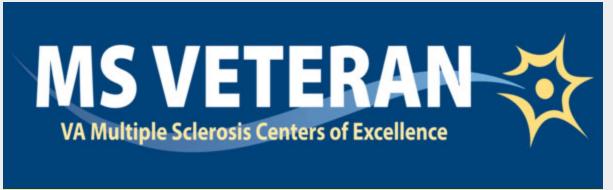
From: US Department of Veterans Affairs <veteranshealth@messages.va.gov>

Sent: Friday, September 1, 2023

To:

Subject: Newest Issue! VA Multiple Sclerosis E-letter for Veterans



Fall 2023 Issue

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Veteran with MS: Charles Larin



I never planned to join the military until I met a Marine. Hearing him talk about serving his country, experiencing his confidence, and feeling such reverence for a

man I just met, I knew that I wanted to be more like him. I joined the Marines in 2010 and was determined to become a better version of myself.

Read Full Article

There's No Place Like My Home

Most Americans nearing retirement say they plan to live in their homes for as long as possible. Yet, fewer than 5% of people in the US live in homes that support moderate mobility difficulties and fewer than 1% live in homes that are wheelchair accessible. Making changes to your home before you experience mobility challenges can help with your safety, your fatigue, and staying independent. Modifying your home may feel overwhelming at first, but there are some steps to follow that can keep things manageable.



Read Full Article

Pregnancy in Multiple Sclerosis

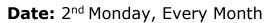
MS affects women nearly three times as often as men, and often presents during childbearing years, making pregnancy issues very important for people living with MS. Questions around pregnancy and MS are a common part of patient-physician conversations. Since MS is usually diagnosed in individuals between the ages of 20-40, the impact of pregnancy on MS is an important clinical concern.



Read Full Article

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.



Location: A Virtual Event!

Sign up to receive alerts for new episodes.

Learn More



National MS Society Highlights

The <u>Society</u> works collaboratively with the <u>VA MS Centers of Excellence</u> 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 <u>Ask an MS Expert</u> virtual program series provides an opportunity to learn more about MS from top MS experts.

Support Groups: NMSS <u>self-help groups</u> focus on support, advocacy, education, and wellness. Some groups also serve specific populations, such as young adults, parents with MS, carepartners, or <u>Veterans</u>.



National Multiple Sclerosis Society

Learn More

Can Do MS Webinars

<u>Can Do MS</u> is a national nonprofit offering free programs and resources designed to help people living with MS and their support partners learn how to make each day the best it can be. Join their monthly <u>webinar series</u> from the convenience of your home for in-depth discussions that cover a variety of topics.

Date: 1st Wednesday, Every Month

Time: 7 pm ET, 6 pm CT, 5 pm MT, 4 pm PT

Location: A Virtual Event!



In addition to their monthly webinar series, they have half day and full day programs, as well as coaching and meet-ups.

Learn More

VA Resources & Programs

VA Caregiver Support Line 855-260-3274

> VA | News Blog

Veterans Crisis Line: Dial 988 then Press 1

> VA My HealtheVet

VA Women Veterans Health Care

VA Whole Health

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

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