



TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION

971 C S. Kenmore Drive
Evansville, IN 47714
Phone: 812-423-5943 Toll-Free: 1-866-514-4312

www.tristatems.org

Follow us on [facebook](#), [Instagram](#), [Linked in](#)

JUNE 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 and their families in Southern IN, Southern IL & Western KY

SUPPORT GROUP MEETINGS AND CONTACT INFORMATION

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

NO JUNE MEETING Next mtg. – 7/1/24 at Twilight Towers, Tell City at 11am.

Fran Neal - Washington - 812-259-1565

3rd 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 & Meal Planning with Delanie Davis-Details Below-
Evansville-Lunch & Learn with Susan Reynolds, MS Nurse-Details Below-

Looking for a Father's Day, Birthday or Special Occasion Gift?



Maybe you just like a clean car?

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

Fundraiser starts May 1st and ends June 30th

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 coupon book 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!

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 3 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 hundreds of individuals living with MS & their families in the area.

Call us at 812-423-5943 for more information

ENTRY FEES: Entry fee includes 18 holes of golf w/cart.

LUNCH, SNACKS, AWARDS, SILENT AUCTION, HALF POT

Individual \$125

Foursome \$500

Event Date: Monday, June 3, 2024

Place: Rolling Hills Country Club

Registration and Lunch Begins: 11:30 am

Shot Gun Start: 1:00 pm



Lunch & Learn With Susan Reynolds, RN, MS Nurse

“Tips On Managing DIET With MS”



Thursday June 20th at 11:30am at TMSA

Seating is limited, please RSVP by June 18th @ 812-423-5943/1-866-514-4312

This FREE educational session will be held at TMSA office, 971-C South Kenmore Dr.,
Evansville, IN **Refreshments will be served!**

MS Chair Yoga and Meal Planning with Delanie Davis

IS NOW BEING OFFERED VIRTUALLY!!!!

Email 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 TMSA OFFICE.

Refreshments always served!

NEXT CLASS THURSDAY June 27th

RSVP by calling 812-423-5943, 1-866-514-4312 or director@tristatems.org



Upcoming June Programs

To register for this event visit www.ocrevus.com/events or call 1-844-627-3887.

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: Wednesday, June 12th 2024 TIME: 6:30 PM CST

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

FEATURED SPEAKER: Christopher Wilson, MD. American Health Network

Heather, person living with (RMS) Relapsing Multiple Sclerosis

Speaker is sponsored by GENENTECH

Caring for an individual with multiple sclerosis can be a challenge.

We had a caregiver reach out to us with an interest in starting a Peer-Led Caregiver Support Group. Before we start this group, we would like to get an idea of the interest. Contact us if you are interested in joining this group as a caregiver. Call 812-423-5943/1-866-514-4312

PAIN AND MULTIPLE SCLEROSIS

SUSAN REYNOLDS, RN

Are any of you having pain related to your MS? How often have you heard the phrase “But you look so good!” When I was first diagnosed with MS twenty two years ago I was told by my neurologist that pain was not a part of the disease. I somehow convinced myself that what I was feeling must not actually be pain. I couldn’t even verbalize to my family or friends that I was in pain because I was told that in MS there was no pain! Years later when neurologists began talking about pain with MS it was like a light came on in my head. Yes, there is pain with MS! Studies show that two thirds or around 70% of people with MS will have pain sometime during the course of their disease. Pain can be a presenting symptom of MS and it can be the most debilitating symptom of MS. Pain is usually accompanied by depression, anxiety and fatigue which can make the pain problem worse.

There are 2 reasons why pain occurs in MS. First is the disruption of central nervous system myelin. When pain is the result of a disruption or alteration in nerve conduction it is called neurogenic or neuropathic pain (pain that originates in the central nervous system). The second reason for MS pain is from the effects of disability. It is called nociceptive pain. It occurs when bone, muscle or body nociceptors warn of tissue damage which may result from disability. This can be secondary to musculoskeletal changes in MS due to weakness or incorrect posture for example.

