

Webinar Series



Living Well With MS: Health Awareness & Promotion

January 8, 2019

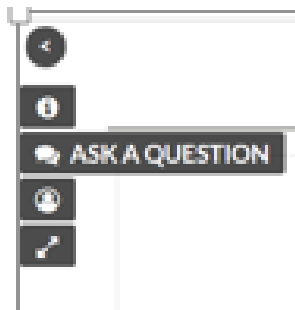
Presented by:





How to Ask Questions During the Webinar:

- Type in your question in the “Ask A Question” Box,
- This can be found by expanding the second box in your control panel on the left side of your screen.

A screenshot of the 'Ask A Question' interface. At the top, there is a title 'Ask A Question' and a back arrow icon. Below the title is a vertical stack of four icons: a back arrow, an information 'i' icon, a speech bubble icon with the text 'ASK A QUESTION', and a person icon. The 'ASK A QUESTION' button is highlighted. Below the icons is a large empty text box for entering the question. Underneath this box, there is a smaller text box with the placeholder text 'Type your question here' and a 'SUBMIT' button below it. At the bottom of the interface, there is a circular refresh icon.

Meghan Beier, PhD



Psychologist
Baltimore, MD

Lynsey Lakin, NP-C, MSCS



Nurse Practitioner
Rancho Cucamonga CA

Goals/Objectives

- What it means to live well with MS
- Identify at least one Wellness SMART Goal for the year 2019
- How to Get and Stay Motivated

Living with Multiple Sclerosis

Invisible Symptoms

- Mood changes
- Cognitive change
- Fatigue
- Anxiety
- Depression
- Pain
- Paresthesias
- Vision changes

Visible Symptoms

- Gait
- Balance
- Weakness
- Tremor/ Ataxia
- Coordination Difficulty
- Slurred Speech

Living with Multiple Sclerosis

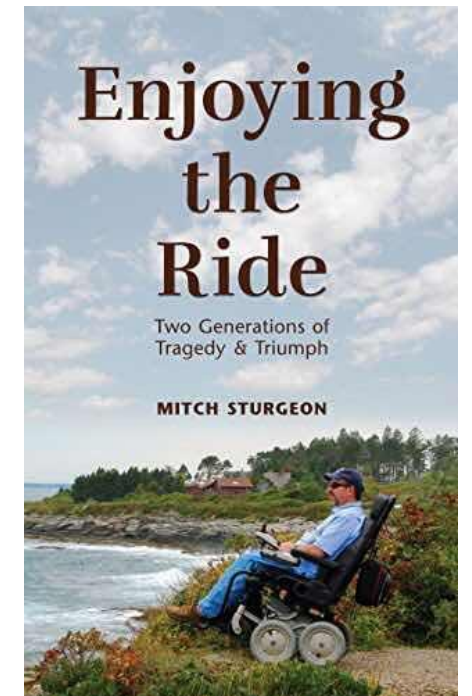
"I can no longer type, and I can't hold onto a book. I am unable to raise my arm high enough to wave at a friend. I am incapable of getting into bed by myself. I can't eat, dress, or bathe without assistance. I'm still able to wipe my ass, but barely.

All of my great outdoor passions have been taken from me: snowmobiling, hiking, hunting, golf, camping, and ATV riding. I can't drive a car, and I can no longer operate my handcycle. I can't shuffle, deal, or hold on to playing cards. It takes a great effort for me to sign my name, and that's all I can do with a pen.

The insult "he couldn't hurt a fly" applies literally to me. I can't swim, or bike, or jog. I can't walk, stand up, or even crawl. I can't get up when I fall.

These are just a few examples. I could give you so many more.

And my condition is probably going to get worse over time. Nobody knows why I have MS. Nobody knows how to cure MS. There aren't even any FDA approved treatments for my type of multiple sclerosis. And yet..."



Living with Multiple Sclerosis

What are your strengths? What is going well?

"And yet...

I still love my life. Having MS sucks, but it hasn't made me bitter or particularly sad. Here are a few reasons why I still wake up almost every day with a positive outlook: I'm not wet, cold, thirsty, or hungry. I'm not afraid, intimidated, or abused. I enjoy broad liberties and freedom of expression.

