain insulated pockets that hold small ice packs. MSAA also offers smaller products to wear under clothing as well as accessories to help cool the neck, wrists and ankles. MSAA provides these products at no charge and items are shipped directly to the client. If you have any questions, visit mymsaa.org, call MSAA at (800) 532-7667, or email clientservices@mymsaa.org.

**Texas Roadhouse Giveback**

On Thursday, September 19, give the following coupon to your waiter or waitress at Texas Roadhouse when ordering. Texas Roadhouse will donate 10% of your receipt to TSMSA.



**Pain and MS Susan Reynolds RN, MSCN**

Are any of you having pain related to your MS? How often have you heard the phrase “But you look so good!” When I was first diagnosed with MS 22 years ago I was told by my neurologist that pain was not a part of the disease. I somehow convinced myself that what I was feeling must not actually be pain. I couldn’t even verbalize to my family or friends that I was in pain because I was told that in MS there was no pain! Years later, neurologists began talking about pain with MS. There is pain with MS! Studies show that two thirds or around 70% of people with MS will have pain at some point during the course of their disease. Pain can be a presenting symptom of MS and it can be the most debilitating symptom of MS.

There are two reasons why pain occurs in MS. First is the disruption of central nervous system myelin. When pain is the result of a disruption or alteration in nerve conduction it is called neurogenic or neuropathic pain. The second reason for MS pain is from the effects of disability. It is called nocioceptive pain. It occurs when bone, muscle or body nocioceptors warn of tissue damage which may result from disability.

Some examples of neurogenic pain are: Lhermitte’s sign, the electric shock-like pain that some MS patients get when they look down or bend their neck forward. Another example is trigeminal neuralgia, a sharp pain in the jaw that comes and goes. It is usually brought on by touch, sneezing, chewing or even brushing the teeth. Dysesthesia, or burning, aching and girdling around the body is also an example of neurogenic pain. This can include feelings like itching and burning or sensitivity to touch. The pins and needles sensation fit into this category. “MS hug” (the feeling of being squeezed around the trunk) is an example of dysesthetic pain.

There are many medications used to treat neurogenic pain. Anticonvulsants such as Cabamazepine or Phenytoin (Tegretal and Dilantin) are commonly used to treat trigeminal neuralgia. Anticonvulsants are used to treat Lhermitte’s sign too. A soft neck brace can also be used for Lhermitte’s sign. Tricyclic antidepressants such as Amitriptyline, Nortriptyline, and Desipramine are sometimes used to treat neurogenic pain. Gabapentin (Neurontin) is another anticonvulsant commonly used to treat neurogenic pain. One thing that is news to me is the use of anti-arrhythmics for neurogenic pain. I have never heard of an MS patient in the tri-state area being treated with an anti-arrhythmic for neurogenic pain but I plan on asking my neurologist about it when I see him in September.

Anticonvulsants work by modulating excitatory neurotransmitters or slowing down over active nerves. Antidepressants work by increasing chemicals in the body that decrease the level of signals transmitted along nerve pathways. Anti-arrhythmics such as Lidocaine, Tocainide, and Mexiletine are prescribed because they calm excited nerve firing.

Two newer drugs prescribed for pain in MS are Duloxetine Hydrochloride (Cymbalta) or Pregabalin (Lyrica). Neither is approved specifically for MS, but is commonly being used to treat MS pain by many neurologists. Cymbalta is an SNRI (selective norepinephrine reuptake inhibitor) antidepressant and Lyrica is an anticonvulsant.

For Nocioceptive Pain caused by the effects of disability or musculoskeletal problems, muscle relaxers are commonly prescribed. An example of this type of pain is painful tonic spasms, or spasticity. Baclofen, Tizanadine and Diazepam are used to treat spasticity. The side effects of these medications must continually be evaluated in terms of their impact on the patient’s quality of life. Stretching exercises can also help relieve spasticity.

Physical therapy can help musculoskeletal pain that is secondary to a symptom of MS. An evaluation to pinpoint the cause of the pain is essential. A physical therapist can help determine whether pain is caused by incorrect use of mobility aids, incorrect posture, immobility, or by the struggle to compensate for weakness, gait or balance problems. Treatments may include application of heat, cold, ultrasound, massage or physical therapy.

Newer literature suggests seeking help from a Multidisciplinary Pain Clinic. They can use pain medication in combination with alternative therapies such as biofeedback, meditation, relaxation, yoga, hypnosis and cognitive behavioral therapy. Use of a TENS (Transcutaneous Nerve Stimulation) unit can help with some physical causes of pain. Getting involved in social activities, support groups or work can help with pain. Higher pain severity is reported by people with MS who are homebound or unemployed.

***Complementary and Alternative Medicine (CAM) Therapies***
Please consult your doctor before trying any of the following treatments.

**Acupuncture** has been studied as a possible therapy for a number of MS symptoms. The technique involves inserting and manipulating fine needles in specific points on the body. According to traditional Chinese medical theory, acupuncture points are located along meridians through which vital energy flows. There is no known anatomic basis for the existence of acupuncture points, but the technique may work in certain specific situations.

**Acupressure** is essentially a variation of acupuncture, but involves applying physical pressure to acupuncture points. As with acupuncture, the points to which pressure is applied may or may not be in the same area of the body as the targeted symptom. Many chiropractors use this technique as part of their pain treatment.

**Yoga** and **tai chi** are based on traditional Asian medicine, and both have been shown to be of significant value in managing MS by allowing individuals to increase strength, flexibility, and balance. Several excellent books and videos are available that can help people develop a program that will assist in an overall management program for MS.

The medical use of **cannabis** (marijuana) is controversial since it has not been legalized nationally, but certain states have legalized its use by prescription through approved distribution centers. Studies with MS patients and cannabis for symptom relief are limited and the results have been mixed. Additionally, there have been reports of adverse cognitive effects on people with MS. A recent report indicating that cannabis is associated with strokes in young people is also concerning. Your healthcare professional can help you to better understand the risks versus the benefits of cannabis in treating certain multiple sclerosis.

Muscle spasms are one of the most common symptoms of MS. These spasms can be so great they cause constant pain in some people. [One report](https://www.ncbi.nlm.nih.gov/books/NBK425767/) found that short-term use of **CBD oil** could reduce the levels of spasticity a person feels. The results are modest, but many people reported a reduction in symptoms. More studies on humans are needed to verify these results.

Pain can be intensified by fear. But the amount of pain an MS patient has actually has no bearing on the severity of their disease. People who stay active and maintain a positive attitude often seem to be able to reduce the impact of their pain. These patients often experiment with complementary or alternative therapies to relieve their pain. It is a characteristic of many people with MS to look for ways to help themselves and take action to reduce their pain.



TSMSA’s 5th Annual Family Fun Day

 Sponsors:

**• • • • •**

**• • • • •**



***Must* RSVP** by September 27:

812-423-5943

or

1-866-514-4312

This event is exclusive to individuals living with multiple sclerosis and their family members\* as well as volunteers of TSMSA.

**• • • • •**

316 N Green River Rd

**• • • • •**

Evansville IN 47715

**Sunday, September 29, 2019**

**Join us any time from 1 to 4 pm! GattiTown closes at 7 pm**

Come enjoy a *FREE* afternoon of fun for the whole family. Pizza Buffet, Unlimited Drinks with Refills.

Each child receives a $5.00 game card.

Other family members can join us at a discounted price. Call for details.

\* Qualifying family members: MS individual(s), 1 adult guest, children living at home, or grandchildren. \*