



TRI-STATE  
MULTIPLE SCLEROSIS  
ASSOCIATION

971-C South Kenmore Drive  
Evansville, IN 47714  
Phone: 812-423-5943, Toll Free: 1-866-514-4312  
[www.tristatems.org](http://www.tristatems.org)  
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## July 2024 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

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### **SUPPORT GROUP MEETINGS AND CONTACT INFORMATION**

Terri Hasty - Tell City - 812- 686-8183 – 1<sup>ST</sup> Monday of the Month.

**Next mtg. – 7/1/24 at Twilight Towers, Tell City at 11am.**

Fran Neal - Washington - 812-259-1565

**3<sup>rd</sup> Saturday of the Month at Ghost House in Washington at 10 am.**

Cheryl Walker - Henderson - 270- 823-4752

Susan Reynolds - Owensboro - 812-228-6100

**Evansville- MS Chair Yoga with Delanie Davis-Details Below-**

**Evansville-Lunch & Learn with Susan Reynolds, MS Nurse-Details Below-**

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### **Upcoming Briumvi Patient/Caregiver Education Programs**

1.) To register for this program go to TGMSEvents.com or call 1-877-575-TGTX (8489).

**Attendance is Limited!** Pre-Registration is required for attendee and one guest. No walk-ins. All attendees must be 18 years of age, or older. Light Meal Served.

**WHEN: Tuesday, July 30<sup>th</sup> 2024 TIME: 12:00 PM EST (please note time zone)**

**WHERE: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN**

**FEATURED SPEAKER: Dr. James Winkley – Baptist Health Neurology MS Clinic-Lexington, Ky.**

**Speaker is sponsored by TG Therapeutics**

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**Attendance is Limited!** Pre-Registration is required for attendee and one guest. No walk-ins. All attendees must be 18 years of age, or older. Light Meal Served.

**WHEN: Tuesday, July 30<sup>th</sup> 2024 TIME: 6:00 PM CST (please note time zone)**

**WHERE: Moonlite Bar-B-Q Inn, 2840 W. Parrish Ave., Owensboro, Ky**

**FEATURED SPEAKER: Dr. James Winkley – Baptist Health Neurology MS Clinic -Lexington, Ky.**

**Speaker is sponsored by TG Therapeutics**

## COOKIE DECORATING CLASS

**When:** Tuesday, July 9<sup>th</sup> at 1pm CST

**Where:** TSMSA office



**SEATING IS LIMITED, CALL 812-423-5943 TO RSVP**

**Cost is \$10.00 per person**

**Cash or Check only (make check payable to Sassy Sweets)**

CLASS IS BEING TAUGHT BY CHRISTY GIBSON, OWNER OF SASSY SWEETS

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## Lunch & Learn With Susan Reynolds, RN, MS Nurse Specialist

**“Tips On Managing DIET With MS”**



**Thursday, July 18th at 11:30am at TSMSA**

Seating is limited, please RSVP by July 16<sup>th</sup> @ 812-423-5943/1-866-514-4312

This FREE educational session will be held at TSMSA office, 971-C South Kenmore Dr.

Evansville, IN \*\*Refreshments will be served\*\*

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## **MS Chair Yoga with Delanie Davis**

**IS NOW BEING OFFERED VIRTUALLY!!!!**

Email [director@tristatems.org](mailto:director@tristatems.org) and Tina will send you

an invite through Microsoft Teams.

This class will be offered FREE to individuals living with MS.

**LAST THURSDAY OF EVERY MONTH**

12PM (NOON) to 1PM AT THE TSMSA OFFICE.

Refreshments always served!

**NEXT CLASS THURSDAY July 25<sup>th</sup>**

RSVP by calling 812-423-5943, 1-866-514-4312

SAVE THE DATE

**Girl's Night Out:** Wednesday, August 21<sup>st</sup> 2024 @ Evansville Country Club  
**Strike Out MS:** Saturday, September 14<sup>th</sup>, 2024 @ Wesselman Park  
**Evansville Autumn Walk:** Sunday, November 3<sup>rd</sup> @ Harrison High School

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## Mediterranean Diet May Reduce your Risk of MS

Susan Reynolds RN

Are you interested in improving your overall health while improving your brain health as well? People with multiple sclerosis may benefit from a Mediterranean diet. A large population-based study, published in 2012, reported that older adults who followed this diet — rich in fruits and vegetables, fish and grains — showed less damage to the brain's small vessels, damage that occurs as a normal part of aging and that also can be caused by diseases such as MS.