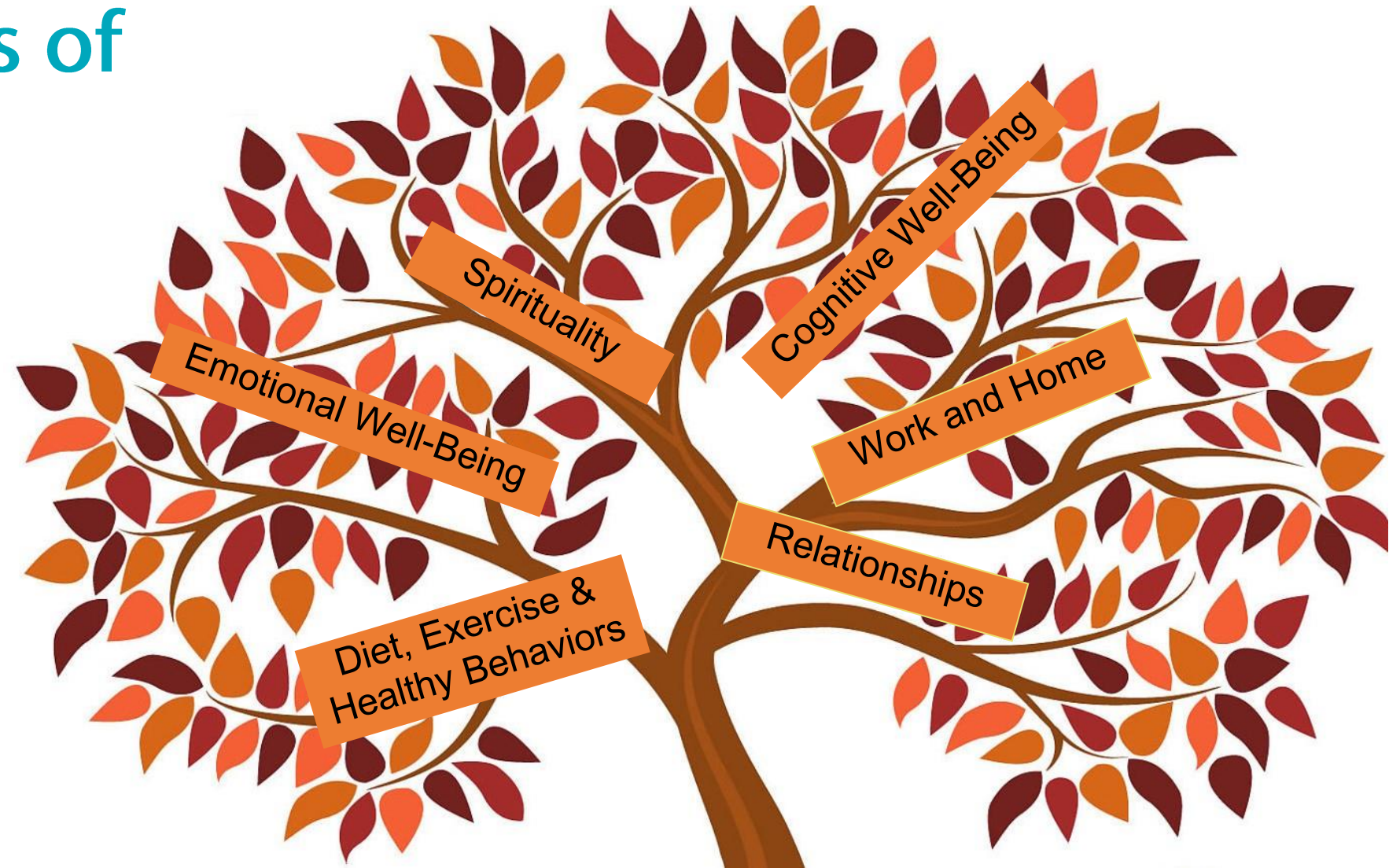
I can still see, and hear, and speak. I can swallow food and breathe on my own. My bowels and bladder still (pretty much) work. I'm not suffering from constant pain. I can operate a computer using a mouse and Dragon. I'm able to sit up in a wheelchair. I can scratch most itches.

