The West Kootenay Contact

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2015 AGM

PLEASE JOIN US ON JUNE 22, 2015 FOR THE ANNUAL GENERAL MEETING OF THE MS SOCIETY OF CANADA’S WEST KOOTENAY CHAPTER. AFTER THE MEETING, OUR SERVICES COORDINATOR WILL PRESENT YOUR CHOICE OF EDUCATION SESSION... MOOD AND COGNITION IN PEOPLE WITH MS, OR PAIN AND SLEEP ISSUES. PLEASE CALL 1-800-268-7582, EXT 7259 TO REGISTER OR FOR MORE INFORMATION (see pages 14—15 for details).
West Kootenay Glacier Challenge
Scotiabank MS Bike Tour
August 22—23, 2015

Register or donate online at:
www.westkootenayglacierchallenge.ca

Will you accept the challenge?
Will you ride to end MS?
Click the image.

IMPORTANT DATES
- May is MS Awareness Month
- Friday, May 22 Wear Your Jersey to Work Day to promote awareness
- May 24-31 Team MS Week - Last chance to register for just $25
- June 1st Registration fee goes up to $45
- Like our Facebook page to keep up to date on what’s happening with the tour!

Congratulations to Maggie Mulvihill for winning 2 tickets to Find Your Divine, courtesy of Waves On the Lake Hair Design!

Living with MS and want to help?
For a donation of just $12 you can buy lunch for one of our riders on the first day of the tour.
Check it out here!

REGISTER - DONATE - VOLUNTEER
For more information or assistance please contact leona.dimock@mssociety.ca
Spring is a busy time of year, but we need YOU to help our walks succeed! Anyone registered in the Nelson and Trail Walks who raises $20 will be entered to win a Hakuna Matata Getaway!

So why not invite a friend, family member, or work colleague to sign up and come along? We could double the size of our Walks and raise more money for programs and services.

SUNDAY, MAY 24
GYRO PARK, TRAIL
LAKESIDE PARK, NELSON
Cognitive impairment is a major debilitating feature of multiple sclerosis, and is estimated to occur in more than 50% of people living with MS at some point during the disease. These cognitive impairments can appear as difficulties with learning and memory, and deterioration of executive functions, such as planning or decision-making, focusing attention, multi-tasking, and problem-solving. People living with cognitive deficits can experience greatly diminished quality of life and loss of independence while facing the realization that treatment options are few-and-far-between. There are currently no drug therapies available that can specifically treat cognitive impairments in people living with MS, and cognitive rehabilitation studies have shown mixed success to date.

One approach that is emerging as a promising strategy for treating cognitive dysfunction in MS is exercise training. There is compelling experimental evidence showing that specific types of exercise training can improve cognition in both the general population and in people with certain neurological conditions like stroke, traumatic brain injury, and schizophrenia. For people living with MS, there have been three controlled clinical trials that have examined the effects of exercise on some aspects of cognition, although the results so far have been mixed. Part of the reason for these inconclusive findings is that the types and intensities of exercise have yet to be standardized, making comparisons across studies difficult.

A study published in the Journal of Clinical and Experimental Neuropsychology by Dr. Robert Motl and colleagues examined the short-term effects of several types of aerobic and non-aerobic exercise training on cognitive performance in people living with relapsing-remitting MS.

The study was performed on 24 individuals with relapsing-remitting MS. The participants underwent assessment of disability status using the Expanded Disability Status Scale (EDSS); eligible participants needed to be able to walk with or without minimal assistance (e.g. cane or crutch) in order to be able to participate in the exercise routines.

The researchers used the modified-flanker test (click here to take the test) to assess each subject’s reaction time and accuracy in identifying a randomly-presented object while blocking out either helpful or distracting information on either side of the object. In other words, the test allowed the researchers to measure the participants’ attention and executive functions (i.e. ability to suppress information that is either related or unrelated to the task).

