
From: US Department of Veterans Affairs <veteranshealth@messages.va.gov>
Sent: Thursday, June 1, 2023
Subject: Newest Issue! VA Multiple Sclerosis E-letter for Veterans

MS VETERAN

VA Multiple Sclerosis Centers of Excellence



Summer 2023 Issue

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Veteran with MS: Jon Englund



When I received my MS diagnosis in July 2006, I didn't pay much attention to it. I was a member of the Army National Guard and a college student. I had a lot of other things on my mind. I could still run a couple of miles and life didn't seem so different.

[VA Resources & Programs](#)

Four months later I needed a cane just to stand up. That's how quickly MS snuck up on me.

[Learn More](#)

MS Relapses: What They Are & What To Do

By its very name, multiple sclerosis tells us that there are many (multiple) scars (sclerosis) in the brain, spinal cord, and optic nerves. At the time these scars are formed, they might cause symptoms. New plaque formation accompanied by new symptoms is called a clinical relapse. If you have MS and new or worsening neurological symptoms, you should suspect a clinical relapse if you have RRMS, the symptoms last for more than 24 hours, and there are no other medical or psychological stressors present.



[Read Full Article](#)

Understanding Your MRI Report

Magnetic resonance imaging (MRI) is an excellent resource for people with MS. MRI studies provide a safe and non-invasive way to obtain detailed images of the brain and spinal cord, without any radiation exposure. As patient access to medical records continues to increase, patients can sometimes see the images or read the MRI report even before discussing them with their neurologist. If you are reading the MRI report on your own, there are key things to look for.



[Read Full Article](#)

Webinar: At the Frontier & Beyond

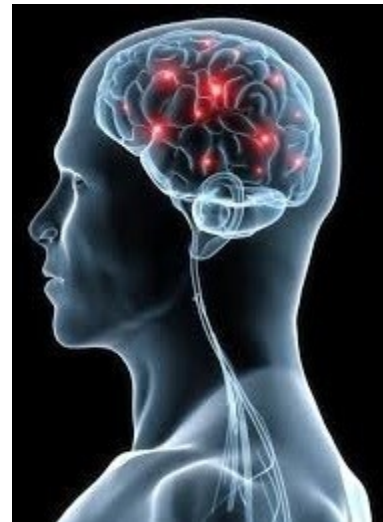
Join the VA MS Centers of Excellence and Oregon Health & Sciences University MS Center for a free, educational half-day virtual conference that provides practical information about managing, treating, and living with MS. This year's topics include stress and autoimmunology, rehabilitation options for MS, and MS treatment and research updates.

Date: June 10, 2023

Time: 12 pm ET, 11 am CT,
10 am MT, 9 am PT

Location: [A Virtual Event!](#)

The conference concludes with a Q&A panel with speakers answering audience questions.



[Learn More & Register](#)

Webinar: National MS Society Black MS Experience Summit

The Black MS Experience Summit is an opportunity to connect with others who understand the distinct experience of life with MS as a Black person. Throughout this interactive, two-day virtual program, people with MS learn from healthcare experts and share powerful stories that celebrate the resistance and resilience of the Black MS community.

Dates: June 14-15, 2023

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

Location: [A Virtual Event!](#)

Participants engage in breakout sessions, followed by Black MS Community Meetup opportunities at the end of each day to connect with others who are navigating their own MS journeys.

[Learn More & Register](#)



TRACEY, DIAGNOSED IN 2009

Hybrid Conference: Can Do MS Community Program for Veterans

MS affects you in physical, emotional, and social ways. Learn to manage the symptoms that knock life out of balance during a free, half-day program for Veterans with MS and their support partners. Connect with your community. Learn from leaders in MS care. Take steps towards a healthier life.



Date: September 30, 2023

Time: 12:00 pm ET, 11:00 am CT,
10:00 am MT, 9:00 am PT

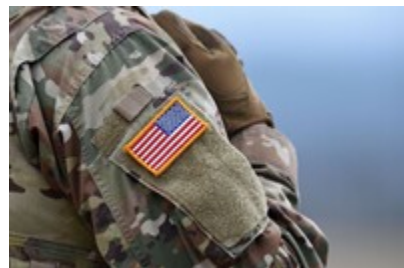
Location: Virtual and In-Person!
In-Person: Tukwila, WA

Register: cando-ms.org/CP

[Learn More & Register](#)

Webinar: MS & Military Service

If you missed the last National MS Society Veteran webinar "MS Risk, Prevalence, and Service Connection" you can view the recording on the Society's [YouTube channel](#). Learn about who gets MS, risk factors, military service connection, resources available for Veterans living with MS, and the new VA Promise to Address Comprehensive Toxics (PACT) Act.



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: 2nd Monday, Every Month

Location: [A Virtual Event!](#)

Sign up to receive alerts for new episodes.

[Learn More](#)



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.

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](#).



**National
Multiple Sclerosis
Society**

[Learn More](#)

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: 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**

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

**VA Women
Veterans
Health Care**

**VA | News
Blog**

**VA My
HealthVet**

**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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