

# Managing Your Whole Health

Top 10 Tips To Live Better With MS

**CAN DO**  
MULTIPLE SCLEROSIS

**WEBINAR**   
WEDNESDAYS

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# UPCOMING PROGRAMS

Thursday, March 21

**JUMPSTART**

*MS Self Care: Caring for YOU  
and Your MS*

Wednesday, March 27

**MS MOVES MEETUP**

Thursday, March 28

**BLACK COMMUNITY MEETUP**

Thursday, April 4

**CARE PARTNER MEETUP**



[CANDO-MS.ORG](https://cando-ms.org)

# MS COMMUNITY PROGRAMS



**REGISTER TODAY!**

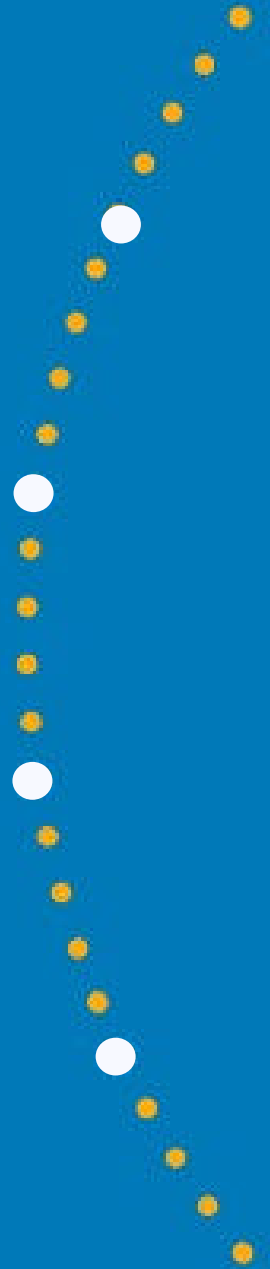
[CanDo-MS.org/CP](https://CanDo-MS.org/CP)  
More Dates & Locations

**TAMPA, FL**  
MARCH 23

**OKLAHOMA CITY, OK**  
APRIL 6

**COLUMBIA, MD**  
APRIL 27

**NASHVILLE, TN**  
MAY 31



# How to Ask Questions During the Webinar

Type in your questions  
using the Questions Box



Provide comments and engage  
with the speakers and audience  
using the **Chat Box**



**NEW!** Closed captioning



# YOUR SPEAKERS



**Jacqueline Rosenthal**  
**Neurologist**

Georgia



**Rachael Stacom**  
**Nurse Practitioner**

New York

# LEARNING OBJECTIVES



- 1 What whole health means in the context of a chronic illness
- 2 Key components of a healthy lifestyle and how they impact MS and quality of life
- 3 The impact of co-morbid health conditions
- 4 Healthcare providers who can help manage your whole health

# MANAGING YOUR WHOLE HEALTH



## Top 10 Tips To Live Better With MS

1. Mental Wellness
2. Pain Management
3. Cognition
4. Adequate Sleep
5. Exercise
6. Prevent Relapses
7. Healthy Nutrition
8. Cardiovascular & Other Comorbid Conditions
9. Preventative Care & Screenings
10. Social Engagement

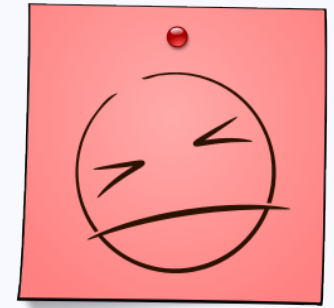


# 1. Mental Wellness

- More than the absence of mental illness
- Prevention
  - Strengthen Social Connections
  - Mindfulness
  - Quality Sleep
  - Exercise
- Resilience
- Linkage



## 2. Pain Management



### Pain Due to Spasticity

- Spasticity
- e.g., Painful spasms
- Neuropathic pain
- e.g., Trigeminal neuralgia, Lhermitte's sign
- Musculoskeletal pain
- e.g., Back pain, joint pain
- Migraine

### Uncontrollable Pain

- Poor sleep
- Reduced concentration
- Mood changes
- Less community engagement

### Management

- Exercise
- Physical/occupational therapy
- Meditation
- Medications
- Interventional procedures

A change in cognitive function is common in MS

## 3. Cognition

Some symptoms may include:

- Information processing
- Memory
- Attention and concentration
- Executive functions
- Verbal fluency (word-finding)

