



**TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION**

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April 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

Ted Donosky 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 5, at Rolling Hills Country Club.

There are many ways for you and your company to support this exciting event. All money raised will be used to provide support, care, and hope to thousands of MS individuals & their families in the area. Call us at 812-423-5943 for more information on how you or your company can be involved!

ENTRY FEES: Individual \$125 Foursome \$500

Entry fee includes 18 holes of golf w/cart; lunch & snacks; pre-event driving range access.

Event Date: Monday, June 5, 2023 **Place:** Rolling Hills Country Club

Times: Registration Begins 11:30 am Lunch Begins 11:30 am

Shot Gun Start: 1:00 pm



The USI Dental Hygiene Students recently offered a program that placed 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.

Caring for Your Oral Health While Living with MS Oral Health Affects Your Overall Health

The mouth and body are connected. What happens in the mouth can impact various parts of the body. Therefore, it is important to be aware of how to maintain oral health. Daily oral care at home is key in maintaining oral health. However, these tasks can be a challenge when faced with a systemic disease such as MS. There are strategies and assistive devices that can aid in lessening the burden of daily oral care that are discussed in this article.

Managing Dry Mouth

Xerostomia, more commonly known as dry mouth, is a condition of not having enough saliva to keep the mouth moist. Dry mouth is a side effect of many medications. Without proper salivary flow, there is an increased risk of developing cavities and fungal infections in the mouth. Dry mouth can also negatively impact swallowing, chewing, and speaking. The first line of defense in managing dry mouth is frequent sips of water. Other remedies include sleeping with a humidifier on or using salivary substitutes. There are also products that aid in cavity prevention by adding fluoride or reducing bacteria that can be beneficial to use if you are experiencing dry mouth.

Product Recommendations

Products that can help manage the symptoms of dry mouth are:

- Biotene rinse, spray, or gel
- Chlorexidine gluconate rinse
- Listerine Total Care Zero Alcohol rinse
- Act Restore rinse
- Prevident Rx toothpaste or rinse
- Xylitol products such as Ice Breakers or Spry gum

Interdental Care

Performing proper interdental care routinely can help remove the plaque and bacteria that settle in between your teeth and in your gums. This will help prevent cavities and gum disease.

Alternatives to String Floss

Some great alternatives to traditional string floss are:

- Floss holders
- Floss picks
- Water picks
- Interdental brushes

Oral Care Modifications

Many symptoms of MS can interfere with adequate daily oral care. Brushing for two minutes twice daily and flossing is an essential part of maintaining oral health and overall health.

The following are some strategies and assistive devices that can aid in daily oral care:

- Using a toothbrush with a built-up handle using something such as a tennis ball.
- Electric toothbrushes are more effective at plaque removal than manual brushes.
- Sitting down to brush and floss.
- Find a flossing routine that works for you. If you are too tired at night, floss in the morning. Flossing in bed or while watching TV can be an easier way to implement flossing.
- Manage tremors by wearing a weighted glove while brushing.

Establishing & Maintaining a Dental Home

One important factor in maintaining good oral health is having an established dental home. An established dental home is a dental office that you visit regularly. Regular dental cleanings ensure the removal of plaque and tartar on your teeth to prevent gum disease.

Routine dental visits help with early detection of cavities and various oral health issues. Having an established dental home allows for easier access to treatment if issues arise.

Community Resources

Resources for affordable dental treatment in the Evansville area:

ECHO Health Care (812) 421-7489

- Evansville Christian Health Clinic, 265 Bellemeade Ave Evansville, IN 47713
- (812) 426-6152
- USI Dental Hygiene Clinic

USI Dental Hygiene Clinic

- The USI Dental Hygiene Clinic provides preventive treatments only (no restorations or extractions).
Periodontal maintenance (dental cleanings), radiographs (x-rays), limited examinations, sealants, and fluoride varnish application are included in the services provided.
- Please allow approximately 3 hours for dental appointments due to USI being an educational and learning environment for students.
- Supervising faculty are licensed hygienists and dentists.
- Clinic Fees: Adults: \$35.00 Seniors age 60 & above: \$15.00
Children age 10 & under: \$10.00 Age 11-17: \$20.00

Fall Semester (Sept–Dec)

Mondays and Wednesdays 8:00 a.m. and 1:00 p.m. Monday - Thursday 5:30 p.m.

