






971-C S. Kenmore Drive
Evansville, IN 47714
Phone: 812-423-5943 Toll-Free: 1-866-514-4312
www.tristatems.org
“Like” us on Facebook  
Follow us on Twitter and Instagram 

March 2020 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday, March 14th, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. Join us for an open discussion.

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

Tell City, IN support group will meet Tuesday, March 10th, at 11:00 a.m. at Twilight Towers, 1648 10th Street, in the cafeteria. Join us for an open discussion.

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

Washington, IN support group will meet Saturday, March 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 meet Monday, March 9th, at 3:30 p.m. at Seventh Street Baptist Church, 627 Short 7th Street, Henderson, KY. Join us in the Dr. A. M. Brooks Family Life Center to discuss future meetings.

Contacts: Cheryl Walker / 270-823-4752 or Gayla Gilbert / 270-860-7689

Owensboro, KY support group will meet Saturday, March 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, March 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.*



Calendar of Events

	<p><u>March 3, Tuesday, Biogen (Tecfidera) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Memorial Neurology, Jasper, IN Time: 6:00 p.m. Location: The Patio Steak House, Tell City, IN RSVP: You and 1 (one) guest: Navigating-MS.com or 1-866-955-9999</p>
 Gehlhausen	<p><u>March 12, Thursday, Gehlhausen Spring Fashion & Floral Event</u> Time: 6:00 p.m. to 8:00 p.m. Location: Gehlhausen Floral; 735 S. Green River Road; Evansville, IN Tickets: Advanced tickets: \$15; At the door: \$20 Door prizes / Light refreshments / Chance to win Lucky Piece in Pot of Gold 20% off your entire purchase; 5% give back to TSMSA</p>
	<p><u>March 19, Thursday, Monthly Newsletter Folding and Guest Speaker:</u> <u>Mark Haywood, Optimum Wellness / Nations Pharmacy</u> Time: 11:00 a.m. Location: TSMSA Office <i>Note: Time change for this month only.</i></p>
	<p><u>March 24, Tuesday, Rehab for Life Exercise Class with Jan Stamps (FREE)</u> Time: 5:30 p.m. to 6:15 p.m. Location: Rehab for Life; 6215 E. Florida St; Evansville, IN 47715 RSVP: TSMSA 812-423-5943 or 1-866-514-4312 Exercise is an important part of being healthy. People with MS have fitness and exercise options. Visit Rehab for Life's beautiful, new facility, then enjoy a FREE exercise class with owner Jan Stamps.</p>

Upcoming Events

	<p><u>April 7, Tuesday, Biogen (Tecfidera) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Memorial Neurology, Jasper, IN Time: 6:00 p.m. <i>Eastern Time</i> Location: The Schnitzelbank Restaurant; Jasper, IN RSVP: You and 1 (one) guest: Navigating-MS.com or 1-866-955-9999</p>
SAVE <i>the</i> DATE	<p><u>April 23, Thursday, EMD Serono (MAVENCLAD) Educational Dinner Program</u> Speaker: To be announced Time: 6:00 p.m. Location: Moonlite Bar-B-Q Inn; Owensboro, KY RSVP: You and 1 (one) guest: MAVENCLAD.com or 1-877-969-1722</p>

Alone
we can do so little *Together*
we can do so much

Helen Keller

Multiple Sclerosis Awareness Month / Indiana Disability Awareness Month

“You are *strong* when you know your weaknesses.
You are *beautiful* when you appreciate your flaws.
You are *wise* when you learn from your mistakes.”

~ Author Unknown

March is Multiple Sclerosis Awareness Month, and it is Indiana Disabilities Awareness Month. The Disabilities Awareness Month theme, “People, Not Punchlines”, reminds us of an ugly truth: Persons with disabilities are sometimes turned into objects of ridicule. We must work together to understand one another better. Through many Tri-State MS Association events and fundraisers, people in the tri-state area have become familiar with the challenges that people living with MS and their families face. Many have come to understand the fatigue, pain, cognitive difficulties, and mobility issues that are a part of living with MS.

As a person with MS, you know that, while the diagnosis of MS is part of you, it does not completely define who you are. It’s true that you may have limitations as a result of the disease, but it is important to remember all of your strengths and abilities. You are *strong*. You are *beautiful*. You are *wise*.

