



WEBINAR 
WEDNESDAYS

What's New in MS Comprehensive Care

SPONSORED BY:



EMD Serono

AUGUST PROGRAMS

COACHING – Aug 11

Making Decisions with Your Healthcare Team

JUMPSTART – Aug 13

Staying Motivated to Improve Your Overall Health

JUMPSTART – Aug 19

Managing Your Whole Health with Diet & Exercise Strategies

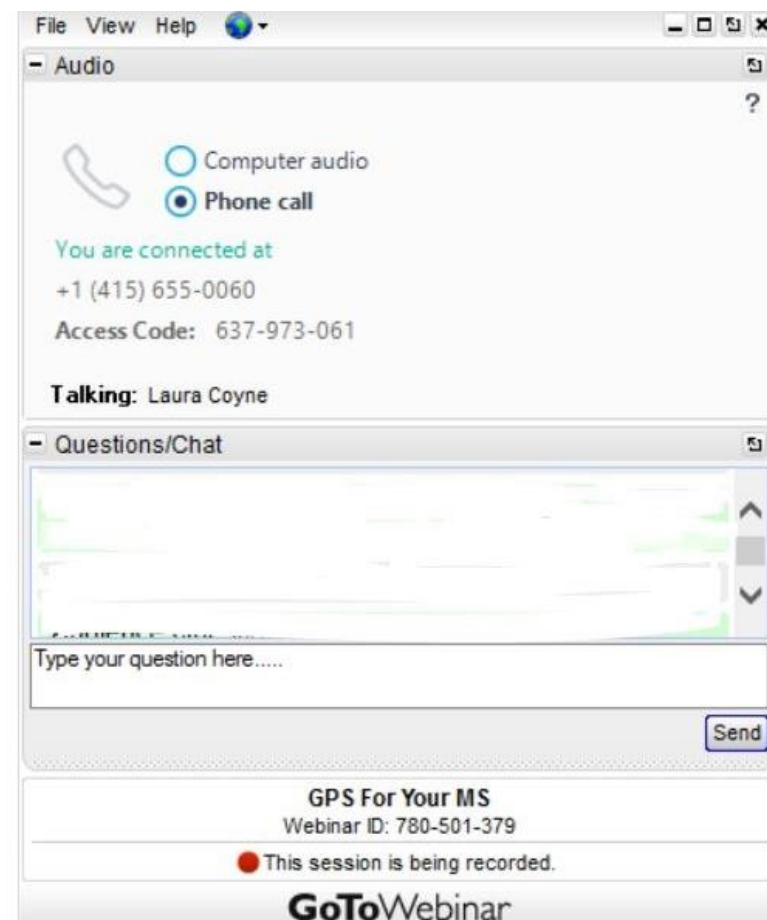
COACHING – Aug 24

Your Questions, Answered: Managing Your Whole Health



How to Ask Questions During the Webinar

Type in your questions using the
Questions/Chat box



Rosalind Kalb, PhD

- Psychologist
- West Bath, Maine



John Schafer, MD, FAAN

- Neurologist
- Sacramento, California



Learning Objectives

1

Describe the key components of comprehensive MS care

2

Relate emerging MS research to opportunities to improve your MS care

3

Review your ideas with your healthcare team

How satisfied are you with your current **MS care team**?

Interactive Poll

I love my team!

(very satisfied)

**I like them,
but...**

(mostly satisfied)