I have a diversity of interests which occupy me all day long. I own two amazing wheelchairs, a wheelchair van, and an accessible house. I have a strong support system, led by my incredible wife. I am loved and appreciated and well taken care of.

I smile and laugh every day (is this a cause or effect of my contentment?). These are just a few examples. I could give you so many more."



Dimensions of Wellness



Polling Question:

Which Dimensions of wellness are most challenging for you?

- A. Diet, Exercise & Healthy Behavior
- B. Emotional Well-Being
- C. Spirituality
- D. Cognitive Well-Being
- E. Work and Home
- F. Relationships

Polling Question:

What dimensions of wellness are the easiest for you? What is going well?

- A. Diet, Exercise & Healthy Behavior
- B. Emotional Well-Being
- C. Spirituality
- D. Cognitive Well-Being
- E. Work and Home
- F. Relationships

What is Wellness

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

1. What are steps you can make today toward your state of wellness that will provide improved quality of life in your future?
2. What are some things you can improve your overall health to improve your overall wellness?

Identifying Your Area for Goal Setting

Take a moment to write down an area of your life in which you would like to make a change:

I would like to:

Because:

Goal Setting Options



**Stop
Doing**



Do Less



**Start
Doing**

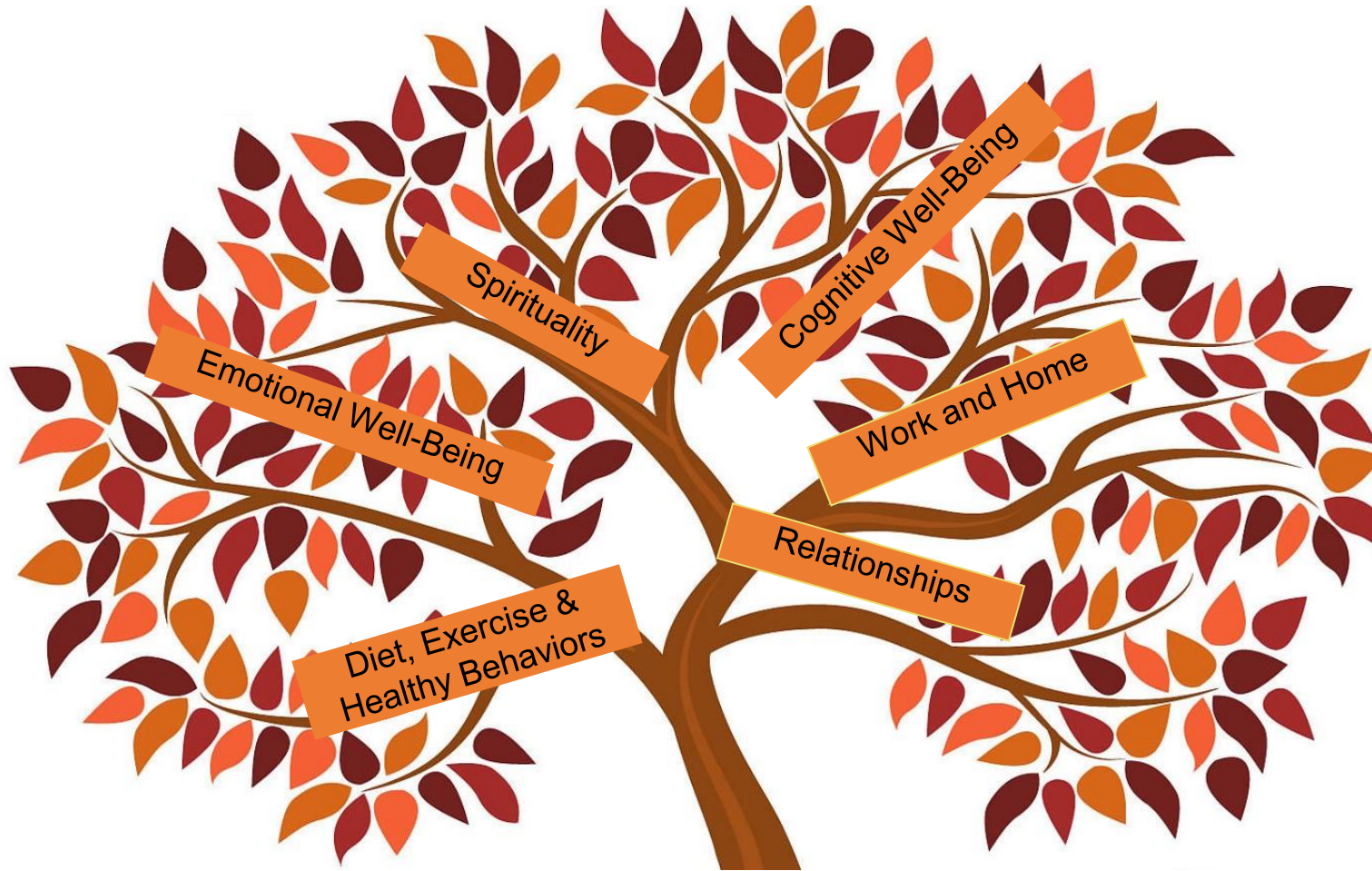


Do More



**Do
Differently**

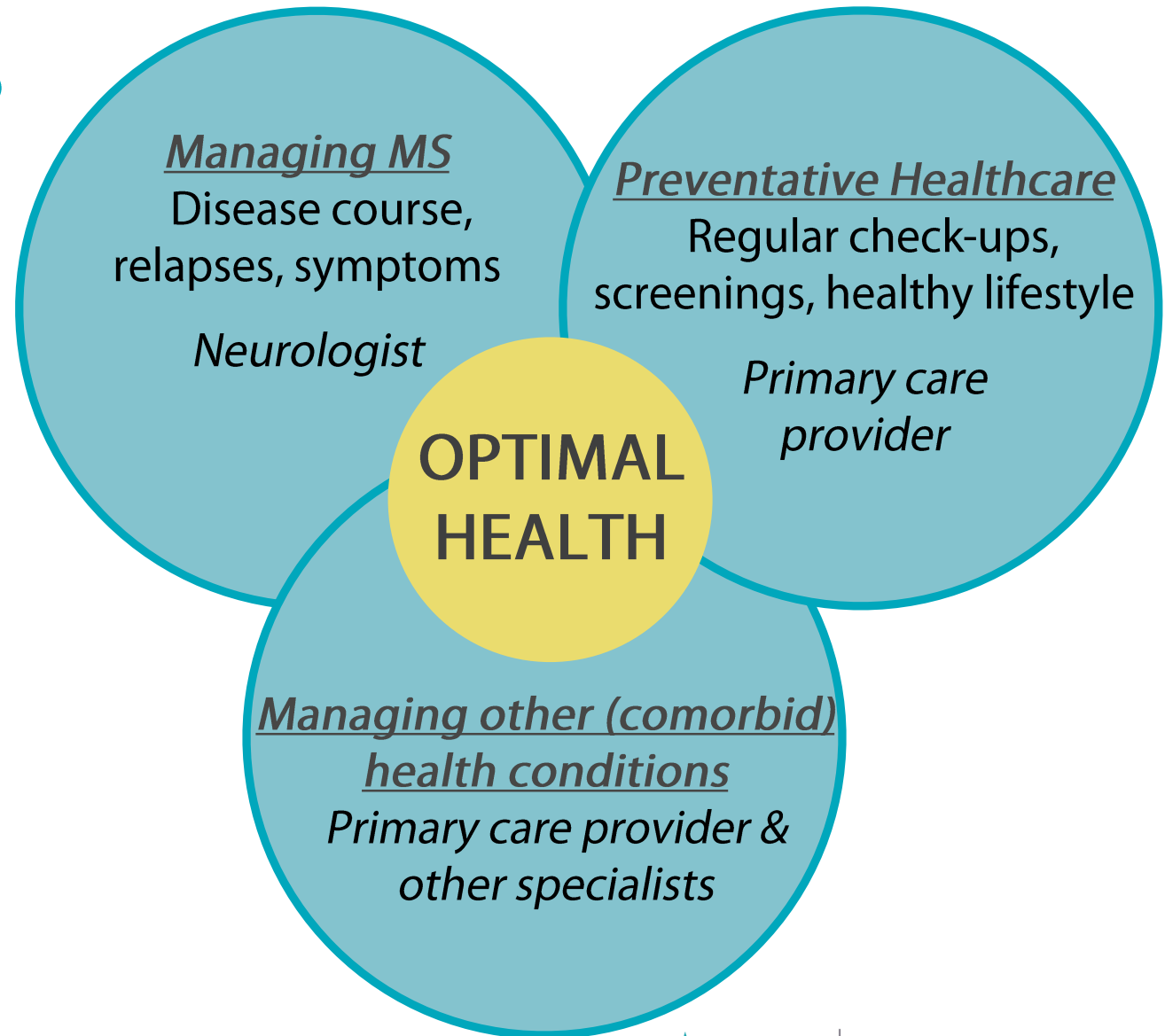
Health and Wellness Relationship: Components of Wellness



