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## June 2022 Newsletter

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

We are continuing to work in the office to make sure the telephone calls, emails, and office needs are being handled. If you are in need of an in person meeting, please call the office and we will be glad to make arrangements to meet with you. It is important to us that we provide up-to-date information on our website and Facebook page for you.

To receive newsletters, send your email address to: [officemanager@tristatems.org](mailto:officemanager@tristatems.org)

**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**



Thank you to Rehab for Life, Primary Care Plus, SWIRCA & More, and Southwestern Behavioral Healthcare for providing information at our first Community Wellness Resources program.

*A special thank you to Bristol Meyers Squibb and Brian Whitman for sponsoring the event.*  
Questions on Zeposia? Go to [ZEPOSIA.com/info](http://ZEPOSIA.com/info) or call a Nurse Navigator at 1-833-937-6742.

### **If you were not able to attend and would like information on these resources:**

Rehab for Life, 6215 E. Florida Street, Evansville, IN 47715, 812-401-5210

SWIRCA & More (Southwestern Indiana Regional Council on Aging)  
16 W. Virginia, Evansville, IN 47710, 812-4647800

Southwestern Health Care, 415 Mulberry Street, Evansville, IN 47713, 812-423-7791

Primary Care Plus+, Contact Tim Wise at 1-502-295-4472 for more information.

### **The Tri-State MS Association MS Golf Scramble**



The Tri-State Multiple Sclerosis Association would like to take this opportunity to ask for your support of our upcoming Ted Donosky MS Golf Scramble. This annual event will take place on Monday, June 6, at Rolling Hills Country Club in Newburgh, Indiana. Call us at 812-423-5943 for more information on how you or your company can be involved!

Depression is common in people with multiple sclerosis. In fact, symptoms of depression severe enough to require medical intervention affect up to half of all people with MS at some point during their illness. It is a critical issue and can be overlooked by the patient, family and health care provider.

### **Why Do People With MS Have Depression?**

1. Response to the Disease. It is easy to understand how having MS, with its potential for progressing to permanent disability, can bring on depression.
2. Damage to the Central Nervous System is caused by physiological changes in the brain. MS may destroy the insulating myelin that surrounds nerves that transmit signals affecting the mood. In some cases depression is thought to be caused by lesions in the right frontal and temporal lobes of the brain.
3. Chemical changes in the brain caused by MS attacks may be a cause of depression. During an exacerbation there is an increase in pro-inflammatory cytokines that correlates with the depression. This could explain why patients are more prone to depression during an exacerbation.
4. Depression is a side effect of some drugs used to treat MS, such as steroids or interferons. In addition, many drugs used to treat MS symptoms (for example: Baclofen, Zanaflex, Neurontin, Lyrica, and more) can cause depression.
5. Fatigue is the most disabling symptom of MS. When one is fatigued one is much more likely to be depressed. There is simply no energy to do the things we might normally do to fight off depressive symptoms, such as socializing or exercising.

### **What Are the Symptoms of Depression?**

- Depressed mood for most of the day, nearly every day
- Loss of interest or pleasure in all or almost all activities
- Significant change in weight or appetite
- Change in sleeping patterns
- Speaking or moving with unusual speed or slowness
- Decrease in a sexual drive
- Fatigue and loss of energy
- Feelings of worthlessness, loss of self-esteem, or excessive guilt
- Difficulty concentrating or indecisiveness
- Uncontrollable crying or sobbing
- Decreased interest in personal appearance or hygiene
- Recurrent thoughts of death or suicide

## **Where Should I Go to Get Help?**

Once you decide to seek medical help, start with your primary doctor. He or she can evaluate you to make sure that medicines or another illness are not causing your symptoms. Your doctor may prescribe treatment or refer you to a mental health care professional who can perform a more thorough assessment.

## **How Is Depression Treated?**

Recognizing that you are depressed and seeking treatment are the primary and most difficult steps in treating depression. Antidepressant drugs are effective in treating depression in people with MS, especially when used in conjunction with Cognitive Behavioral Therapy. The research I was shown at the CMSC Conferences demonstrated that Cognitive Behavioral Therapy works to treat depressed patients with MS. The best way to help a patient is to find a Psychiatrist, Psychologist or Licensed Clinical Social Worker who is used to treating depressed MS patients.

If a depressed person exhibits the signs and symptoms listed in this article, they should be taken seriously. According to the American Society for Suicide Prevention, action must be taken. Do not leave the person alone. Seek professional help immediately. If it is an acute crisis, be ready to get the patient to a hospital.

## **Warning Signs of Suicide:**

- Observable signs of serious depression as noted in the list above
- Increased alcohol or drug use
- Recent impulsiveness or taking unnecessary risks
- Threatening suicide or expressing a strong wish to die
- Making a plan: giving away possessions; sudden or impulsive purchase of a firearm; obtaining other means of killing oneself, such as poisons or medications
- Sudden change in behavior: unexpected rage or anger, or unexpected calm or happiness
- Deterioration in functioning: at work or socially
- Self-destructive behavior

\* This article was written using information from the American Society for Suicide Prevention. The information about depression and MS was gleaned from the CMSC Conference in Denver, Colorado. The seminar was entitled: *Longitudinal Course of Depression in MS* presented by Peter Arnett, PhD, a Clinical Neuropsychologist at Penn State University.

## **Southwestern Behavioral Healthcare CRISIS SERVICES** **812-422-1100**

Anyone experiencing a mental health crisis is able to utilize our crisis line services 24/7, 365 days a year. A **mental health crisis** is any intensive behavioral, emotional, or psychiatric situation that is perceived to be a crisis by the individual/family experiencing the crisis.

Part of the SWBH Crisis Services is the Stabilization Unit, a safe, secured location to receive respite and care from crisis situations. Clients are offered follow-up services appropriate for their needs after their stay. The unit is currently open from 5 PM-8 AM. Each overnight stay is determined on an as-needed basis after a short assessment by Mobile Responders.

The unit has 5 beds, and is a coed unit accepting persons 18 years of age and older. Each client is provided a private space to sleep and bathe. Staff is available throughout their stay. Clients are free to leave at any time. To meet criteria, Clients cannot be actively suicidal/homicidal or displaying aggressive behaviors.

Outreach services are offered to all community members. The Outreach Specialist and Peer Support Specialist contract with local agencies to connect with community members who might otherwise struggle in accessing behavioral health services.



**There are several resources for help in the tri-state!**



**Please contact the TMSA office, 812-423-5943, if you need assistance in finding support.**

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### **Upcoming Educational Programs**

The following pharmaceutical companies have scheduled educational dinner programs in the tri-state area. For more information, visit their websites, or call them for dates and locations.

**Biogen** has scheduled programs **Thursday, June 9<sup>th</sup>** in Tell City, IN at The Patio Steak House at 12:30pm CST, and a Dinner program at Biaggio's at 6:00pm CST. **Speaker: Dr. Barry Singer**, The MS Center for Innovation in Care, Missouri Baptist Medical Center.

**To register for these Biogen programs go to [Vumerity.com/events](http://Vumerity.com/events) or call 1-866-955-9999.**

**EMD Serono** has scheduled the following educational program: **Thursday, June 30<sup>th</sup>** at 11:30am, Biaggio's, Evansville and a Dinner program at Schnitzelbank Inn, Jasper, IN at 6:00pm EST (5:00CST). **Speaker: Dr. Mark Janiski**, Zionsville, IN.

**To register for these EMD Serono programs go to [MAVENCLADevents.com](http://MAVENCLADevents.com) or call 1-855-685-0738.**