

Managing Your MS

A SERIES FOR NEWLY DIAGNOSED PATIENTS WITH MULTIPLE SCLEROSIS -- 2024

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SESSION DATES (All sessions are from 6:00 to 8:00 p.m. by Zoom.)

Register by sending an email to info@ndfoundation.org

Series 1

April 9, 2024
May 14, 2024

Series 2 (repeats the first series)

October 8, 2024
November 12, 2024

SESSION ONE

Topic: What is multiple sclerosis and how is it treated? This session will review the neurology of multiple sclerosis for the newly diagnosed patient and their care partner, including MS diagnosis and MRI imaging. What are the symptoms and signs associated with MS? How do I deal with the specific symptoms of multiple sclerosis and the variability of my symptoms? This session will review and discuss the inherent unpredictability of MS symptoms and the accompanying ramifications for both the patient and care partner when dealing with an unpredictable disease.

What treatments are available for my symptoms? What are DMTs (Disease Modifying Therapies)? Medications available to treat MS, other treatments and disease modification will be introduced. This session will include a presentation and time for questions and answers. Questions are encouraged.

SESSION TWO

Topic: DMTs (Continued), Partnering with your doctor and your family.

How does my neurologist choose the best Disease Modifying Therapy for me? How does one deal with the unpredictability of MS and the stresses and limitations of this unpredictability on life activities? Do alternative medicine therapies work for MS? What is the role of exercise in my treatment plan?

What are the psychological ramifications of being newly diagnosed with MS? How do I share information with my family, children, and friends? How does this affect care partners, family, and friends? Should I share my diagnosis at work?

How should I maximize a successful working relationship with my medical team and my care partners? How often do I need to see my physician? Can and should your care partner attend your office visits?

This session will include a presentation and time for questions and answers. Questions are encouraged.