



WEBINAR 
WEDNESDAYS

How To Optimize Your Energy

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Type in your questions using the **Questions Box**



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February Programs

Webinar – Feb 1
How To Optimize Your Energy

JUMPSTART – Feb 9
Get the Zip Back in Your Life!

YOUR QUESTIONS ANSWERED – Feb 14
MS Fatigue

Community Programs

Achieving Balance: Mind Body, & Relationships

Dallas, TX
April 15

**Oklahoma
City, OK**
April 29

Tampa, FL
May 6

Solon, OH
June 24

Join Can Do for an in-person program near you in 2023.

Live too far away or would rather learn from the comfort of your home? This program is also offered through Zoom!

The same program will be offered at all locations.



Stephanie Buxhoeveden

MSCN, MSN, FNP-BC

- Nurse Practitioner
- Glen Allen, VA



Tracy Carrasco

OT-L, MSCS, CLT

- Occupational Therapist
- Winter Garden, FL

Learning Objectives

1

Understand the factors that contribute to MS fatigue

2

Recognize the impact of MS fatigue on daily activities, relationships, and communication

3

Learn effective management strategies for fatigue



How often do you experience MS fatigue?

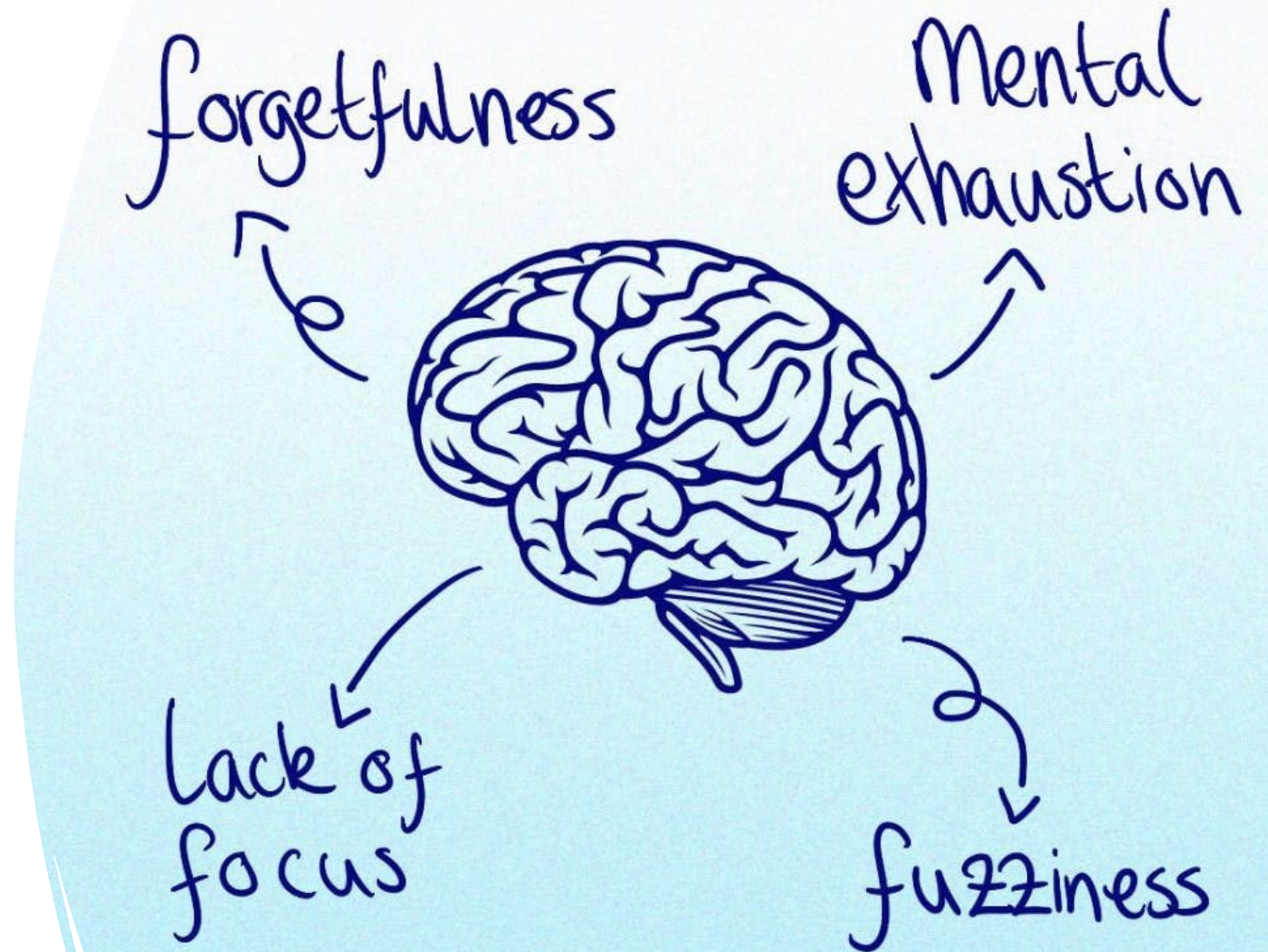
- a) Daily
- b) Weekly
- c) Monthly
- d) Rarely