Facts About Multiple Sclerosis

1. Fatigue is the most common, and potentially most disabling symptom. Another common symptom of MS is pain, and this pain exists in many forms.
2. People with MS may experience emotional problems, such as depression, anxiety, mood swings, pseudobulbar affect (PBA), and stress.
3. No specific diet has been scientifically proven to slow progression. Specialists promote the same low fat, high fiber eating habits recommended for all adults.
4. Stress is a trigger for MS. It comes in all forms, from emotional and physical to stress on the body by extreme temperature.
5. Regular exercise, including exercises for strengthening, stretching, coordination, and balance, can be useful in managing many common MS symptoms.
6. Doctors do not know why the immune system attacks myelin, but they believe the following may increase the risk: having a family history of MS; having a history of other autoimmune conditions; having had certain viral infections; smoking; and being 20 to 40 years old.
7. Research shows that a person may have a genetic feature that makes them more likely to develop MS, but they may need exposure to an environmental factor to trigger it.
8. Over the last 7 years, the prices of disease modifying therapy drugs have nearly tripled.

Vision problems may be the first symptom of MS for many people. More than fifty percent of people with MS will experience some type of vision problem along the course of the disease. Visual disturbance caused by MS falls into one of three categories: Vision loss (caused by optic neuritis), diplopia (double vision), or oscillopsia (nystagmus or jerky eye movements). Optic neuritis is the first sign of MS in about 15 to 20 percent of MS patients. Fortunately, the prognosis for recovery from many vision problems associated with MS is good.

Optic neuritis is an inflammation and demyelination (loss of insulation) of the optic nerve. It is the most common visual disorder associated with MS. Your optic nerve is responsible for transmitting images from your eyes to your brain. Symptoms of optic neuritis are: Blurred vision, dimming of colors, pain when the eye is moved, blind spots, contrast sensitivity, and reduced depth perception. These symptoms may worsen over 2 weeks and then gradually improve. Some people recover over a month's time, and some people take up to a year to recover. Quality of vision may be reduced after recovery from optic neuritis.

IV corticosteroids are usually given to patients to treat optic neuritis. Instead of IV steroids, some physicians prescribe Acthar® Gel (repository corticotropin injection), an adrenocorticotrophic hormone (ACTH) analogue, to treat optic neuritis. Both IV steroids and Acthar hasten recovery from the episode, but they do not change the outcome of the visual acuity. Steroid medications used to treat optic neuritis subdue your immune system, which causes your body to become more susceptible to infections. Other side effects include mood changes, weight gain, and trouble sleeping.

Intravenous immunoglobulin (IVIg) is being studied as a possible treatment for optic neuritis. Patients who had a visual acuity of 20/400 or less 60 to 90 days after an optic neuritis onset were given IVIg within 3 months of the attack. 70% of patients recovered vision to 20/30 or better, compared to only 25% of controls. Further study is needed. Plasma exchange is also being studied for treatment of optic neuritis. Oral steroids should not be used to treat optic neuritis. Studies show that oral steroids increase the risk for recurrence of optic neuritis.

See your ophthalmologist right away if you have eye pain, experience loss of vision, or see flashing lights. Fast action may prevent permanent vision loss or other serious health problems. Your ophthalmologist will check your eyes thoroughly and will do the following:

- ✓ Check your eyes with an ophthalmoscope to see if your optic nerve is swollen
- ✓ Check your side (peripheral) vision
- ✓ Check how well you see colors
- ✓ Check how your pupils respond to light

Your ophthalmologist may also order tests to show detailed images of your visual system. These tests may include a CT scan, MRI scan or visual brain wave recording.

Double vision (diplopia) produces double images, while nystagmus involves involuntary or jerky eye movements. Both conditions result from weakness of the eye muscles due to demyelination in the area of the brain that control coordination of eye movements.

Both diplopia and nystagmus can affect your balance. Safety problems increase when these eye disorders are combined with leg weakness. Therefore, using a cane may become essential to prevent falling when patients have one or both of these eye disorders.

With double vision, it is often helpful to patch one eye or use opaque tape over one lens of prescription eyeglasses. Prism glasses can also be helpful, but they are quite expensive and may work for only a short time. More common adaptations which can also be helpful for acute bouts of nystagmus include: mounted magnifiers, large print books, and other high contrast vision aids.