Physical Wellness in MS

The most common comorbid health conditions in MS are:

- Depression
- Anxiety
- Hypertension
- Diabetes
- High cholesterol
- Chronic lung disease

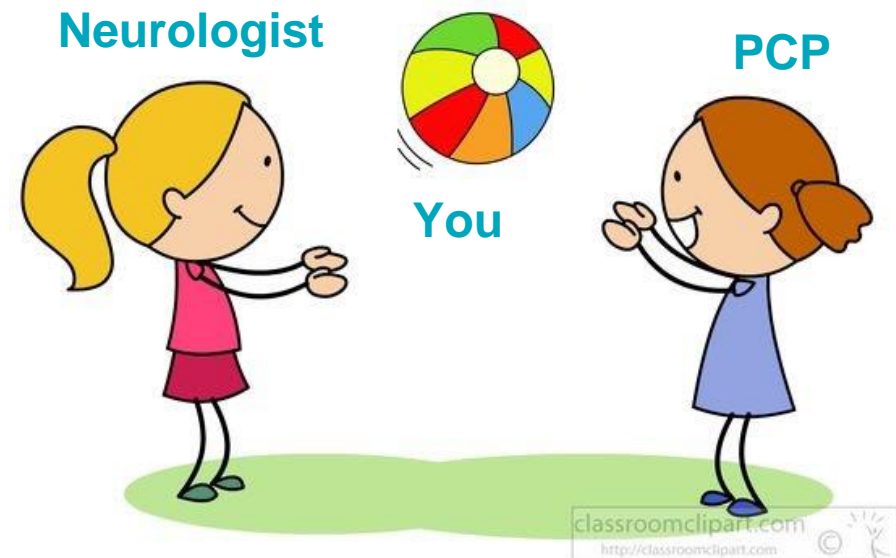


Interactivity: Ever feel like you are “tossed around?”

Do you have a primary care provider?

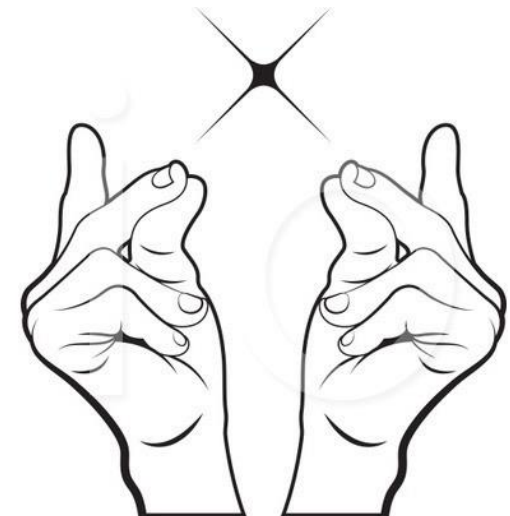
Do your neurologist and PCP share your care?

Do your providers communicate with one another?



What steps can prevent comorbidities?