Fatigue

- One of the most common MS symptoms
- Can be overwhelming and disabling
- Invisible symptom
 - Hard to explain, difficult for others to understand
- May occur daily, but often fluctuates

Fatigue is Different Than Being Tired

- Daily activities, work, and responsibilities at home drain all your energy.
- Usually worsens throughout the day
- Feeling depleted, with or without being sleepy.
- Rest and sleep do not reenergize you
- Can be physical, cognitive, or both



Contributing Factors to Fatigue

Primary Fatigue

The exact cause is unknown, but likely a combination of factors

- Immune system dysregulation: people with fatigue have higher levels of inflammatory cytokines (feels like you're always fighting off a virus)
- More energy is required to work around CNS damage
- Slowing of electrical signals in the CNS
- Increased fatigue during a relapse



Contributing Factors to Fatigue

Secondary Fatigue

- Physical or cognitive disability
- Deconditioning
- Bladder symptoms
- Sleep (RLS, sleep apnea, insomnia)
- Pain
- Depression
- Sedative side effects of medications
- Other health issues (hypothyroidism, anemia, infections, vitamin deficiencies)

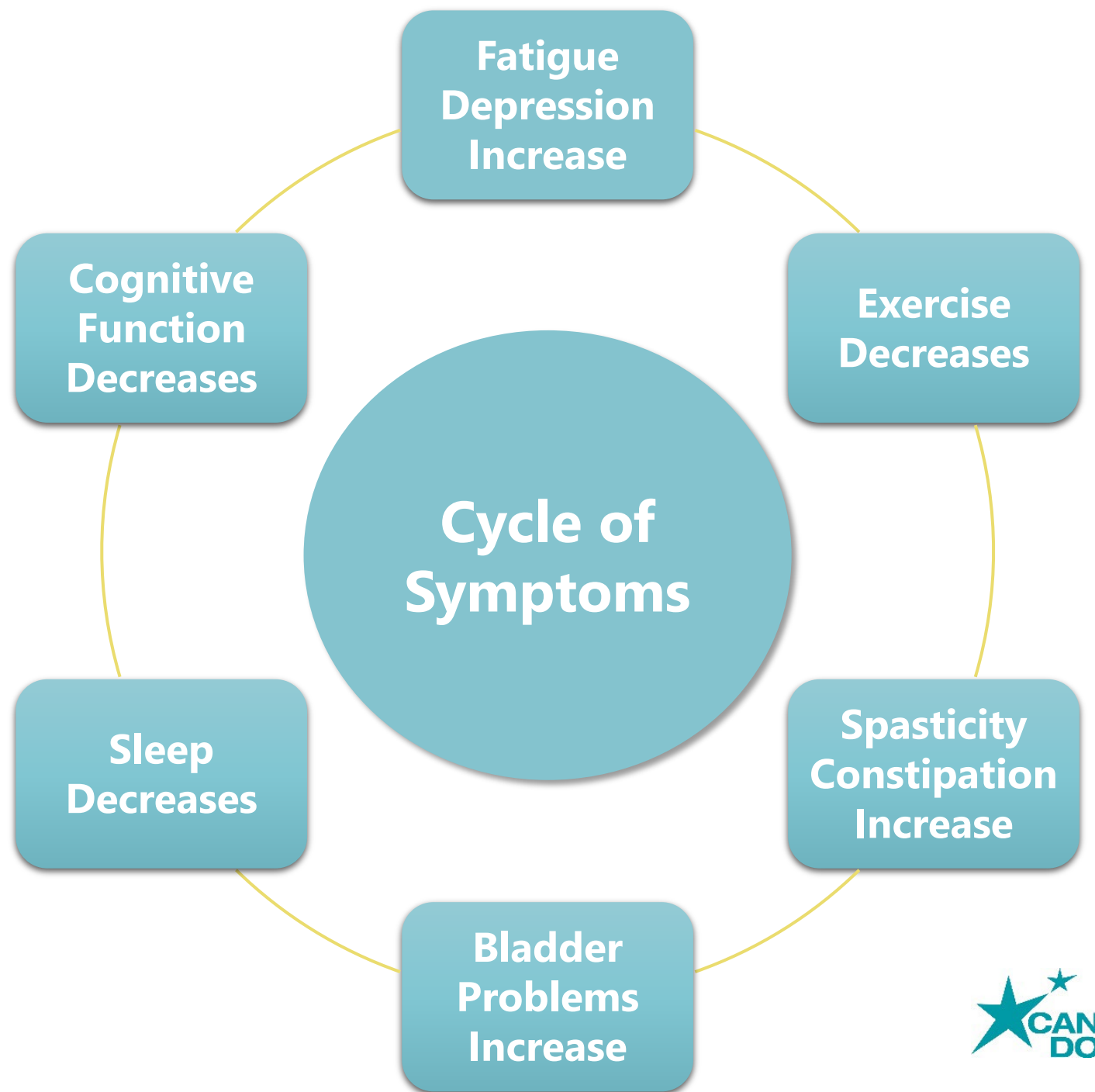


The background of the image consists of numerous light-colored wooden blocks scattered across a light blue surface. Each block has a dark grey question mark printed on its top face. The blocks are arranged in a somewhat random pattern, with some overlapping and others spaced out. The lighting is even, highlighting the natural grain of the wood.

Chat question

What other symptoms are you experiencing besides fatigue?

