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# January/ February 2022 Newsletter

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

# All Support Group Meetings and Newsletter Folding are Cancelled Until Further Notice!

We are continuing to work behind the scenes to make sure the telephone calls, emails, and office needs are being handled. It is important to us that we provide up-to-date information on our website and Facebook page for you. Please stay safe and stay well!

Send your email address to officemanager@tristatems.org to receive newsletters.

**The Mission of the Tri-State Multiple Sclerosis Association**

**is to enhance the quality of life for individuals living with MS & their families in**

**Southern IN, Southern IL & Western KY**

**Staying Healthy with MS**                                                     **Susan Reynolds, RN, MSCN**

As we start 2022 many of us begin, once again, to focus on resolutions of health, fitness, and hope for the future. Make health screening a part of your New Year’s resolution. The Affordable Care Act requires insurance companies to cover many preventive services at no cost to you.

Often, people with MS and their caregivers spend so much time coping with the disease that they have little time to dedicate to preventive health. Not all challenges and limitations experienced by people with MS will be due to their disease or its progression. Normal age-related changes in physical and cognitive abilities, physiological functioning, and life situations can also occur. These include heart disease, osteoarthritis, muscle atrophy, along with changes in vision, hearing, sleep, sensation, and ability to metabolize medications.

MSer’s, along with the general population, must still be screened for cancer in the breasts and cervix (for women), prostate and testes (for men), and colon (for both sexes). It is important that people who have MS have a family practice physician who can schedule a regular yearly physical. Health screening will be done by your family doctor, not your neurologist.

Regular health screenings can identify serious conditions and diseases early, sometimes even before symptoms begin, when they are easier to treat. Most people who have high blood pressure don’t even know it. The only way to find out is to have your blood pressure checked regularly. Likewise, high blood sugar and high cholesterol levels often do not produce any symptoms until the disease becomes advanced. The tests you need depend on your age, gender, family history, and risk factors.

The following recommendations are based on federal guidelines by the CDC and NIH for health screening. To learn more about preventive care from the CDC, visit www.cdc.gov/prevention.

[**Abdominal aortic aneurysm.** One-time screening](about:blank) for men of specific ages who have ever smoked

[**Alcohol misuse.** Screening and counseling](about:blank)

[**Aspirin use**](about:blank)**.**To prevent cardiovascular disease and colorectal cancer for adults 50 to 59 years with a high cardiovascular risk

[**Blood pressure screening**](about:blank)**.**

[**Cholesterol screening**](about:blank)**.**For adults of certain ages or at higher risk

[**Colorectal cancer screening**](about:blank)**.**For adults 45 to 75

[**Depression screening**](about:blank)**.**

[**Diabetes (Type 2) screening**](about:blank)**.**For adults 40 to 70 years who are overweight or obese

[**Diet counseling**](about:blank)**/obesity screening.**For adults at higher risk for chronic disease

[**Falls prevention**](about:blank) (exercise or physical therapy and vitamin D use). For adults 65 years and over, living in a community setting

[**Hepatitis B screening**](about:blank)**.**For people at high risk, including people from countries with 2% or more Hepatitis B prevalence. Also for U.S.-born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.

[**Hepatitis C screening**](about:blank)**.**For adults age 18 to 79 years

[**HIV screening**](about:blank)**.**For everyone age 15 to 65, and other ages at increased risk

[**PrEP (pre-exposure prophylaxis).** HIV prevention medication](about:blank) for HIV-negative adults at high risk for getting HIV through sex or injection drug use

[**Immunizations**](about:blank)**for adults.** Doses, recommended ages, and recommended populations vary. Chickenpox (Varicella), Diphtheria, Flu, Hepatitis A, Hepatitis B, Human Papilloma Virus (HPV), Measles, Meningococcal, Mumps, Whooping Cough (Pertussis), Pneumococcal, Rubella, Shingles, Tetanus, and Covid Vaccine as recommended by the FDA.

[**Lung cancer screening**](about:blank)**.**For adults 50 to 80 at high risk for lung cancer because they’re heavy smokers or have quit in the past 15 years

[**Sexually transmitted infection (STI) prevention counseling**](about:blank)**.**For adults at higher risk

[**Statin preventive medication**](about:blank)**.**For adults 40 to 75 at high risk

[**Tobacco use screening**](about:blank)**.**For all adults and cessation interventions for tobacco users

[**Tuberculosis screening**](about:blank)**.** For certain adults without symptoms at high risk

**Other covered preventive services for women**

[**Bone density screening**](about:blank)**.**Women over age 65, or younger age if they’ve gone through menopause

[**Breast cancer genetic test counseling (BRCA)**](about:blank)**.** For women at higher risk

[**Breast cancer mammography screenings**](about:blank)**.** Once every 2 years for women 50 and over. Breast cancer screenings as recommended by a provider for women 40 to 49 or women at higher risk.

