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September / October 2021 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 and programs!

The Mission of the Tri-State MS Association is to enhance the quality of life for individuals living with MS and their families in Southern IN, Southern IL & Western KY

A Recipe for Life Balance, Christy Wright, professional development coach and bestselling author, Ramsey Solutions and the Ramsey Personalities

I love making chicken salad, and I have about 27 different ways I do it. Some with pecans and some with almonds, some with green onions and some with red. But regardless of which combination I choose, there are a few staple ingredients that I add to every batch. After all, if you don't have chicken, nuts, sauce, fruit and onion, it's not going to be chicken salad! Life balance works the same way. As a business coach, speaker and author, I've been studying and writing about life balance for over a decade. And I've found that these five things are nonnegotiable if you want to feel balanced.

- 1. Rest.** Feeling balanced starts with getting enough sleep. The average American gets far less than the necessary seven to nine hours every night, and the consequences of “being tired all the time” are devastating to our mental and physical health. Being rested, on the other hand, allows you to be present, energetic, and alert. You'll be able to get more done, have space for relationships, and enjoy your life. Do whatever it takes to make sleep a priority -- starting *tonight*.
- 2. Relationships.** We were created to be in deep, life-giving relationships. Social connections improve the quality of your life, and they also have a direct correlation with reduced health issues, less depression, and a longer life-span. But you don't need research to tell you something you already know: People matter! If you want to have balance, you have to be intentional about connecting with others.
- 3. Help.** Whether it's family helping with childcare or team members helping with work projects, we all need help if we want to feel balanced. No one can do it all on their own. If you don't have family nearby or room in the budget for childcare, there are still creative ways to get help. For example, two of my friends swap babysitting nights so the other couple can have a date night. Look to your community for resources, and don't be too proud to ask for help.

- 4. Work you enjoy.** According to a poll done by Gallup, 85% of employees worldwide aren't engaged in their jobs. That's crazy! If you dread your job, I want you to hear me: You will never feel balanced if you're spending your one life doing something you hate. What is one step you can take today to get closer to doing work you love? Take it *today*. If you're wondering where to start, I recommend listening to *The Ken Coleman Show* on podcast or YouTube. It's hosted by my good friend and career coach Ken Coleman.
- 5. Time alone.** Alone time is critical to our overall health and well-being. If you're around people all day every day, whether at work or home or both, you need to create time to be alone. Maybe that means waking up before everyone in the house to have 15 minutes to yourself. Maybe it means going for a short walk by yourself each day. If you want to maintain your balance—and your sanity—you've got to have some time alone.

Friend, you don't have to feel busy and burned out all the time. When you're intentional about creating life balance, you'll start to enjoy your life. I hope you take the time to try this recipe for balance this week. You're worth it!

Ublituximab: Third Anti-CD20 Therapy to Apply to FDA for Approval Later this Year

Supported by data from the ULTIMATE trials, TG Therapeutics is planning to ask the U.S. Food and Drug Administration (FDA) to approve ublituximab as a treatment for relapsing forms of MS in the third quarter of this year. If it gets FDA approval, ublituximab would become the third anti-CD20 antibody open to relapsing MS patients in the U.S. — joining Roche's Ocrevus (ocrelizumab) and Novartis' Kesimpta (ofatumumab). All three work through the same general mechanism: by targeting the CD20 protein, they lead to the destruction of B-cells, immune cells that drive inflammation in MS.

Ublituximab has been glycoengineered, which means that certain sugar molecules attached to the protein have been modified, to give it very high potency for antibody-dependent cellular cytotoxicity (ADCC). Put more simply, the medicine is designed to be very powerful at triggering other immune cells, such as natural killer cells, to kill the target B-cells. A notable consequence of this potency is that lower doses of ublituximab are required to achieve the same effect as with other medications. Since ublituximab is delivered by intravenous infusion, its lower dose equates to shorter infusion times.

“[Ublituximab] has a stronger ability to kill a B-cell in assays that are done in a test tube. But the important difference is that, because of this glycoengineering, ublituximab can be infused in a much shorter period of time than ocrelizumab [Ocrevus],” Steinman said.

Ocrevus is also administered by infusion, with infusions that take a minimum of two hours given every six months (once patients are established on treatment). Ublituximab, which is also administered every six months, is reportedly able to be infused in about an hour. “A one-hour infusion, ideally, is short enough that it doesn't ruin [patients'] day and they can have their physicians visit, they can get their infusion, and they can get home or get back to work as seamlessly as possible,” Weiss said.

Kesimpta is taken subcutaneously, as an under-the-skin injection that can be done at home, every month. According to Weiss and Steinman, some patients may find at-home injections more convenient than infusions, but others won't, so it's good to have both options available.

“I think the [subcutaneous] monthly for some patients is a reminder that they have a disease and they have to deal with it on a semi-regular basis ... whereas the nice part of an every-six-month infusion is that it should pretty much approximate the time in which patients are going back to visit with their physicians,” Weiss said.

