

From: US Department of Veterans Affairs <veteranshealth@messages.va.gov>
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To:
Subject: VA Multiple Sclerosis E-letter for Veterans

MS VETERAN

VA Multiple Sclerosis Centers of Excellence



Fall 2024 Issue

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Veteran with MS: Joshua Fredrich



Will Rogers once said that "some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads aren't paved." I went from 287.2 pounds during my February 2021 infusion to

195.8 pounds during my February 2024 infusion.

[Read Full Article](#)

Resilience: Addressing the Challenges of MS

People with MS may find that the physical, emotional, cognitive, psychological, and spiritual challenges of living with the disease can be overwhelming. Some may feel that the challenges of living with a chronic disease are very hard to face day after day. But many people living with chronic diseases, including MS, have learned that practicing behaviors which promote resilience is the secret to not just coping with the disease, but thriving with it.



[Read Full Article](#)

Smoking & MS

Most people are aware that smoking is the leading cause of preventable death in the US, and that it is associated with numerous health problems including cancer, stroke, and heart disease. Smoking worsens many chronic illnesses, decreases sexual functioning, and shortens the life span of the average



smoker by 8 to 13 years. Fewer people know that smoking may also be linked to MS.

[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.



Date: 2nd Monday, Every Month

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.

Education Programs & Library: Understanding MS will help you live your best life with MS. Find the [information, education and support](#) you need to move your life forward.



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.

Online Communities for People Affected by MS: [Online communities](#) provide people affected by MS the support, information and connections they need - when they need them.

Support Groups & Connection Programs: Living with MS or having a loved one with MS can be challenging. [Support groups and connection programs](#) can help. These groups and programs bring people affected by MS together to share common experiences, find support and learn about the disease.

[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 care 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: 2nd 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

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