Spring Semester (Jan–Apr) Monday - Thursday 8:00 a.m., 1:00 p.m., 5:30 p.m.

Dental clinic is closed May-August - To schedule an appointment call (812) 464-1706



Susan's Highlights

Spring is finally here! More days filled with sun and warmer weather is upon us. It is the time of the year to get out of hibernation mode and get into gear. Spring is a great time to enjoy the outdoors and get active. For some people with MS, independence can be an issue. Here are a few ideas to help you maintain and become more independent and enjoy spring!

Don't go out and start a difficult exercise program but do try some things and fit some movement into your routine every day. Warm-up, stretch, and get your heart rate up. Every MSer has a different level of ability. I have found many videos on YouTube to that are made specifically for people with MS from wheelchair to ambulatory patients. The best videos I have found are made by MS Workouts, MS Gym and MS Trust. My neurologist at Vanderbilt MS Clinic stresses how important exercises that target core strength are for people with MS. Your core muscles are the muscles in your trunk that hold you up and help you maintain your balance.

Be sure to stay hydrated and cool while you move. Try bringing a fan into the room where you exercise and turn it directly on you while you are moving. Warm up with stretching before you get started. Get someone else at home to exercise with you. Start slow and gradually increase your time and intensity. You will feel better when you do!

Canes and walkers are a great device to assist with lengthier walking distances. Some of you may already use a walker or cane. If you plan on going somewhere where you will need to walk a distance longer than you are accustomed to, you may consider the use of a cane or walker to assist you. Using a cane allows you extra support for balance. A walker with a seat is also a great idea for those who may need to rest their legs while walking. Walkers with seat are a very popular product at this time. You can order a walker with a seat from most pharmacies, Wal-Mart, and durable medical equipment stores.

We have all heard that there is a correlation between people diagnosed with Multiple Sclerosis and a vitamin D deficiency. Vitamin D is known as the sunshine vitamin because the sun is a natural supply of vitamin D. Being exposed to the sun for 15-20 minutes a day is an easy way to get your share of vitamin D. Sunshine has been shown to help with depression among many other benefits.

Some Individuals living with MS, have found benefits from Massage Therapy to help them keep moving. Massages can help with those tight muscles and relief stress. **Evansville Massage Specialty** 971 S. Kenmore Drive (Next door to TMSMA office) would like to help you get moving by offering you \$10.00 off a massage, during the month of April! Call for details 812-401-3767!

*I hope these tips will help you regain and keep your independence
and help you feel great at the same time!*

Upcoming Programs

The following pharmaceutical companies have scheduled educational dinner programs.

Visit **MAVENCLADevents.com** or call **1-866-254-5621** to register for this event.

Attendance is Limited! Pre-Registration is required for attendee and guest. No walk-ins. All attendees must be 18 years of age, or older. Space is limited to 3 events per person, per topic, in a calendar year.

WHEN: Tuesday May 2, 2023 **TIME:** 6:00 PM Central

WHERE: Biaggi's Ristorante Italiano, 6401 E. Lloyd Expy. Evansville, IN 47715

FEATURED SPEAKER: Kristi Nord MD, Memorial Neurology

Speaker is sponsored by EMD Serono, Inc.

To register, learn more, or find other events:

1-844-OCREVUS (1-844-627-3887) www.ocrevus.com/events

If you or someone you care about has Relapsing Multiple Sclerosis (RMS) or Primary Progressive Multiple Sclerosis (PPMS), we invite you to a free educational event.

PRESENTED BY: Christopher Wilson, MD, American Health Network

Heather: Person living with Relapsing Multiple Sclerosis (RMS)

WHERE: Biaggi's Ristorante Italiano, 6401 E Lloyd Expressway, Evansville, IN 47715

DATE & TIME: Wednesday, May 10, 2023, 6:30pm CT

Please plan to arrive 30 minutes before the presentation time.

Space is limited and advance registration is strongly recommended.