

**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

# MS VETERAN

VA Multiple Sclerosis Centers of Excellence



**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](#)

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## 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](#)

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## 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](#)

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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.



**Date:** 2<sup>nd</sup> Monday, Every Month

**Location:** [A Virtual Event!](#)

Sign up to receive alerts for new episodes.

[Learn More](#)

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## National MS Society Highlights

The [Society](#) 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](#) virtual program series 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](#).

[Learn More](#)



**National  
Multiple Sclerosis  
Society**

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## Can Do MS Webinars

[Can Do MS](#) 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 [webinar series](#) from the convenience of your home for in-depth discussions that cover a variety of topics.

**Date:** 1<sup>st</sup> 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](#)

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## VA Resources & Programs

**VA Caregiver  
Support Line  
855-260-3274**

**Veterans Crisis  
Line: Dial 988  
then Press 1**

**VA Women  
Veterans  
Health Care**

**VA | News  
Blog**

**VA My  
HealthVet**

**VA Whole  
Health**

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### **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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Multiple Sclerosis Centers of Excellence**

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