The procedure consisted of five sessions (one per week); the first session established the baseline for
exercise endurance fitness and trained the participants in the modified-flanker test, and was followed by four testing sessions. For each testing session, participants took the modified-flanker test, followed by one of three exercises (treadmill walking, stationary bicycle, or guided yoga) or quiet rest. After completion of the exercise and a cooldown period, participants took the modified-flanker test again to determine whether the exercise training affected performance on the test. For each session, participants performed a different exercise, so that by the end of the experiment each participant performed every exercise in a random order.

The results of this study show that several types of exercise can improve cognitive performance and executive functions in people with relapsing-remitting MS. Treadmill walking in particular appeared to have the strongest effect on improving selective attention and blocking distracting information in this study; although the reason for this is unclear, the authors suggested that since impaired ambulation is so common in people with MS, treadmill walking perhaps stimulates those parts of the brain involved in attention to a greater degree than stationary cycling or yoga. The improvements in test performance were only seen in reaction time and not accuracy, although accuracy scores at baseline were already quite high, so there was very little room for improvement. A limitation of this study was that overall, the participants were not cognitively impaired, and it remains to be seen how people affected by MS with cognitive impairment could benefit from exercise training, as well as how to adapt exercise training in those with severe physical disability who cannot carry out these exercises.

The findings from this study contribute to a growing body of literature linking physical activity to neuroplasticity in the brain, both in the general population and in people living with MS. While the bulk of this research has looked at ways of harnessing neuroplasticity for promoting physical rehabilitation, an emerging area of study is the application of exercise interventions to improving cognitive impairment. Visit the research blog to learn more about neuroplasticity in MS.

Source

TIME TO LACE UP AGAIN FOR THE SCOTIABANK MS WALKS

SUNDAY MAY 24

Did you know your support for the Nelson and Trail Scotiabank MS Walks helps support services in the West Kootenay Chapter? This includes Kaslo, Balfour, Nelson, Castlegar, Trail, South Slocan, Salmo, Rossland, Robson, New Denver, Nakusp, Montrose, Grand Forks, Genelle, Fruitvale, Fauquier, Crescent Valley, and Beaverdell. The MS Society of Canada, West Kootenay Chapter is a vital link for individuals impacted by MS right where we live.

In 2014, some of the support the Chapter provided included:

- Our Exercise Subsidy Program, which provides access to exercise programs for local individuals impacted by MS and/or their unpaid caregivers to maintain their best quality of health;
- Our Chapter Newsletter, which provides information about local services and upcoming education sessions, research updates, and links to programs and services beneficial to those affected by MS and their primary care partners;
- Facilitated education and social events, which help build community for those impacted by MS in the West Kootenay Chapter area. They also increase public awareness of multiple sclerosis and are important to individuals and their families when dealing with the unpredictable effects of MS;
- Educational programs offered in the areas of health and wellness are important tools for daily living, and client service support, which provides direct one-to-one support, counseling, and factual information.

By participating in the Nelson and Trail Scotiabank MS Walks, the West Kootenay Chapter will be able to continue to provide these vital services and more. Register today at www.mswalks.ca or call us at 1-800-268-7582 local 7254 and talk to Janice Cooper today. We have come a long way with your support, we want to see you at this year’s MS Walk on Sunday, May 24, 2015.
The Wall of Fame is our way of acknowledging volunteers and sponsors who work hard to help our Chapter grow and thrive. This month we are pleased to spotlight the Best Western Baker Street Inn, its owner Ryan Martin, and Crystal Pollock, the catering manager who worked with us for the past eight years on the Taste of Nelson. Organizations like ours rely on community volunteers and businesses for donations and the extra pairs of hands that help make life easier for those affected by multiple sclerosis. The Baker Street Inn has been very generous over the years. We thank you sincerely for donating the banquet rooms for one of our most popular fundraisers, and will miss you when we move to a bigger space this fall.