- Picking our parents – oops!
- Addressing *modifiable health behaviors* –
 - **SNAP** factors – increase risk for common comorbidities
 - **S**moking
 - Poor **N**utrition
 - **A**lcohol Overuse
 - **P**hysical Inactivity
- Support Partners, too!



illustrations of.com #1210333

Exercise Recommendations

Physical Exercise

- 30 minutes of aerobic exercise AND strength training twice a week
- Regular exercise improves strength, mobility, fatigue, depression, cognition, and bowel/bladder function
- Modify, Modify, Modify!
- Stay well hydrated and take breaks if needed
- If you aren't sure where to start, work with a physical therapist or fitness professional to get recommendations on exercise type, intensity, and frequency
- If you are heat sensitive, try cooling products and/or activities that are less likely to raise your core temperature (i.e. swimming or Tai Chi)



Diet

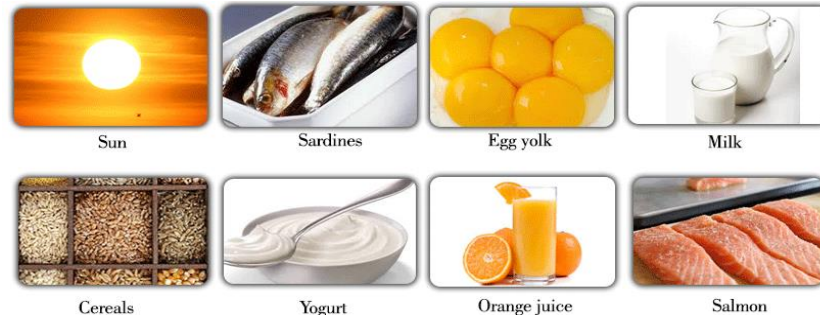
Nutrition

- No one specific “MS” diet has been identified, but research is being done.
- Some people with MS see symptom improvement with special diets (such as gluten free, Paleolithic, Swank, or Whals diets)
- In general: follow a heart-healthy diet to optimize overall health
 - Limit sodium, sugar, and processed foods
 - Increase fruit and vegetable intake
 - Choose lean proteins (chicken, turkey, fish, beans, soy)
 - Choose healthy fats (nuts, seeds, vegetable oils, oily fish)
 - Consume plenty of fiber
 - Hydrate well



Vitamin D

- We know there is a relationship between vitamin D levels, MS development, and disease progression
- We typically get vitamin D via sunlight and our diets, but we may need additional supplements
- Your vitamin D level can be checked with a simple blood test
 - Normal is 30-100 ng/mL
 - Your MS provider will help identify your personal goal, and give you recommendations for supplement dosage
- Foods high in vitamin D include oily fish, egg yolks, dairy products/juice/cereals that are fortified with vitamin D



Sleep



- People with MS are more likely to have sleep disorders such as sleep apnea and RLS
- Impaired sleep can be a result of medications, MS symptoms, and/or mood disorders
- Fatigue can be a warning sign of an underlying sleep disorder
- Talk to your healthcare provider if you have trouble falling/staying asleep or don't feel well-rested during the day
- There are several management techniques to help you get better sleep, including cognitive behavioral therapy, adjusting medication regimens, improving symptoms, over-the-counter treatments, and other medication