MS Symptoms Occur in Clusters



Is it MS Fatigue, or Something Else?

Red Flags



Waking up tired and/or with a headache



Difficulty falling or staying asleep



Waking up multiple times during the night



Snoring or apnea



Loss of interest and lack of motivation



Accidentally dozing off



Feel more refreshed after naps/rest

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Chat question

What other symptoms are you experiencing besides fatigue?

Describing Your MS fatigue

The traffic light explanation:

■ Green

You feel like a car that passes a green light and can continue on its journey as it has enough energy.

■ Amber

The car needs to think about stopping to avoid the risk of an accident.

■ Red

The car needs to stop and rest to be able to continue.



The battery explanation:



- The battery is **fully charged**, it is functioning normally and has all the energy it needs to complete day-to-day activities.

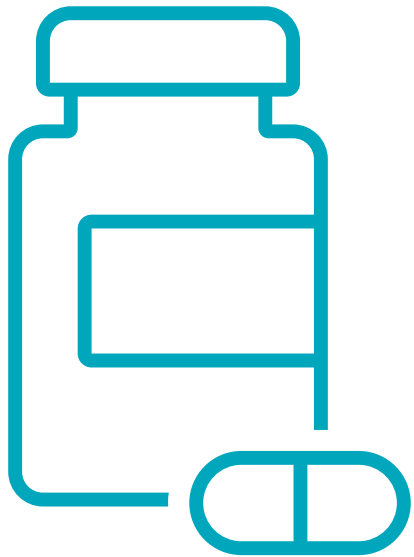


- The battery is **running low**, it is slowing down so you need to limit its use and plan a recharging period.



- The battery is **completely out of charge** so all activities come to a halt. The recharge time will take longer if a recharge didn't happen as and when necessary.

Medications



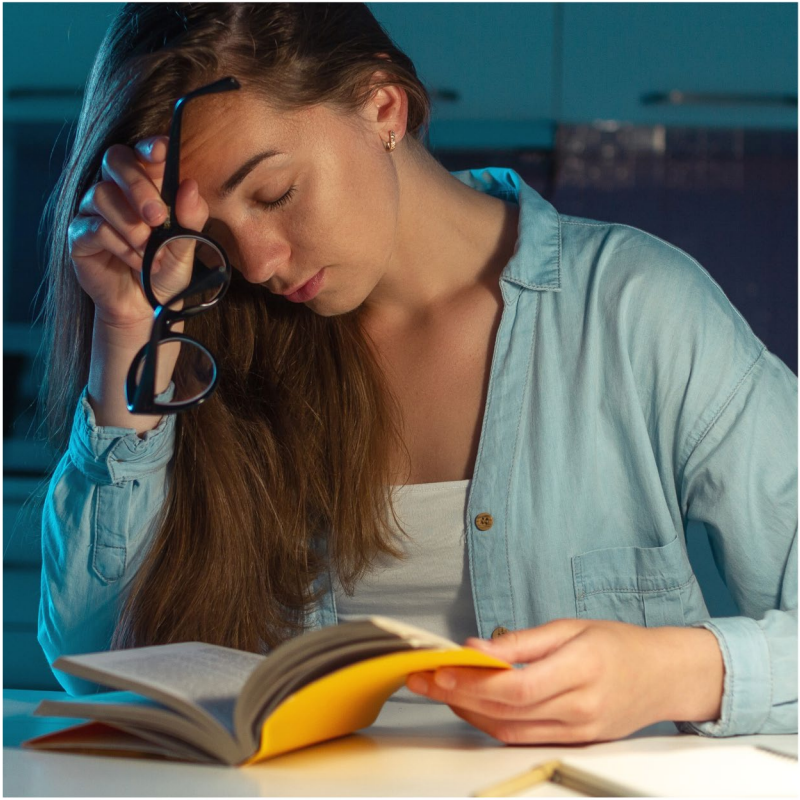
- Some DMTs and symptomatic medications can worsen fatigue
 - Adjusting the dose or timing can help
- Other DMTs have been shown to improve fatigue and quality of life
- Many medications have been studied to see if they improve fatigue
 - Ampyra
 - Stimulants (Provigil/Nuvigil)
 - Amantadine
 - Aspirin
 - Paroxetine