Screening/assessments can help remediate the symptoms



## Strategies and Management

### 3. Cognition

#### Wellness

- Exercise
- Mood
- Sleep

**Restorative activities** - aims at reinforcing, strengthening, or restoring the impaired skills

**Compensatory activities** - strategies for working around or improving cognitive difficulties



# 4. Achieve Adequate Sleep

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## Sleep disorders more common in MS

- Insomnia
- Sleep apnea
- Restless leg syndrome +/- Periodic Limb Movement Disorder

## Common Sleep Barriers

- Nocturia
- Pain
- Spasticity
- Mood disorders

## Poor Sleep →

- Daytime fatigue
- Poor concentration
- Lack of energy

## Evaluation/Management

- Sleep study (PSG)
- Sleep hygiene
- Manage MS symptoms
- Consider pharmacologic treatments

## 5. Exercise

Adults need at least 150 to 300 minutes of moderate-intensity aerobic activity each week

- Also need muscle-strengthening activity
- Target heart rate should be between 64% and 76%<sup>1,2</sup> of your maximum heart rate.
- Estimate your maximum age-related heart rate, subtract your age from 220





# 5. Exercise

Many health benefits have been shown in MS

- Reduce the risk of disease and improve ability to do everyday activities
- Can improve or maintain cognition, reduces risk of depression and anxiety and helps with sleep
- Can increase strength, function and endurance

May need to modify routine based on function

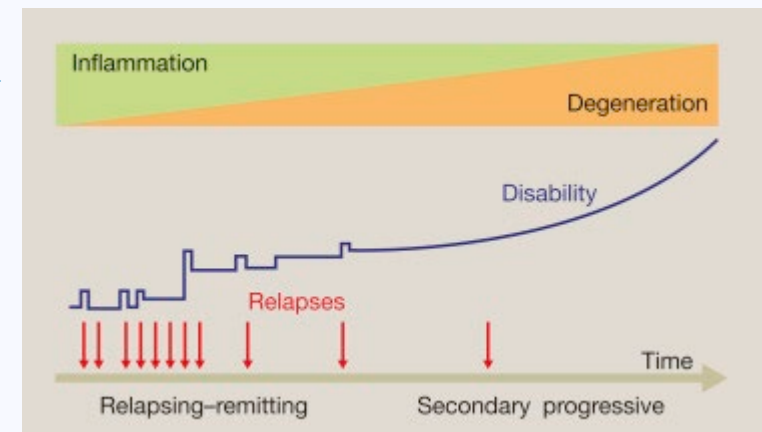
- Adaptive Exercise
- Physical therapy evaluation



# 6. Relapse Prevention

- Disease-modifying treatments reduce relapse
- Less relapse = Less inflammation →
  - Reduced disability
  - Less MS-related symptoms
- **>20 FDA-approved therapies!**

- **Lifestyle:**
  - Well-balance diet
  - Regular Exercise
  - Stress management



J. Raffel, et al. Multiple sclerosis, Med, 44 (2016)



# 7. Healthy Nutrition

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## Food is medicine

- Access to high-quality nourishment is essential for well-being.
- Diet affects the gut microbiome which in turn has important effects on the immune system.
- About half of all American adults have 1 or more preventable chronic disease, many of which are related to poor-quality eating patterns and physical inactivity

