

# MS VETERAN

VA Multiple Sclerosis Centers of Excellence



## Veterans Living with MS: Brandon Price

I was diagnosed with MS in 2012, the year that changed my life forever. The first several years after I was diagnosed, I didn't do anything about my MS, that's my biggest regret. MS has stolen a lot from me over the years, and I am here to tell you, do not make the same mistakes I did. Avoiding MS will do nothing good for you, I've done that. I do not care if you change your diet, exercise more, or you get on a disease modifying therapy, just do something!



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## Questions & Answers About Depression

Depression is common in the general population, but depression is even more common in people with MS. Approximately 50% of people with MS will experience an episode of major depression; a clinical diagnosis that requires at least two weeks with five or more depressive symptoms. Major depression is not only more common in people with MS than in the general population, it is also more common in people with MS than in people with other chronic diseases.



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## Relationships: Improving the Lines of Communication

The uncertainty of MS can influence the daily routine between partners, spouses, and other family members, and in turn, influence the lines of communication. Couples living with MS may often find it challenges their usual roles in the relationship and makes it hard to prioritize their relationship. Learning and practicing some simple, yet effective, communication and listening skills can foster a more supportive and intimate relationship while managing 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.



- 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](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



**National  
Multiple Sclerosis  
Society**

young adults, parents with MS, carepartners, or Veterans.

## 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 [www.cando-ms.org](http://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

Contact us at: [MSCentersofExcellence@va.gov](mailto:MSCentersofExcellence@va.gov)

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