[**Breast cancer chemoprevention counseling**](about:blank)**.**  For women at higher risk

[**Cervical cancer screening**](about:blank)**.** Pap test (also called a Pap smear) for women age 21 to 65

[**Chlamydia infection screening**](about:blank)**.** For younger women and other women at higher risk

[**Diabetes screening**](about:blank)**.** For women with a history of gestational diabetes who aren’t currently pregnant and who haven’t been diagnosed with type 2 diabetes before.

**Domestic and interpersonal violence screening** **and counseling.** For all women

**Urinary Incontinence screening.** For all women, yearly

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**How to Set Goals for 2022**

**By Ramsey Solutions**

\* ***Dave Ramsey****is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He**has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.*

The new year is right around the corner, and you know what that means . . . time to close the book on another year gone by. Maybe 2021 was a breath of fresh air compared to the dumpster fire of 2020. Or maybe 2021 just felt like the fire from the dumpster caught the whole prairie on fire. Either way, the good news is, you get a fresh start in 2022. And a *huge* part of that starts with setting goals for the new year.

We know you’re probably thinking: *Goal planning? Ha! My goals went out the window back in 2020. I’ve just been trying to survive these last two years, and now you want me to think about goals? Yeah, right.*

Whoa there, let’s back that negative train up. Look, we get it. We *really* do. No one is saying these last two years have been a walk in the park, but having goals in life is a must—*especially*when things look crazy. So take some time to really think about what those yearly goals should be. And remember, just having good intentions alone changes nothing. Nada. Zilch. You can make resolutions all you want—but a resolution without a plan is just plain old wishful thinking. It’s time to rethink how to make goals.

**5 Essential Guidelines for Your Goals**

**1. Be Specific**

What do you want to achieve? Get down to the nitty-gritty. Just saying you want to lose weight won’t cut it. Instead try: “I’d like to drop 20 pounds and be able to do at least 20 sit-ups in a row without passing out.” Look out for any roadblocks that could keep you from reaching your goal, and make a plan to knock them out of the way.

**Ask yourself:**Who does my goal involve? What am I trying to accomplish here? When and why do I want to make this goal happen?

**2. Make Goals Measurable**

If you know your big hairy audacious goal (BHAG) is to pay off $24,000 of debt in the next year, that means you have to pay $2,000 a month to reach that goal (or about $460 a week). Break your New Year’s goal setting into bite-size chunks. Give yourself daily, weekly and monthly steps to take. Focus on those. And when you accomplish one, tackle the next one.

**Ask yourself:**How long will it take to reach my goal? How do I know when I’ve reached it?

**3. Give Goals a Time Limit**

It’s important to set a time limit—because you need a finish line. Take that goal of yours, create a plan, and break it all the way down to daily activities. Then, give yourself a deadline. Hint: Planners like *The Christy Wright 2022 Goal Planner* are *perfect*for this. They’ll help you manage your schedule, grow as a person, and crush your goals—no matter what they are.

For example, you might say, “I want to lose 20 pounds by December 31, 2022.” To lose those 20 pounds by your deadline, figure out things like how many times you need to work out each week and how many calories you need to eat in a day. Then do what you can to hit that goal by your target date.

**Ask yourself:**Do I have a deadline for reaching my goal? When will I hit this goal? How many times will I achieve this goal?

**4. Goals Need to Be Yours**

Let’s be honest—trying to go after someone else’s goals for your life *never*works out. Just because your spouse wants you to get out of debt doesn’t mean *you* will. *You* have to want it too. Why? Because working hard to win isn’t for the faint of heart. It’s tough. And you won’t have the drive to stick with it if you’re working toward a goal you’re not even passionate about.

**Ask yourself:**Is this my goal? Or is it someone else’s goal for me?

**5. Put Them in Writing**

Something special happens when you write down specific goals. So get them down on paper, along with all the steps it’ll take for you to make them happen. Our [Goal Tracker Worksheet](about:blank) is a handy tool for this. Seeing your goals in black and white will help you hold yourself accountable and track your progress along the way.

**Ask yourself:**Do I know the steps to reach my goal? Have I laid out a blueprint to get there?