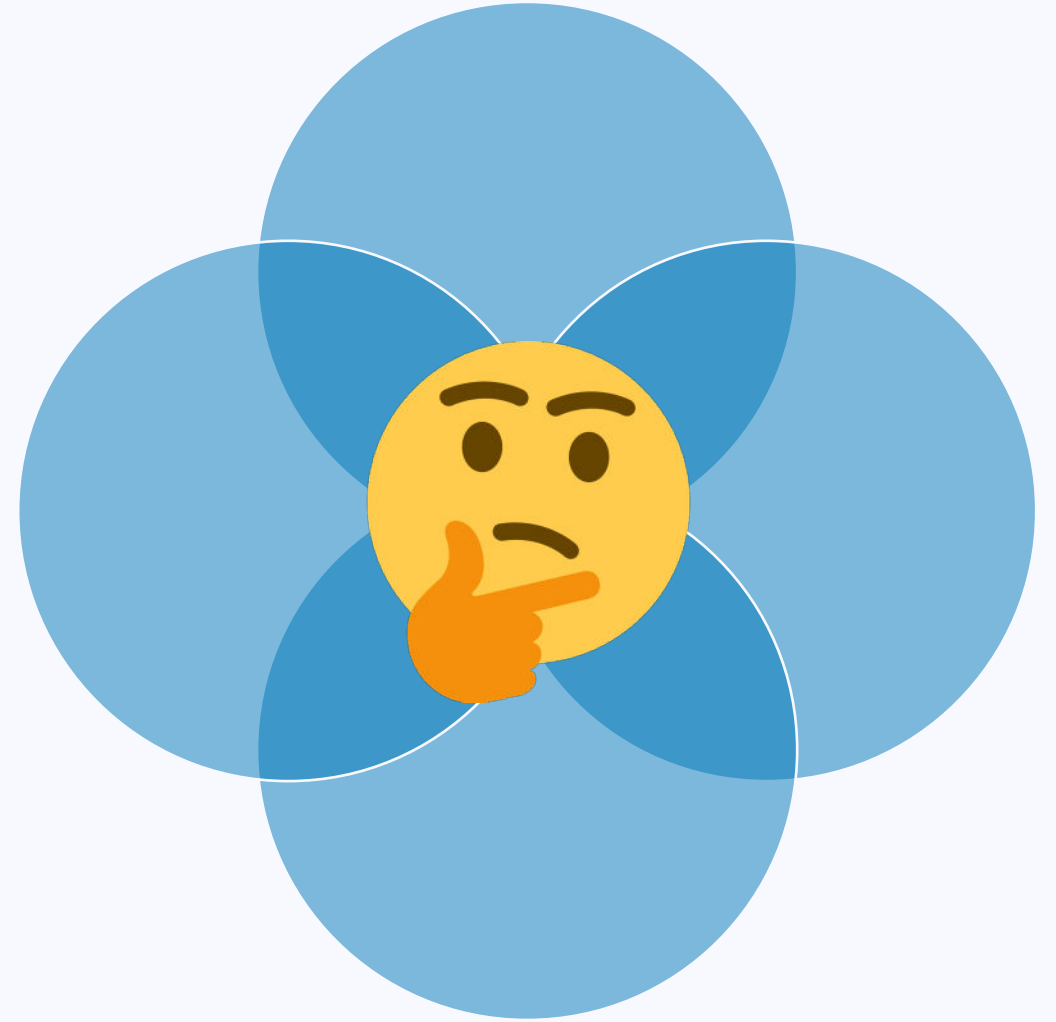
**Not enough evidence to definitively say which diet is best for people with MS**

MIND Diet Dr I.B. Katz Sand et al (2021)



## 8. Cardiovascular & Other Comorbid Conditions

How do other health conditions impact or “overlap” with MS?



# Cardiovascular Risk Factors Can Worsen MS!

- Cardiovascular Disease are conditions that affect the heart or blood vessels
- Hypertension
- High Cholesterol
- Tobacco Use
- Diabetes
- Obesity



