

MS VETERAN

VA Multiple Sclerosis Centers of Excellence



Veterans Living with MS: Howard "Scott" Cleland

I don't let my MS prevent me from seizing opportunities. Nine years ago I had the opportunity to teach archery to my children and their classmates. While it was a challenge to build the program, I have enjoyed every minute of it.

We all get chances and choices in life, and we've all been in situations where saying no is easier than saying yes. I encourage you to say yes to good opportunities, because if we don't make the most of our life, we're failing at living



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Webinar: Adapting to a New Identity with MS

Join us for a conversation about adapting to a new identity when living with MS and how to manage emotional changes in your journey. Learn about strategies and resources to thrive with MS and hear how a Veteran living with MS found support in the VA community.

Date: Tuesday, March 15, 2022

Time: 1-2:30 pm ET, 12-1:30 pm CT,
11-12:30 pm MT, 10-11:30 am PT

Topic: Adapting to a New Identity with MS

Join: Stream live on [YouTube](#), registration is not required



TRACEY, DIAGNOSED IN 2009

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The Urinary Tract in MS

Between 50-90% of people with MS experience nerve-mediated dysfunction of the bladder or external urethral sphincter or both, causing them to have bothersome urinary tract symptoms. Fortunately, with greater understanding of the effects of MS on the urinary tract and advances in medical care, there are now a number of ways to treat and manage bladder dysfunction.



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Managing Spasticity

Spasticity is a common symptom affecting many people with neurological diseases, including those with MS. The good news is that there are a growing number of treatments available to help ease the burden of troublesome spasticity. All people living with MS, their caregivers, and/or loved ones should have a basic understanding of the signs of spasticity, as well as an understanding of the various options to keep spasticity in check.



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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.



[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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