

EmpowerMS



A publication of MS Views and News
MSViewsAndNews.org



Welcome to EmpowerMS! 1

MS 101: What is Multiple Sclerosis? 2

MS Symptom Management..... 3

Integrative Complementary Medicine 4

Family and MS..... 5

Mental Health and Wellness..... 6

More Information 7

Welcome to EmpowerMS!



MS Views and News (MSVN) is a grassroots non-Profit 501(c)(3), nationally based patient advocacy organization which provides educational programs, advocacy and resources to empower and enhance the quality of life, for the MS community. Whether in metropolitan communities, suburbia or rural America, we want those needing information about Multiple Sclerosis, to have access.

EmpowerMS is a resource guide for understanding and managing Multiple Sclerosis.

In this document, you will find a curated list of clickable links to our top MS Views and News videos covering treatments, nutrition, wellness and support networks—among many other topics.

For additional videos, feel free to explore the [MS Views and News Learning Channel on YouTube](#).



Multiple Sclerosis (MS) is a condition that impacts the brain, spinal cord, and optic nerves—these work together as the central nervous system, guiding everything we do.

While we're not exactly sure what causes MS, it's clear that something triggers the immune system to mistakenly attack this crucial system. This attack damages myelin, the protective coating around nerve fibers that act like wires. As a result, messages traveling to and from the brain get mixed up. This mix-up causes various unexpected symptoms like numbness, tingling, mood changes, memory problems, pain, fatigue, vision issues, and sometimes even paralysis.

It's important to remember that MS affects each person differently, and the difficulties faced might be short-term or long-lasting.

These videos share an overview of MS and the basic facts you need to know.

[Introduction to Multiple Sclerosis by MS Neurologist Aaron L Boster MD](#)

[A discussion about living your best life with Multiple Sclerosis \(MS\)](#)

[Introduction to Multiple Sclerosis in Spanish/English](#)

[Learning About MS Diagnosis vs. Other Auto-Immune Diseases](#)



Symptoms of MS can come in two forms: acute or chronic. When symptoms show up suddenly, it could indicate an MS relapse. Depending on how severe and the nature of these symptoms, they may or may not require high-dose steroid treatment. Some acute symptoms might not fully dissipate and could lead to lasting issues, such as weakness in limbs, coordination problems, bladder or bowel issues, difficulty speaking or swallowing, sensory problems, pain, sexual issues, tremors, dizziness, or vision problems. Chronic symptoms usually involve difficulties with walking, memory or thinking, feeling overly tired, sensitivity to heat, changes in mood, and muscle stiffness.

Supporting patients in managing these symptoms involves understanding not only how each symptom affects their daily functioning but also how these visible and invisible symptoms impact them emotionally, socially, and in their jobs. Often, the symptoms seen by others, whether at home or work, are just a fraction of what individuals with MS are dealing with daily. The symptoms that aren't readily apparent or easy to grasp might actually have a bigger impact on their lives and interactions with others.

[Multiple Sclerosis Symptom Management](#)

[MS Symptom Management and So Much More](#)



Alternative and complementary medicines, often referred to as "CAM," cover a broad spectrum of approaches, from dietary adjustments and supplements to mindfulness practices like meditation or tai chi. These methods originate from various disciplines and cultural traditions. Many of them fall outside the scope of what's usually considered conventional medicine.

When these practices are utilized alongside conventional medicine, they're termed "complementary." If they're used instead of standard medical approaches, they're known as "alternative." In the United States today, numerous individuals incorporate some form of complementary or alternative medicine to assist in managing their multiple sclerosis, often in conjunction with their prescribed MS treatments.

[Integrative Medicine](#)

[Holistic and Complementary Therapies for Multiple Sclerosis](#)

[Holistic Wellness in Times of Need - Mind, Body and Spirit](#)

[Chair Pilates for the Multiple Sclerosis community](#)



Your MS diagnosis doesn't just affect you—it also impacts those who love and care about you, especially your family. They might undergo a rollercoaster of emotions as they adjust to life with MS, feeling fear, guilt, anger, denial, grief, and anxiety just like you.

They'll likely have numerous questions about MS, wondering about what the future holds for you, how to plan ahead, and how to cope with the unpredictability of the disease. Additionally, if their roles and duties change during this period, they might feel confused or uncertain about how to navigate these shifts.

[The Emotional Aspects of Living with MS - For the Individual and Family](#)

[The Impact of MS on the Family](#)

Mental Health & Wellness



Living with MS can deeply influence a person's emotions, not just due to the challenges posed by the condition but also because it affects areas of the brain that regulate mood. Mood changes are both a symptom and a reaction to MS.

It's crucial to acknowledge and address these changes because emotions, mood, and state of mind:

- Impact how a person feels physically and their day-to-day functioning.
- Influence one's ability to adapt to changes, problem-solve effectively, and manage personal care.
- Can have a negative effect on cognitive abilities.
- Are often hard for others to grasp and live with, which might lead to communication issues and disruptions in relationships.

[MS Mental Wellness Chat \(Series Playlist\)](#)

[Mental Health in MS - Understanding Depression and Anxiety in Multiple Sclerosis](#)

More Information



MS Views and News is your integrated resource hub for information on Multiple Sclerosis. For a comprehensive list of resources covering medications, pharmaceutical companies, other MS-related organizations and more, please visit our one-stop resource guide:

[MS Views and News Resource Guide](#)