Fatigue Research Update

- “Symptom Science” is a priority for researchers, clinicians, and patients
- Key Takeaways:
 - Physical activity reduces fatigue
 - Swank and Wahls diets were recently shown to reduce fatigue and improve quality of life
 - Studies have some key limitations and differences
 - Investigational therapies: transcranial magnetic stimulation, functional electrical stimulation, cryotherapy

Fatigue Management

What you can do at home



Prioritize activities and conserve energy- even on good days!

Lifestyle modifications (diet, exercise)

Avoid drugs and alcohol (CNS depressants)

Adaptive equipment and other accommodations

Avoid exposure to extreme temps if those trigger your symptoms

Fatigue Management

What your healthcare team can do

- Address secondary causes and break the symptom cycle
- Adjust current medications and assess DMT effectiveness
- Physical therapy: assess the need for adaptive equipment
- Occupational Therapy: energy conservation
- Cognitive Behavioral Therapy: coping with MS symptoms





What triggers your fatigue?

- a) Getting ready for the day
- b) Heat
- c) Overexertion/Exercise
- d) Work/Chores
- e) Stress
- f) Other (put your answers in the chat box)

Understanding and Analyzing Fatigue

Track your fatigue

- How do you feel?
- What happened before you started feeling fatigued?
- How long does your fatigue last?
- What made you feel better?

Track your daily activity

- What are your most energy-consuming activities?
- What time of day are you most fatigued?
- Are there certain days of the week that are more fatiguing?

What needs to change?



Yourself



How your activities are performed



The environment

Changing Yourself

Exercise

Good nutrition

Sleep habits

**Stress
management**

**Improve your
breathing**

Posture

Rest breaks

Stretch breaks

Improving Your Sleep

Make a fixed bedtime and wake up time

Make your bedroom a comfortable temperature

Dim the lighting and decrease the noise one hour prior to bedtime

Follow a routine when getting ready for bed

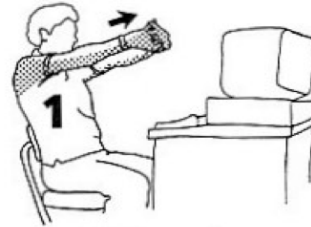
Make sure your bedding is comfortable

- No TV or electronics once you are in bed

Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10-20 seconds
2 times



10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



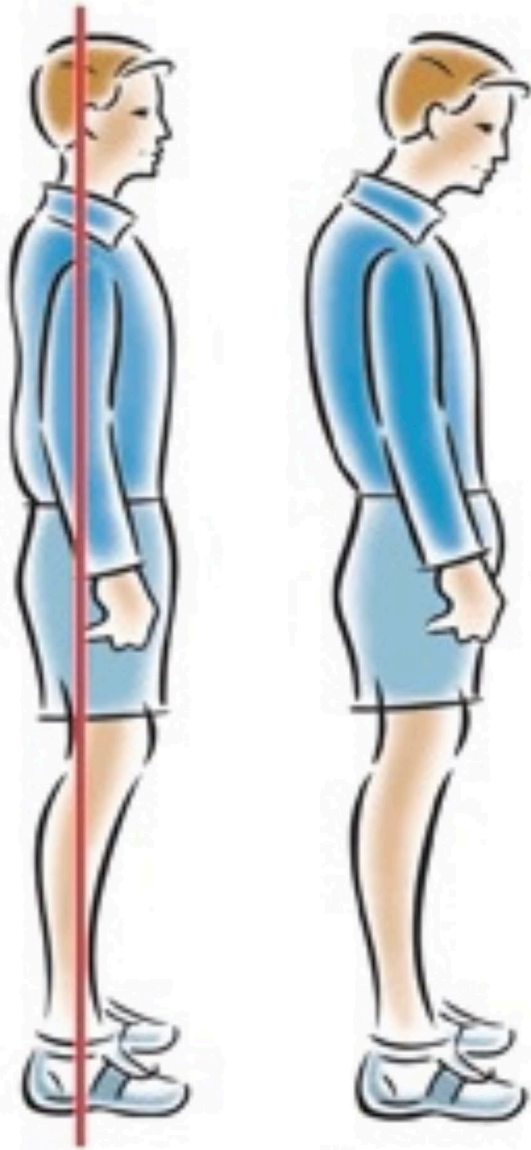
8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds



