

MS VETERAN

VA Multiple Sclerosis Centers of Excellence



Veterans Living with MS: Gloria Baker

Having MS can make even small tasks seem impossible. It is easy to feel like life is something happening to you instead of something that you are doing. These feelings of hopelessness can lead to depression, weight gain, and further disability. When and where MS strikes is not something we decide, but after that diagnosis, we have many choices and opportunities.



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Making the Most of Your MS Telehealth Visit

Telehealth is a powerful tool designed to make your healthcare more convenient and efficient. However, this technology can also present some challenges. This article will review tips and tricks to allow Veterans with MS to make the most of their telehealth visits while maintaining a personal connection with their physicians.



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Dietary Changes for People with MS

People with chronic diseases such as MS often seek complementary therapies for their disease to help in ways that are otherwise not addressed by conventional treatment modalities. Diet can make people with MS feel that they can take charge of their disease.



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Updates on 3rd COVID-19 Shots for Immunocompromised Populations and the COVID-19 Booster

The MS Centers of Excellence recommend 3rd COVID-19 vaccination and booster shots following the evolving guidance of the Centers for Disease Control and Prevention and National MS Society. Logistics for Veterans obtaining these doses occurs at the local facility level.



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VA "MS & Vets" Podcast Series

The MS & Vets podcast series discusses important issues related to the health and quality of life for Veterans with MS. During every episode you'll hear subject matter experts weigh in on MS issues and talk about services the VA provides. Sign up to receive alerts for new episodes, available the 2nd Monday of each month.



- Sep 13: MS Research
- Oct 11: VA Benefits and Resources
- Nov 8: Multi-Disciplinary Care

[Learn More](#)

National MS Society Highlights

The NMSS works collaboratively with the VA MS Centers of Excellence to ensure Veterans have access to care and resources.

MS Navigators: MS Navigators connect you to the information, resources and support needed to move your life forward. Call 1-800-344-4867 or send an e-mail to contactusnmss@nmss.org.

Ask an MS Expert Webinars: The weekly Ask an MS Expert program provides an opportunity to learn more about MS from top MS experts.

Support Groups: NMSS self-help groups focus on support, advocacy, education, and wellness. Some groups also serve specific populations, such as young adults, parents with MS, carepartners, or Veterans.



National
Multiple Sclerosis
Society

Can Do MS Webinars

Join Can Do MS live from the convenience of your home for free, in-depth discussions that cover a variety of topics.

Date: 2nd Tuesday, Every Month

Time: 8 pm ET, 7 pm CT, 6 pm MT, 5 pm PT

Go to their webinar webpage for information on topics, speakers, and registration. Learn about their free, one-day virtual JUMPSTART programs.



Multiple Sclerosis Centers of Excellence

VA MS Center of Excellence East | Baltimore, MD & Washington, DC

VA MS Center of Excellence West | Seattle, WA & Portland, OR

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