A Mediterranean regimen is more than just a diet. You must drop the idea that you are “on a diet” this is a way of life. The higher adherence to the MIND diet – short for Mediterranean-Dietary Approach to Stop Hypertension Intervention for Neurodegenerative Delay – may protect brain tissue from further damage in people with [multiple sclerosis](#), new research suggests. A recent study, “[MIND Diet Adherence Might be Associated with a Reduced Odds of Multiple Sclerosis: Results from a Case-Control Study](#),” was published in the journal [Neurology and Therapy](#). The higher adherence to the MIND diet, which means eating green, leafy vegetables as well as beans, nuts, berries and fish seems to significantly lower the likelihood of developing [multiple sclerosis](#), according to this study. The findings also suggest that the chances of developing the disease may be higher in people who eat more cheese, poultry, sweets, and fried foods. Christy Brisette MS, RD talks about the 80/20 rule, the 80/20 rule is a guide for your everyday diet: **eat nutritious foods 80 percent of the time and have a serving of your favorite treat with the other 20 percent.** For the “80 percent” part of the plan, focus on drinking lots of water and eating nutritious foods that include whole grains, fruits and vegetables. For your treats, or the “20 percent” part, eat your favorite foods in moderation. For example, you might have a small piece of chocolate cake today and a drink a glass of red wine tomorrow—just not both at the same time. This way of eating is easier to maintain than stricter diets like ketogenic or paleo diets. The best thing about the 80/20 rule is that you're never saying, "I can't eat that." Instead, you're saying, "I can eat this today and have that tomorrow." (<https://80twentynutrition.com/media/>)

**Load your plate with fruits and vegetables.** Spinach, kale, broccoli and other leafy green vegetables are rich in many brain-loving nutrients. Eat some every day. • Limit sugar and processed foods, *including red meat, butter, sweets, fried and fast foods and packaged foods.* • Lower sodium intake • Increase fruits and vegetables • Eat lean sources of protein • Eat healthy fats (fish) • Consume adequate amounts of fiber and fluids and eat plenty of whole grains. Whole grains — such as oats, barley, quinoa and brown rice — are rich in many

of the B vitamins that work to reduce inflammation of the brain. Whole grains are also an excellent source of fiber.

**Don't forget fish.** Fish is a great source of omega-3, the type of fatty acid your body can't produce, and it's good for your brain. At least twice a week, eat five ounces of omega-3-rich fish, such as salmon, cod, haddock, tuna or halibut. If you don't like fish try walnuts, flaxseeds or soybeans instead.

**Get plenty of fiber and fluids.** Adequate fiber and fluid intake is important for regular bowel movements as constipation is a common symptom of MS. Get 25 to 35 grams of fiber daily and at least 64 ounces of water (8 8-ounce cups of water a day). Fruits, vegetables and whole grains are an excellent source of fiber.

**Lower your salt intake.** High levels of sodium can increase levels of inflammation in the body, both in mice and in people with MS. With Western diets tending to be quite high in salt, researchers have been looking at whether salt could have an effect on the risk of developing MS, or influencing how quickly MS progresses. Sodium is a primary component

of salt. Limit sodium intake to less than 2,000 mg a day in individuals with MS and less than 1500 mg a day for those with MS and heart disease risk factors.

**Try using herbs instead of salt.** I use Mrs. Dash and other spices instead of salt. Many herbs and spices — such as turmeric, cinnamon and ginger — are packed with antioxidants that may decrease harmful inflammation in the brain and elsewhere. The strong flavors and the bright, intense colors are clues to the benefits of spices.

**You can eat some chocolate dark chocolate, within limits.** Dark chocolate contains flavonoids, which are strong antioxidants. They can improve blood flow to the brain and reduce inflammation. Unsweetened cocoa powder offers the greatest benefit, followed by dark chocolate with at least 72 percent cocoa solids.

**Drink red wine in moderation.** Resveratrol, found in red wine and the skin of red grapes, is a potent antioxidant. Alcohol and in particular red wine have both immunomodulatory and neuroprotective properties, and may exert an effect on the disease course of multiple sclerosis (MS). Stick to the maximum recommended daily amounts of one glass for women and two for men. If you don't like wine then you can drink red grape juice for the same effect.

**Take Your Vitamin D** Low levels of vitamin D (25-hydroxy vitamin D) have been associated with increased risk of developing and worsening MS. Vitamin D has effects on the immune system and may be a neuroprotective agent. My neurologist at Vanderbilt has me taking 2,000 IU of Vitamin D every day. Maintaining normal levels of vitamin D is very important in MS care. 2,000 IU daily of vitamin D3 is thought by most neurologists to be safe in individuals with MS.

Stoiloudis P, Kesidou E, Bakirtzis C, Sintila S-A, Konstantinidou N, Boziki M, Grigoriadis N. The Role of Diet and Interventions on Multiple Sclerosis: A Review. *Nutrients*. 2022; 14(6):1150. <https://doi.org/10.3390/nu14061150>

Katz Sand, I. The Role of Diet in Multiple Sclerosis: Mechanistic Connections and Current Evidence. *Curr Nutr Rep* 7, 150–160 (2018). <https://doi.org/10.1007/s13668-018-0236-z>

Riccio P, Rossano R. Nutrition Facts in Multiple Sclerosis. *ASN Neuro*. 2015;7(1). doi:[10.1177/1759091414568185](https://doi.org/10.1177/1759091414568185)

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