

# MS VETERAN

VA Multiple Sclerosis Centers of Excellence



## Veterans Living with MS: Daniel Service

Before my diagnosis I had experienced just about every symptom of MS, but nothing was severe enough to make me seek the advice of a doctor. Until that one day, while playing catch with my children, I kept throwing the ball directly at my feet. While this seemed funny at first, I also found I couldn't walk a straight line, my body zig zagging as I tried to move forward. I knew then that something was seriously wrong, and I made the decision to figure out what it was.



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## Stem Cell Therapy for MS

Stem cell therapy is an experimental procedure being studied in MS as a way to "reset" the immune system so that it is less likely to attack myelin. Since the first human studies in 1995, stem cell therapy has shown great potential for preventing MS disease activity, but with risks of serious complications. Ongoing studies are trying to determine which people with MS will benefit most from stem cell therapy, and which stem cell therapy methods are safest and most effective.

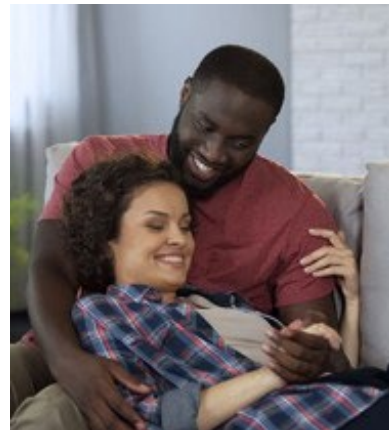


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## Caring for the Caregiver

Dedicating time, energy, and emotional commitment to another person can be fulfilling in so many ways. For many, being a caregiver provides richness in life and an expression of love for the person who needs assistance. Yet, the physical, mental, and emotional demands of caregiving are great and this can sometimes lead to fatigue, stress, and feelings of depression, what many refer to as caregiver burnout.

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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](mailto: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:** 2<sup>nd</sup> 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](mailto:MSCentersofExcellence@va.gov)

VA



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