# Understand and Manage Your Risk Factors



Blood Pressure  
<130/80

Total Cholesterol  
<200 mg/dL

Stop Smoking

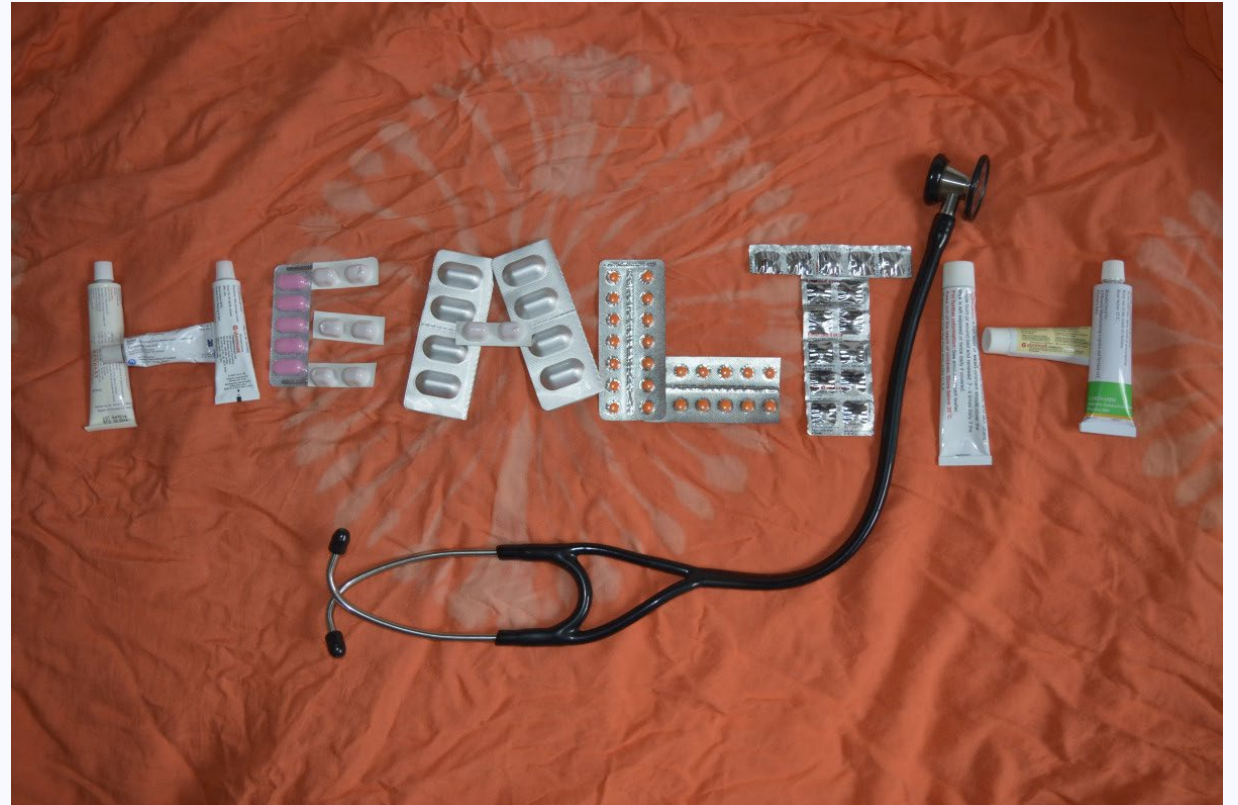
Diabetes –  
Hemoglobin A1C  
< 7%

Health Diet

Healthy Weight &  
Exercise

# Common Health Conditions That Can Impact MS:

- **Migraine**
- **Muscle/Joint Disease**  
(e.g., inflammatory arthritis)
- **Thyroid Disease**
- **Mood disorder**  
(e.g., Depression, Anxiety)
- **Sleep Disorders**  
(e.g., Sleep apnea, RLS)
- **Cancer**
- **Vitamin Deficiencies**
- **And Many Others!**





# Comprehensive Healthcare TEAM

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- Neurologist
- Primary Care Physician
- As Needed:
  - Cardiologist
  - Sleep Medicine
  - Endocrinologist
  - Mental Health Professional
  - Rheumatology
  - Rehab Team (PT/OT/SLP)
  - Dietitian



# 9. Preventative Care

Primary care includes treatment of acute and chronic illnesses

## Screening is a potent tool

- Serves as the bridge between maintaining good health and identifying potential threats
- Early detection saves lives

Screenings Available at Primary Care Physicians May Include\*



Annual Exams & Physical Exams



Bone Density Testing



Cancer Screening



Hearing Exam



Diabetes Screening



Blood Pressure Screening



Cholesterol Screening

*\*Available screenings may vary by physician*

# 9. Preventative Care: Advocating for Accommodations



The American with Disabilities Act (ADA) requires reasonable modifications to policies, practices, and procedures when necessary to make health care services fully available to individuals with disabilities.

- The identification of disabilities and the provision of necessary accommodations for PWD in health care settings, including primary care, remain poor.
- When scheduling, share any accommodation needs in advance and clarify that the needed equipment and/or staff are available.
- Resources may include independent living centers, patient relations in hospitals, and legal aid society



# 10. Social Engagement

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## Improved quality of Life!

- Improved mood
- Reduce risk of cognitive decline
- Improved physical outcomes

**Avoid Isolation!**



# Examples of Social Engagement

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- Employment
- Volunteering
- Joining clubs/organizations
- Fundraising
- Online communities
- Community gardening
- Mentorship programs
- Family gatherings



Q+A



# CONNECT WITH US

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# Working With MS

Your Rights, Disclosure Decisions, and Accommodations

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