proper

improper

Changing How Your Activities are Performed

- Prioritize
- Plan ahead
- Delegate tasks to others
- Work at a moderate pace
- Alternate easy and difficult tasks/Rest Breaks
- Perform activities in sitting if possible
- Slide objects instead of lifting or carrying them
- Use of appropriate mobility or assistive devices as needed.
 - AFO, walker, wheelchair, etc.

Analyze Your Task

- Necessity
- Location
- Timing
- Strategy
- Efficiency
- Get Help
- Advice

Changing Your Environment

- Proper seating and positioning
- Rearrange your areas to make frequently used items easily accessible
- De-stress your space
- Use task appropriate lighting
- Avoid harmful fumes, smells, or smoke
- Manage your temperature
- Use accessible parking



Heat Management Strategies

- Keep environment cool (62–66°F)
- Exercise in a cool pool (< 85 °F)
- Avoid hot baths/showers
- Hydrate with cool liquids/frozen drinks
- Use cooling packs, scarves, garments
- Wear light-weight, loose-fitting clothing
- Rest after exerting activities

Energy Management while Cooking



- Prep items for cooking in advance
- Use precut items when possible
- Keep frequently used items within reach
- Use paper plates
- Use a toaster oven, air fryer, slow cooker or a single induction burner
- Online grocery shopping

Energy Management while Cleaning

- Pick one area or item to clean per day
- Use lightweight cleaning tools
- Consider a robot vacuum and/or mop
- Have multiple bins for laundry so sorting is already done
- Consider help for deep cleaning





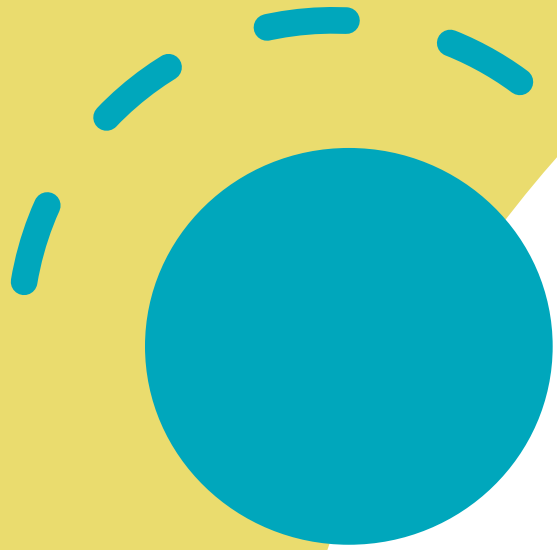
Energy Management during Daily Tasks

- Use a shower seat
 - Sitting while grooming and dressing
 - Use of a raised toilet seat
 - Build in rest breaks
 - Keep it cool (A/C and water temp)
 - Keep needed items in close proximity
 - Use ergonomic products (pump bottles for liquid soap/shampoo)
-

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Chat question

What is your favorite strategy for managing fatigue?



**Listen to your body
closely and give yourself
rest when needed!**

Key Takeaways

1

Fatigue is complex and different for everyone

2

Identifying underlying causes and triggers is a big first step

3

Small changes can make a big difference

Q & A





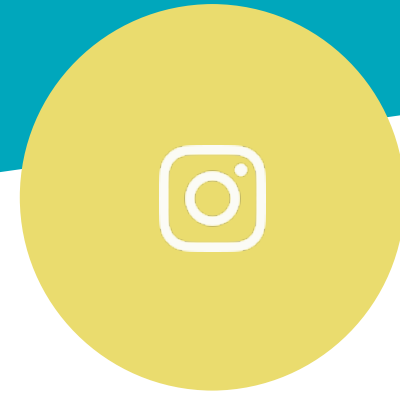
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WEBINAR 
WEDNESDAYS

How To Make the Most of Your Mind

Wednesday, March 1 at 7pm ET

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