In clinical trials, all three of these medications have had similar safety profiles: rates of serious adverse events were under 10%, with the most common serious safety issues being infections. Experts don’t think this surprising, given that the medicines work by effectively wiping out a part of the immune system.

Despite their similarities, adding ublituximab to the list MS approved therapies “makes for a menu of very good drugs that can really put [the disease] in check,” Steinman said. “They all have strengths. I don’t think any of them have weaknesses, but there are points that can differentiate one product from another a little bit,” he said of the three anti-CD20 medications. Steinman also favored having another competing therapy on the market, as it could help to drive down cost. Currently, the U.S. list price for Ocrevus is about \$67,000 a year, and for Kesimpta about \$83,000 a year.

TG has previously said that, if approved, ublituximab would be made available at a competitive cost. Weiss reaffirmed in the interview that TG is looking to price ublituximab lower than both Ocrevus and Kesimpta, with specifics still under consideration.

The company is considering running clinical trials in primary progressive MS. To date, Ocrevus is the only approved treatment for this MS form in the U.S. and European Union.

“We’re definitely exploring additional studies for ublituximab in MS, including exploring the potential of a PPMS study,” Weiss said. Ocrevus has been shown to substantially reduce the rate of disability progression among people with PPMS. Since they work through similar mechanisms, an anti-CD20 therapy like ublituximab may also be effective in PPMS, But, so far, only Ocrevus has been tested in clinical trials

Source: Multiple Sclerosis News Today

Helpful Tool for Telehealth Appointments

If you would like a tool to download and use for an upcoming telehealth appointment with your doctor, go to: [kesimpta.com](https://www.kesimpta.com) and click on “Patient Support”. The telehealth tool is at the bottom of the page. Click on it and print it to make notes during your telehealth appointment.

Online MS Programs

MSAA Program: September 30, 2021 Webinar: Healthy Relationships and Living with MS Presented by Elizabeth Nager, MSSW, LCSW. To register for an MSAA program, call 800-532-7667 or go to [mysaa.org](https://www.mysaa.org)

Ocrevus Webinar: Exploring Ocrevus for Relapsing MS and Primary Progressive MS To register, call 1-844-627-3887 or go to [ocrevusevents.com](https://www.ocrevusevents.com), where you will find many programs through September and October.

Mavenclad - It's Time to Learn About Mavenclad, Go to mavenclad.com to register.

Aubagio- To see a list of programs sponsored by Aubagio go to aubagio.com

Above MS- Each event features an MS expert and focuses on certain topics related to MS. These topics may include: Setting goals, from diagnosis to MS treatment; Diet and exercise tips; MS in the workplace; MS and relationships

You can register online by going to abovems.com or by calling 1.866.955.9999 (Monday - Friday from 9am to 6pm ET). *Important: If registering for an Above MS webinar within 2 days of it being held, in order to get the login info in time you MUST register by phone only.*

MS Views and News To Register, go to msviewsandnews.com

Sept. 22, 2021 6pm CT, Breaking the Stigma, Counseling and MS Can be Helpful, Jessica Thomas LCSW

Sept. 28, 2021 6pm CT, Mental Wellness and Wellbeing During COVID-19, Gayle R. Lewis PhD, ABPP, MSCS Psychologist



HELP US RAISE SOME DOUGH!

We are teaming up with Azzip Pizza in the Pot of Dough Fundraiser. From September - November, any time you visit Azzip, 5% will come back to us!

All you have to do is scan our barcode or use the code online. Keytags are available or find our digital voucher online.

Every visit will also give us chances at the \$10,000 Grand Prize drawing!

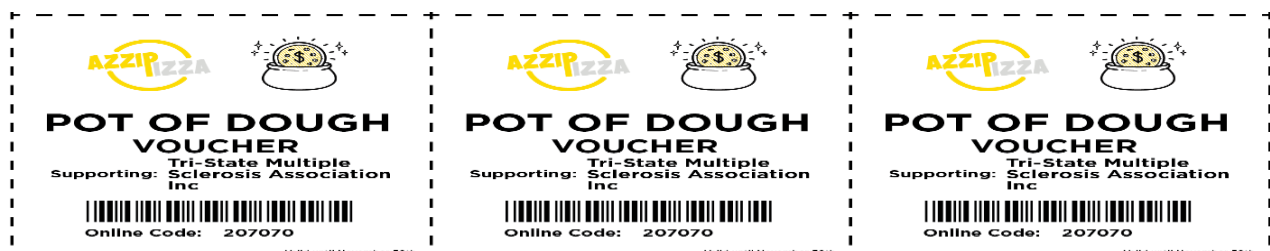
Supporting: Tri-State Multiple Sclerosis Association Inc



Online Code: 207070



More info at azzippizza.com/we-give-azip



We will receive 20% instead of the 5% on September 13-15 & October 25-27!
Gift card purchases will receive 20% back, and **Gift Card redemptions** DO qualify for 5% back and Pot of Dough entries throughout the entire program.