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March 2023 Newsletter

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

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

March is MS Awareness Month!

Susan Reynolds RN MSCN

Multiple Sclerosis Awareness Month is an opportunity to educate yourself, family and friends on what the disease is, and finding resources on how to live with it.

What is MS

MS is often an "invisible" disease. So many common symptoms can be truly life-altering to those living with them, but not always apparent to the outside world. MS is a disease of the central nervous system that disrupts communication between the brain and other parts of the body. The severity of the disease and its symptoms vary from person to person.

The cause of MS is unknown and although there are treatments that can slow disease progression, at this time there is no known cure.

What are the different types of MS?

- **Clinically Isolated Syndrome (CIS):** a first episode of neurologic symptoms caused by inflammation and demyelination in the central nervous system that may or may not go on to become MS.
- **Relapsing-Remitting MS (RRMS):** a disease course characterized by clearly defined flare-ups (relapses) or episodes of acute worsening of neurologic function followed by remissions (with partial or complete recovery) during which no disease progression occurs. Frequency: Approximately 85% of people are diagnosed with RRMS.
- **Primary-Progressive MS (PPMS):** a disease course characterized by nearly continuous worsening from the onset of symptoms, with or without occasional relapses. The rate or progression varies over time, with occasional plateaus. Frequency: Approximately 15% of people are diagnosed with PPMS.

- **Secondary-Progressive MS (SPMS):** a disease course that follows after an initial RRMS course. Following an initial period of time with RRMS, the disease becomes more steadily progressive, with or without occasional relapses.
Frequency: If left untreated, 50% of people with relapsing-remitting MS develop this form of the disease within about 10 years of initial diagnosis.

How is MS Treated?

It's only been since 1993 that medications have been available to treat MS. Today there are 22 agents approved by the FDA for the treatment of MS. Research efforts to improve MS treatment are ongoing. One encouraging new frontier of MS research is exploring potential strategies for neuroprotection and neuro-repair. As yet, there is no cure for MS.

Where do I go for MS Resources?

Locally

The Tri-State Multiple Sclerosis Association was established in 2001 by an enthusiastic group of volunteers passionate about offering local services to individuals living with multiple sclerosis, as well as their families, in the tri-state.

The Tri-State Multiple Sclerosis Association provides information, education, and support for individuals and their family members who are living with multiple sclerosis. Stay updated with current information by subscribing to our free newsletter. Sign up for the newsletter by calling 812-423-5943 / 1-866-514-4312. We also have a website www.tristatems.org and a Facebook page.

Donations to the **Tri-State MS Association** go to assist people with MS in the Tri-State area. All money raised by the Tri-State Multiple Sclerosis Association stays here locally! The Tri-State MS Association is independent of any national organizations, which means local money supports local services and local people!

We have found that there is a great need for listening and being there for the hundreds of individuals living with MS and their families in the tri-state.

Let the Tri-State MS Association continue to hold your hand on this journey, offering support, care and hope...right here at home!



Grace and Payton

Other Resources:

- Accelerated Cure Project for MS. www.acceleratedcure.org
- Can Do Multiple Sclerosis. www.can-do.org
- Erase MS. www.erasems.org
- Multiple Sclerosis Association of America. www.msaa.org
- Multiple Sclerosis Foundation. www.msfocus.org
- National Multiple Sclerosis Society. www.nationalmssociety.org
- Rocky Mountain MS Center in Colorado. www.mscenter.org
- Tri-State MS Association. www.tristatems.org
- MS News Today. www.multiplesclerosisnewstoday.com
- Multiple Sclerosis International Federation. www.msif.org

Many of these organizations have grants, publications, programs, assistance or equipment for people who have MS.



Free USI Dental Hygiene Program

Date: Wednesday, March, 15th at 11:00am

Location: Tri-State MS Association office, 971 C S. Kenmore Drive

Please RSVP by calling the TMSA Office
812- 423-5943/1-866-514-4312.

Join us for a free educational opportunity to learn more about the connection between Multiple Sclerosis and oral health.

This free program is presented by USI Dental Hygiene Students. The program will place emphasis on the oral-systemic links between diseases, oral lesions commonly seen associated with MS, recommendations for dental products, and offer suggestions of dental referral sources.



Warm weather is fast approaching. Are you ready?

The Multiple Sclerosis Association of America and the Multiple Sclerosis Foundation have applications for a coolant vest and other articles. The program cycle began on February 1st and continues through June 1st. Applications can be submitted online below or via postal mail. All applications are confidential and will be reviewed by the grant committee. For more information on these services, call or e-mail: 1-888-673-6287, support@msfocus.org.

MSAA at 1-800-532-7667 msaa@msassociation.org



Susan's Highlights

March 2023 Webinars from MS Focus

Affording Your MS Care March 09, 2023

Join us at 3 p.m. Eastern, 2 p.m. Central, 1 p.m. Mountain, noon Pacific, on March 9, for *NMSEAM: Affording Your MS Care*, presented by Adam Chaifetz. Register at msfocus.us/Chaifetz0323.

2023 Update – New MS Treatments March 14, 2023

Join us at 4:30 p.m. Eastern, 3:30 p.m. Central, 2:30 p.m. Mountain, 1:30 p.m. Pacific, on March 14, for *NMSEAM: 2023 Update – New MS Treatments*, presented by Dr. Ben Thrower. Register at msfocus.us/Thrower0323.

Making Yourself Heard By Your Healthcare Team March 16, 2023

Join us at 3 p.m. Eastern, 2 p.m. Central, 1 p.m. Mountain, noon Pacific, on March 16, for *NMSEAM: Making Yourself Heard By Your Healthcare Team*, presented by Cherie Binns. Register at msfocus.us/Binns0323.

Panel Discussion – Giving Back to the MS Community March 21, 2023

Join us at 7 p.m. Eastern, 6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific, on March 21, for *NMSEAM: Panel Discussion – Giving Back to the MS Community*, presented by Monica Proctor Wilson, Debbie Pike, and Traci Ceras. Register at msfocus.us/NMSEAM0323.

NMSEAM: Coping Techniques – Living One Day At a Time March 25, 2023

Join us at 4 p.m. Eastern, 3 p.m. Central, 2 p.m. Mountain, 1 p.m. Pacific, on March 25, for *NMSEAM: Coping Techniques – Living One Day At a Time*, presented by Pearl B. Werfel. Register at msfocus.us/Werfel0323.

Can Do MS: monthly webinars, register at www.cando-ms.org

Positive, practical, and easy to join, Webinar Wednesdays are your opportunity to stay up to date on the latest strategies and research for your health. Each webinar is hosted by leading healthcare professionals in the MS space and includes plenty of Q&A time for your questions. Like all of our programs, these webinars are completely free!

Register for the 2023 series today and tune in on the first Wednesday of every month from 7:00 pm – 8:00 pm ET.

Next Program Topic: Cognition, **Date:** March 1 **Details:** Virtual **Audience:** Everyone