

MS VETERAN

VA Multiple Sclerosis Centers of Excellence



Veterans Living with MS: Kris Boudreau

Over the years, I've learned that I can't let someone else's reality become my own. I'm careful in my thinking as the outside world can influence us in ways we don't realize or even always understand. While this isn't always easy, I have a picture that I keep in the back of my mind to remind me that reality is what we make it. The picture is a small plant in a pot, with a quote that says "Sometimes, when you're in a dark place, you think you've been buried, but you've actually been planted."



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MS Medications: Decisions & Discussions

Receiving a diagnosis of MS can overcome you with fears about the disease, the medications, and what all of this will mean for your future. Suddenly you are faced with a multitude of decisions to make. Trying to organize your thoughts and concerns so that you can discuss them with your healthcare provider and your support system is important. Organizing your questions will help provide a logical path towards choosing the right options for you.



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Epstein Barr Virus & MS

Despite years of study by researchers, the cause of MS remains unclear. One possibility is that an infection causes, or affects a person's risk for, MS. There have been two major theories surrounding this belief. The first theory is that MS is a rare complication of a common infection. Alternatively, the second theory is that MS is caused by getting a common infection at a later than usual age in life. In early 2022, researchers published a series of interesting studies providing more support for the Epstein-Barr virus being associated with the onset of MS



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VA "MS & Vets" Podcast Series

The monthly 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.



[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 www.cando-ms.org 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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VA



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