Some examples of neurogenic pain are: Lhermitte’s Sign, the electric shock like pain that some MS patients get when they look down or bend their neck forward. Second is Trigeminal Neuralgia, a sharp pain in the jaw that comes and goes. It is usually brought on by touch, sneezing, chewing or even brushing the teeth. The last example is Dysesthesia, or burning, aching and girdling around the body. This can include strange feelings like itching and burning or sensitivity to touch. Pins and needles sensation would fit into this category also. “MS hug” or the feeling of being squeezed around the trunk is a good example of dysesthetic pain.

There are many medications used to treat Neurogenic Pain. Anticonvulsants such as gabapentin or phenytoin, (Tegretal and Dilantin) are commonly used to treat trigeminal Neuralgia. Anticonvulsants are used to treat Lhermitte’s sign too. A soft neck brace can also

be used for Lhermitte's sign to limit neck flexion and thus stop the pain. Tricyclic antidepressants such as amitriptyline, nortriptyline, and desipramine are sometimes used to treat neurogenic pain. Gabapentin, (Neurontin) is another anticonvulsant commonly used to treat neurogenic pain such as the "MS Hug" or other burning or aching sensations. One thing that is news to me is the use of anti-arrhythmics for neurogenic pain. I have never heard of an MS patient in the Tri-State area being treated with an anti-arrhythmic for neurogenic pain but I plan on asking my neurologist about it when I see him in September. Anticonvulsants work by modulating excitatory neurotransmitters or slowing down over active nerves. . Antidepressants work by increasing chemicals in the body that decrease the level of signals transmitted along nerve pathways. Anti-arrhythmics such as lidocaine, tocainide and mexiletine are prescribed because they calm excited nerve firing. You should ask your Neurologist what he or she thinks about trying to use an anti-arrhythmic for your neurogenic pain if nothing else seems to help.

Two newer drugs prescribed for pain in MS are duloxetine hydrochloride (Cymbalta) or pregabalin (Lyrica). Neither is approved specifically for MS, but is commonly being used to treat MS pain by many neurologists. Cymbalta is an SNRI (selective norepinephrine reuptake inhibitor) antidepressant and Lyrica is an anticonvulsant.

For Nociceptive Pain caused by the effects of disability or musculoskeletal problems, muscle relaxers are commonly prescribed. An example of this type of pain is painful tonic spasms, or spasticity. Baclofen, Tizanidine and Diazepam are used to treat spasticity. The side effects of these medications must continually be evaluated in terms of their impact on the patient's quality of life. These medications can cause drowsiness and worsen fatigue and vertigo (dizziness) for MS patients. Stretching exercises can help relieve spasticity.

Physical therapy can help musculoskeletal pain that is secondary to a symptom of MS. An evaluation to pinpoint the cause of the pain is essential. A Physical Therapist can help determine whether pain is caused by incorrect use of mobility aids, incorrect posture, immobility, or by the struggle to compensate for weakness, gait or balance problems. Treatments may include application of heat, cold, ultrasound, massage or Physical Therapy. Newer Literature suggests seeking help from a Multidisciplinary Pain Clinic. They can use pain medication in combination with alternative therapies such as biofeedback, meditation, relaxation, yoga, hypnosis and cognitive behavioral therapy. Use of a TENS (Transcutaneous Nerve Stimulation) unit can help with some physical causes of pain. Getting involved in Social activities, support groups or work can help with pain. Higher pain severity is reported by people with MS who are homebound or unemployed.

Pain can be intensified by fear. But the amount of pain an MS patient has actually has no bearing on the severity of their disease. People who stay active and maintain a positive attitude often seem to be able to reduce the impact of their pain. These patients often experiment with complementary or alternative therapies to relieve their pain. It is a characteristic of many people with MS to look for ways to help themselves and take action to reduce their pain.

SAVE THE DATE

Ted Donosky MS Golf Scramble: Mon, June 3rd @ Rolling Hills Country Club
Girl's Night Out: Wednesday, August 21st @ Evansville Country Club
Strike Out MS: Saturday, September 14th, 2024 @ Wesselman Park
Evansville Autumn Walk: Sunday, November 3rd @ Harrison High School