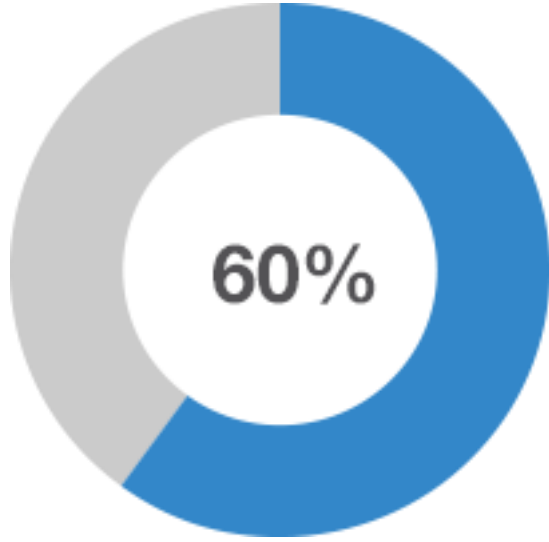


Physical

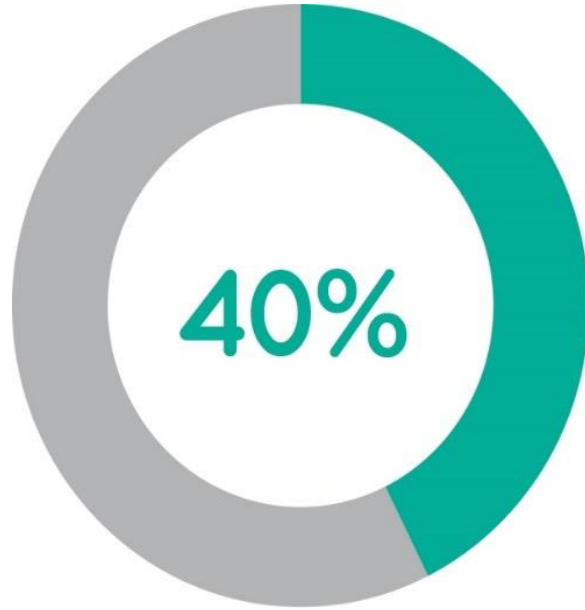
It is better to consume foods and beverages that enhance good health rather than those which impair it.

It is better to be physically fit than out of shape.

Mood and Cognitive Difficulties are common...



Depression¹



Anxiety or Worry²



Cognitive Impairment¹

...but known treatments work.

1. Chiaravalloti & DeLuca, 2008

2. Hartonian, Terrill, Beier, Turner, Day, Alschuler, under review

How to “Get” Motivation

- Behavior change *causes* motivation, not the other way around
(Take the first step!)



- Keep it small and simple...
- The power of rituals in our lives
- Realistic, measurable short-term goals

SMART Goals

S



M



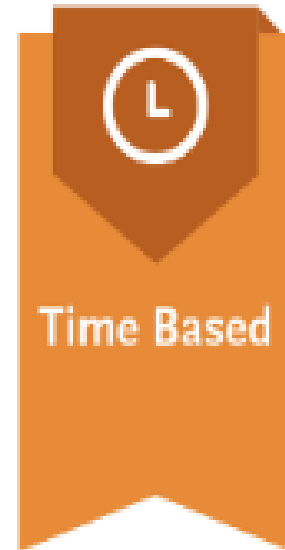
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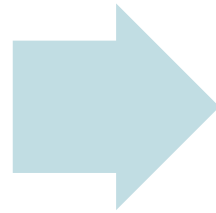
T



What are possible triggers?

Internal Triggers

- Positive and negative emotions
- A consistent routine
- A physical cue



External Triggers

- Time or day of the week
- A class
- An alarm on your phone
- A coach friend or other cheerleader
- A specific location

Sample SMART Goals

For one month:

- On Tuesdays and Thursdays I will do a water aerobics class for 30 minutes.
- When I feel stiff, I will stretch for 10 minutes.
- Whenever I crave a candy bar, I will eat a piece of fruit instead.
- On Sundays, I will encourage my support partner to engage in his/her hobby for at least one hour.
- When I stop for a red light, I will kegel.



“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”

How to Stay Motivated

- Leverage your strengths
- Develop your cheerleading section:
 - Those who hold you accountable
 - Those who praise and encourage you
 - Those who help you maintain your focus
- Family, friends, colleagues, healthcare providers can all be cheerleaders
- Start small
- Track your progress
- Address internal and external barriers

THE P.A.U.S.E. SYSTEM[®]

Plan your Strategy

Account for Changes

Understand your Barriers

Slow your Pace

Exercise your Options



External Barriers

- Time/Cost/Distance
- Difficulty of the Goal
- Lack of Support from Others
- Family Problems
- Lack of a Reward for Success



Internal Barriers

- Lack of Skill, Confidence, Energy, Motivation
- Fear of failure
- MS symptoms
- Loneliness
- Depression
- Brain Chatter/Stress



Revisit Your Can Do SMART Goal

What are the barriers I could face:

How will I overcome these barriers:

I will track my daily progress by:

I will share it with:

Q & A



Programs



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JUMPSTART[®] (One Day)



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MS Path 2 Care is brought to you in partnership with:



Webinar Series



Bowel & Bladder Issues and Management in MS

February 12, 2019

Presented by:



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