

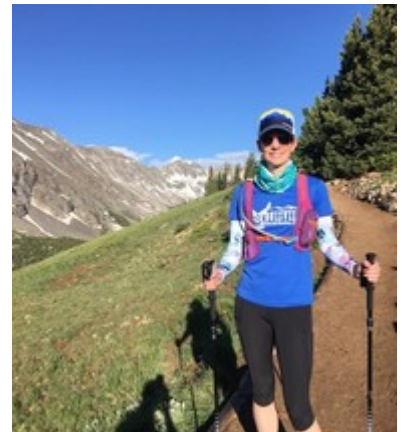
MS VETERAN

VA Multiple Sclerosis Centers of Excellence



Veterans Living with MS: Kathleen Owings

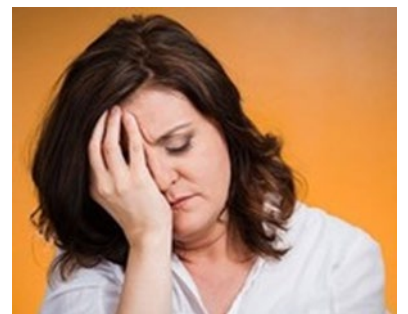
While I have a loving husband, amazing daughter, and fulfilling career, I also have MS. In early 2009 I woke up with a blind spot in my right eye. I could see around the spot, but my central vision was gone. I was seen by an array of eye doctors who couldn't find an answer for what was going on with me. Eventually, I was referred to a neuro-ophthalmologist who happened to work with MS patients. I received my diagnosis of MS in April 2009, confirmed through an MRI and lumbar puncture.



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Common Sleep Disorders and MS

Sleep plays an important role in your physical health and well-being. Sleep supports healthy brain functioning, is involved in the healing and repair of your heart and blood vessels, regulates mood, reduces stress, and even helps your immune system defend your body against foreign or harmful substances. Many people with MS do not get enough sleep.



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How to Decrease Your Children's Risk for MS If You Have MS

Based on what we know so far, MS is not an inherited disease. This means that it's not passed down from parents to children. However, the genetic factors that contribute to MS are complex. If you have MS, your children may be more likely to develop MS later in life compared to a child whose parents do not have MS.



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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.



- **December 13, 2021:** Fatigue
- **January 10, 2022:** Emotional Resilience
- **February 14, 2022:** Outdoor Activities

[Learn More](#)

VA Caregiver Support Line Monthly Presentations

The [VA Caregiver Support Line](#) provides monthly education calls for caregivers that focus on "care for the caregiver". The calls are open to caregivers of Veterans who receive health care services at the VA. Come join the Caregiver Support Line as they support you in your caregiving journey.



[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

Contact us at: MSCentersofExcellence@va.gov

VA



U.S. Department of Veterans Affairs

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