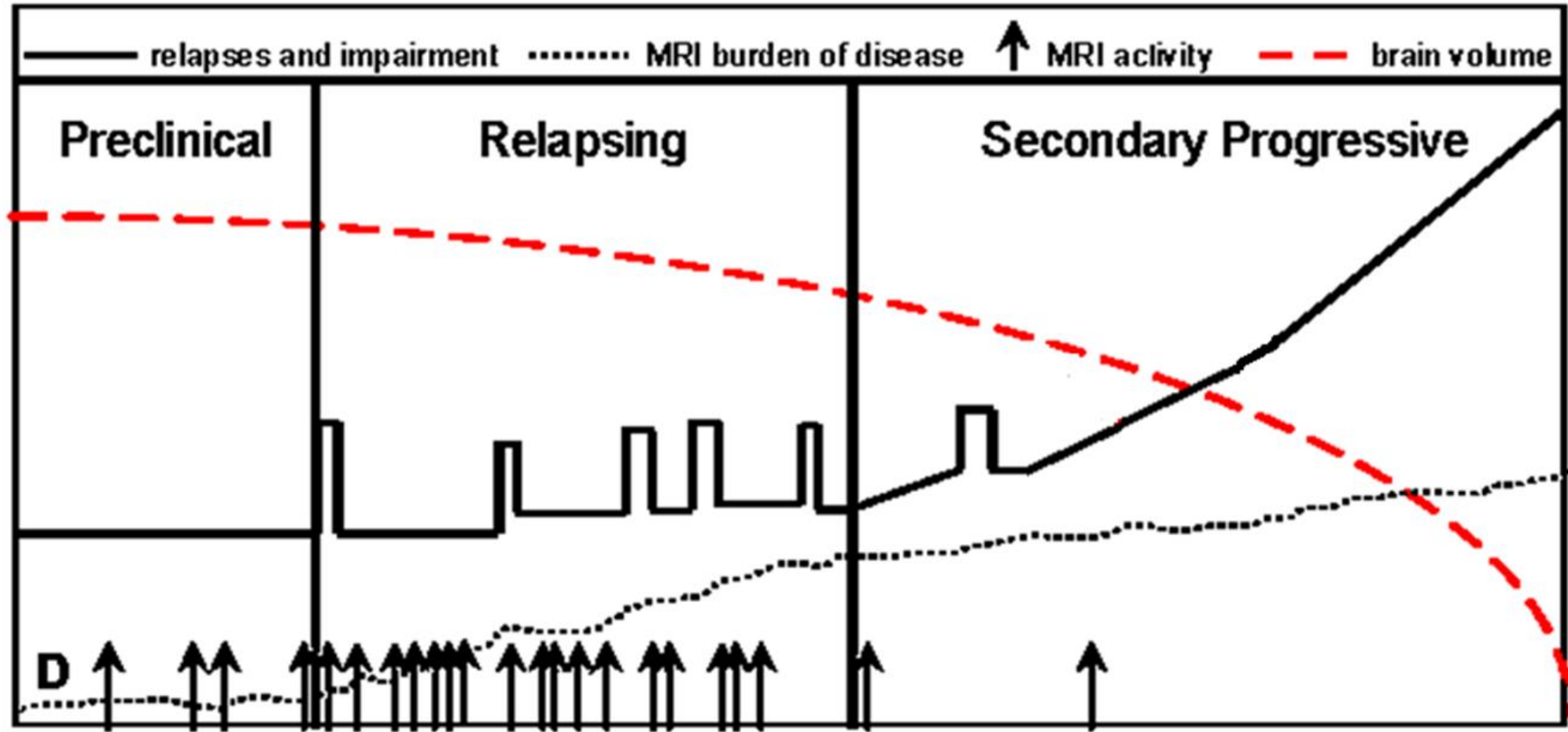
Meh.

(somewhat dissatisfied)

**I'm looking for a
new provider**

(not satisfied)

Course of MS Symptoms



Multiple Sclerosis – Two Different Processes

Relapsing–Remitting MS and **Progressive MS** differ in:

- **Age** – Relapsing Remitting in younger people and Progressive (primary or secondary) in older people.
 - Largely due to age-related changes in the immune system.
- **Pathology** – Immune system behaves differently

New terminology stresses whether disease is *active* (with exacerbations) and whether it is *progressive*.

What Does MS Comprehensive Care Include?

