



**TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION**

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June 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

The Tri-State MS Association is excited that things are getting back to “busy”! We are planning meetings, fundraisers, and exploring networking opportunities! Realizing that many people joined our organization when we were in a “sleep” pattern, maybe we should re-introduce ourselves and what we offer.

“Who is the Tri-State Multiple Sclerosis Association?”

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.

What do you and your family do when you are diagnosed with multiple sclerosis?

You call the Tri-State Multiple Sclerosis Association that is located here in the tri-state. Your questions will be answered with the most updated information on MS and guided to resources that can provide help to you and your family.

Facts About MS

- A chronic, inflammatory disease of the CNS (brain & spinal cord)
- Affects approx. 1 million people in the US, 2/3 of whom are women
- Disease onset typically occurs in young adults between the ages of 20 – 40
- Common symptoms are pain, fatigue, weakness, numbness, loss of vision, slurred speech, poor coordination, bladder dysfunction, and emotional & cognitive changes
- Cases can vary from mild symptoms to partial or complete paralysis

There is no cure for multiple sclerosis but treatments for MS have come a long way! It is important that you stay educated on the constantly developing treatments. The Tri-State MS Association works with neurologists and pharmaceutical representatives to provide several educational programs throughout the month. These programs offer an opportunity for individuals to learn more about MS treatments to cope with this chronic illness.

Services TMSA Provides

The Tri-State Multiple Sclerosis Association offers local services to over 1,350 families in our community touched by this devastating disease. Our services include; a MS certified nurse, local resources, and opportunities to network with others living with multiple sclerosis. a monthly newsletter, and educational programs. All of these services are free!

The Tri-State Multiple Sclerosis Association has a MS nurse educator on staff. She has received her MS Certification and is one of the few MS Certified Nurses in the United States and the *only* local nurse who has earned this certification!

The Tri-State Multiple Sclerosis Association offers financial assistance and medical assistance to individuals living with multiple sclerosis is the tri-state.

Cut and return -----

As we move forward, we MUST update our mailing list! A lot of time and cost go into the production and mailing or emailing of the TMSA newsletter! We do not mind and want to continue to provide this free service, however we know many go unopened and into the trash☹! To remain on the mailing list, and to receive newsletters by mail or email, **you MUST fill out and mail back the form below! Or call us with your info 812-423-5943!**

Name: _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Please check how you would like to receive the newsletter.

I would like to receive the newsletter by mail. _____

I would like to receive the newsletter by E-mail _____

A few more questions☺

Are you interested in attending any of the followings?

Support Group meetings _____

Lunch and Learns _____

Craft Projects _____

Exercise Programs _____

Help us update our mailing list by returning this form by 7/30/23 and you will be entered in a drawing for a Walmart Gift Card! Include a donation and we'll add your name a second time!

You Know What Medical Gaslighting Is?

Susan Reynolds RN, MSCN

Recently, I came across an article on Medical Gaslighting (see below) and that a small study had been done on this subject. When I first began having symptoms, thirty three years ago, I went to my doctor and was told that my symptoms were because of stress. I was given some valium and sent home. After doing my own research, I found a neurologist who worked in the University of Kentucky Neurology Clinic. (Back then there were no MS Clinics) He told me I probably had MS after my first exam and he ordered quite a few tests to confirm his diagnosis.

I was surprised and sad to hear that some women are still experiencing this treatment from doctors. They seek help for many types of symptoms, but the doctor decides that the woman is being hysterical. They tell them that the pain or symptoms they are having are real but the cause of the problem is “all in their head”. They usually say this after they have run a few tests and are not finding a medical diagnosis very easily. Sometimes the woman feels shame and guilt and starts to doubt herself!

If you feel that your Doctor is not listening to you or taking you seriously, you can try reframing the question and challenge the doctor when they say your symptoms are “all in your head”. If that tack doesn't help then you should look for a doctor that will listen to you.

Many people find help in **support groups, online or in person**. People with the same conditions can share advice or share the names of their doctors with you. The Consortium of MS Centers (CMSC) lists all of the Certified MS Clinics on their website. You can find one that is close to you on their website. It is the same with other diseases as well; there are many non-profit organizations that list clinics and doctors that treat the diseases they represent.

How ‘Medical Gaslighting’ affects Women with Chronic Illness:
Study by [Marisa Wexler, MS](#) | January 5, 2023

Women with chronic health conditions like [multiple sclerosis](#) (MS) often experience disbelief and disenfranchisement from healthcare providers when they seek care, a new study highlights. The study, “[Women’s Experiences of Health-Related Communicative Disenfranchisement](#),” was published in *Health Communication*.



Susan’s Highlights - MS Foundation Brighter Tomorrow Grant

Each year, The Brighter Tomorrow Grant allows MS Focus to makes dreams come true across the country. The goal of the grant is to provide you with goods or services that will improve your life, but are not available through our other programs. These items range in value, with a max of \$1,000 per recipient, and can vary from household essentials to hobby supplies. What would make your tomorrow brighter?

The Brighter Tomorrow Grant is only open from June 1st-September 1st. Applications submitted outside of this window will not be accepted. Applications are confidential and will be reviewed by the grant committee. Recipients will be notified by December. This grant is available one time per person. For details or to apply at msfocus.org / call 1-888-673-6287.

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: Monday, June 19, 2023 **TIME:** 6:00 PM Eastern (5:00 PM Central)

WHERE: Schnitzelbank, 393 3rd Avenue, Jasper, IN

SPEAKER: Kristi Nord MD, Memorial Neurology, Speaker is sponsored by EMD Serono,

Visit **ZEPOSIA.com/events** or call **1-844-409-3636** to register or learn more.

Registration is required to attend his educational program.

LIVE ZEPOSIA EVENT

WHEN: Thursday, June 22, 2023 **TIME:** 5:30M CST **PROGRAM START:** 6:00PM CST

SPEAKER: HCP Dr. Daniel Becker Speaker is sponsored by Bristol Myers Squibb

WHERE: Moonlite Bar-B-Que, 2840 Parrish Ave, Owensboro, KY

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: Monday, July 17, 2023 **TIME:** 6:00 PM Central Time

WHERE: Moonlite Bar-B-Que, 2840 Parrish Avenue, Owensboro, KY

SPEAKER: Kristi Nord MD, Memorial Neurology, Speaker is sponsored by EMD Serono

Looking for a great Father's Day or Birthday Gift? Maybe you just like a clean car?

Tri-State MS Association's is selling a package of three Shine Care Washes from Lucas Oil Car Wash for only \$25.00!

A Shine Car Wash is normally \$15.00. With this promotion, you are getting 3 Washes for only \$25.00!

Now the best part, Lucas Oil Car Wash is donating **\$12.50** back to Tri-State MS Association for every package sold!

It's a Win Win for everyone!

Call Tri-State MS Association 812-423-5943/ 1-866-514-4312
or email director@tristatems.org to order!



Why does the TMSA fundraise!

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!