Your prospects for recovery from acute vision problems in MS are good, but if problems persist after a year, you may be referred to a low vision specialist. A low vision specialist will assess how your vision functions in day-to-day living. He/she may ask questions about glare, contrast, sensitivity to light, and color perception. Low vision specialists can prescribe or recommend an optical device such as microscopic or telescopic eyewear, a magnifier, a filter, or a closed circuit TV system that fits your needs.

Consider listening instead of reading. Go online to the National Library Service for the Blind and Print Disabled: www.loc.gov/nls (Borrow audio books, magazines, and equipment free.)

Explore text to speech software. Many new devices and software programs that offer text to speech conversion are available online for free. Search for “text to speech downloads”.

Resources:

- The Low Vision Gateway: www.lowvision.org
- American Foundation for the Blind: www.afb.org 1-800-AFB-LINE
- www.nystagmus.org
- American Printing House for the Blind: www.aph.org
- Lighthouse International: www.lighthouse.org 1-800-829-0500
- Low Vision Center: www.lowvisioninfo.org
- National Association for Visually Handicapped: www.navh.org
- National Federation of the Blind: www.nfb.org
- National Eye Institute: www.nei.nih.gov/
- PBS descriptive video service: www.wgbh.org/dvs 1-617-300-3600

References:

International Journal of MS Care Fall 2010, Vol. 12, Number 3, Page 106.

MS Perspectives, Winter 2009, Vol. 12, Issue 4, Page 12.

Living with Low Vision: Cohen, Dunestain, Katz, Inside MS, Winter 2001.

hopkinsmedicine.org/healthlibrary/conditions/nervous_system_disorders/optic_neuritis_134,44

columbianeurology.org/neurology/staywell/document.php?id=42051

Indian J Ophthalmol. 2011 Mar-Apr; 59(2): 117–122.

“Never let the things you cannot do prevent you from doing the things you can.”

~ Coach John Wooden



In Memory 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.....

In Honor of Tri-State MS Association

Dr. Rick Yeager
Mr. Mike Clauson
Ms. Pamela Gray

Mr. Gerald Ticken
Ms. Marjorie Engbers
Kimberly Clark Foundation

Dr. & Mrs. Larry Sims
Mr. & Mrs. John Gray
Network For Good
Zeidler Floral Company

In Memory of Joni Gentry

Bruce Adler



Happy Birthday To You!

Joetta Straughan Michael Crane Jim Willaims
Debra Halfacre Stacy Chambers Joe Bingemer
Kat Roesler Jill Partain John Stanley
Jill Humphrey Jamie Zeller

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.

How to Save Money Every Month

All of us do a little “happy dance” when we manage to cut costs on our regular household expenses. The following are three major tips to help you save money.



Save money on your food budget. Avoid dining out. Set aside a few hours to cook a month’s worth of meals to freeze. And of course, cooking in bulk means buying in bulk, and that can help you save money, especially when you shop sales.

DIY home maintenance. A do it yourself attitude can save you as much as \$298 a month if you’re willing to take care of routine maintenance and upkeep yourself. One recommendation is to search the internet for solutions if you’re having problems with an appliance or your car. Another recommendation is to add value to your house flowers and shrubbery to your front lawn.

Shop around for the best deal. Shop around to find the best cell phone provider to fit your budget. Switch from cable to streaming services, such as Netflix and Hulu. You could reduce your monthly bill by as much as \$16 to \$24. You can also shop around for the best automobile insurance rates. A J.D. Power study shows that people who shop around can save as much as \$356 per year on automobile insurance premiums.

Source: Dave Ramsey’s Newsletter, December 29, 2019

“If you stumble, make it part of the dance.”

~Author Unknown



NON PROFIT ORG
U.S. Postage
PAID
Evansville, IN
Permit No. 1064

Print Sponsor
Ziemer
Specialties since 1927

Join Us For a
Wee Bit of Fun
Spring & Fashion
Floral Event

5% Give Back to TMSA

Thursday, March 12th, 6:00 pm - 8:00 pm
Gehlhausen Floral, 735 S. Green River Road

Fashions by:  *Gehlhausen*

Door Prizes - Light Refreshments

Advanced tickets: \$15
At the door: \$20

All ticket proceeds will benefit the
Tri-State MS Association
tristatems.org
(812) 423-5943 or 1-866-514-4312

Chance to Win Lucky Piece in Pot of Gold

20% OFF Entire Purchase