- **MANAGING the disease**

- Early and ongoing treatment with a disease-modifying therapy

- **MONITORING the disease**

- Determining the effects of treatment

- **MANAGING relapses**

- Corticosteroids
- Rehabilitation

- **ALLEVIATING symptoms**

- Medications
- Rehabilitation strategies

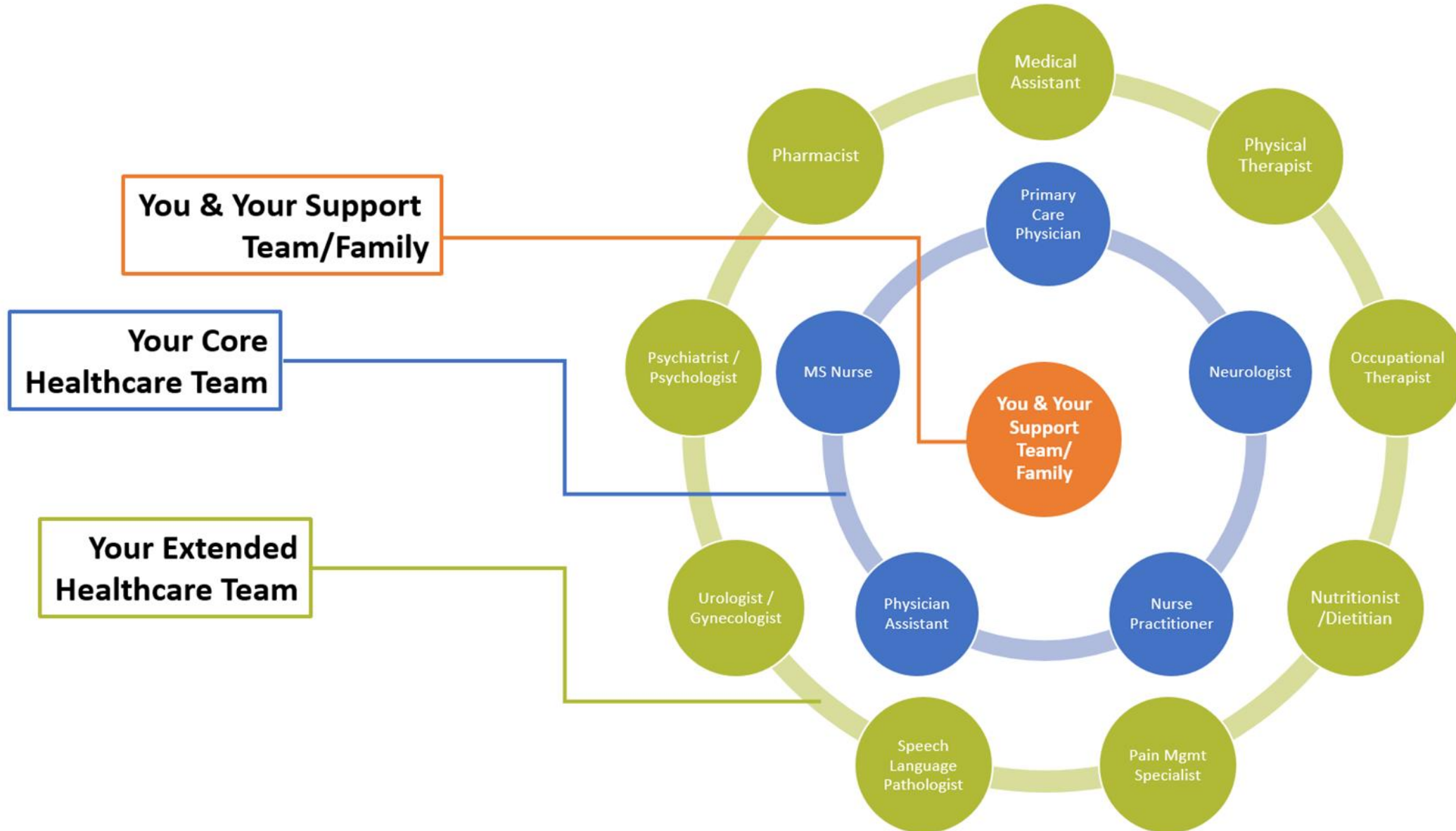
- **OPTIMIZING function with rehabilitation**

- Physical therapy
- Occupational therapy
- Speech/language therapy

- **SUPPORTING emotional well-being**

- Mental health professionals
- Family and friends
- Each other

Knowing the **Key** Players on the Team



Where do you receive most of
your **MS care**?

**MS
Comprehensive
Care Center**

**MS
Neurologist**

**General
Neurologist**

**Primary Care
Physician**

Other
(add to chat box)

**Interactive
Poll**

Challenges to **Accessing** Comprehensive Care

- **Finding the Providers You Need**

- Do you live near an MS comprehensive care center?
- If not, can you find the individual providers where you live?
- How far can you travel to visit a provider?
- Is telehealth an option?

- **Advocating for Yourself**

- Clearly stating your questions, needs, and priorities
- Requesting referrals
- Asking providers to exchange records and communicate with one another

Resources to Help You Find Your Team

Find Doctors & Resources

Category

Healthcare Providers

Support Type

Select Support Type

ZIP Code

32246

Distance

25 Miles



What You'll Find

Discover resources and providers near you using our Find Doctors & Resources search tool above. If you need guidance in choosing the right resources to help you live your best life with MS, see our category guides below.

Search results with these designations indicate a strong relationship with the National MS Society and the following:



Partners in MS Care are healthcare providers who have demonstrated knowledge and expertise in treating patients with MS.



Centers for Comprehensive MS Care address the needs of those living with MS by coordinating multi-disciplinary care, from medical, psycho-social and rehabilitation services, to provide exceptional MS care

nationalMSSociety.org/Resources-Support/Find-Doctors-Resources



Resources to Help You Find Your Team

MSPath2Care

Q & A





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WEBINAR 
WEDNESDAYS

Planning for an Unpredictable Future

Wednesday, September 1 at 8pm ET

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