Foot Care Clinic for West Kootenay Chapter Members
Are you interested in subsidised foot care? Is it difficult for you to trim your toenails and remove callouses? Our Chapter, with financial help from Kokanee Chapter IODE can pay for $20 (about half) of each visit from a certified foot care nurse, who would come to your home every six to eight weeks to help keep your feet healthy. Contact Lonnie at 1-800-268-7582, ext. 7259 if you have MS and have difficulties caring for your feet.

Please support the businesses and organizations that support the MS Society!
MEMBERSHIP UPDATE

MS Society members can now manage their membership through an easy-to-use, secure account on our website. You may now check your membership status, renew a membership and update your contact information. A one-year membership is $10 and a two-year membership is $18. You are not required to be a member of the MS Society to benefit from our programs and services, but your membership is a great way to support your local chapter or division. Please visit mssociety.ca/membership to set up your membership account and renew. If you do not have internet access or require assistance setting up your account, please call 1-866-922-6065 x3100 or e-mail membership@mssociety.ca

Get Involved

The MS Society of Canada is here to ensure that no one faces MS alone. In communities across Canada, our volunteers and staff provide information, support, educational events and other resources for people with MS and their families and work to change government practices.

This work – and that of MS Society funded researchers – is supported by donors, event participants, corporate sponsors, volunteers and staff from coast-to-coast. You can be part of this dynamic group of Canadians by getting involved in the fight to end MS in any of the following ways:


**Become a Member**
Membership has numerous benefits.

**Volunteer**
Volunteers are at the heart of the MS Society.

**Join a special event**
Take part in something that will make a difference.

**Government Relations and Social Action**
Help shape policies and programs that impact people affected by MS.

**Corporate Partnership Opportunities**
Choose the MS Society of Canada as your cause-related marketing partner.
IN CANADA, YOU HAVE A GREATER RISK OF DEVELOPING MS THAN IN ANY OTHER COUNTRY.

What will you do?

FLEE FIGHT

endMS.ca

ez ROCK MORE MUSIC VARIETY
Mood and Cognition in MS

Our understanding of the role that mood and cognition play in a person's experience of multiple sclerosis has expanded dramatically in recent years. We now understand that both of these types of "invisible symptoms" can be a direct result of the disease process, and can change over time.

We also now recognize that while changes in mood and cognitive abilities may not be readily apparent to outside observers, their impact on a person's life can be profound, affecting physical, social, emotional, occupational and spiritual functioning.

Fortunately, mood changes are among the most treatable symptoms of MS, and the scientific community is making great strides in identifying cognitive impairment and providing new tools for helping people minimize its presence in their lives. With the appropriate strategies and tools in place, people with MS can live their best lives and participate actively in their own care.

Pain and sleep issues in MS

This program focuses on the management of pain and sleep disorders in multiple sclerosis – two issues that often cause confusion and frustration for people with MS, their loved ones, and their healthcare providers. Both pain and sleep disorders are treatable, but it is often hard to understand the root causes and determine the best strategies for management.

In the video portion of the program, you will hear from scientists and clinicians who treat these symptoms or are working to find better strategies for managing them.

Both of these programs are available to view and will be offered at our AGM (see pages 14 and 15 to register). Depending on the turnout and group consensus, we will present one or the other, with the option of a second education session at a later date, or a take-home package.
Q:

I always feel that a new symptom is an emergency. How do I know when it is important to call the doctor?

A:

It is difficult for most people to fully understand what a relapse is, since it does not always present itself in the same way. A true relapse is characterized by the onset of new symptoms or old symptoms that last 24 to 48 hours or longer. There is therefore a neurological manifestation that is expressed through symptoms such as itching, numbness, as well as trouble with vision, balance or walking. From a medical perspective, emergency medical care is not required, since even though treating a relapse may accelerate remission, it will nevertheless not have a long-term effect on the progression of the disease. However, certain factors may aggravate multiple sclerosis symptoms, such as fatigue, the premenstrual period and an infection. This is referred to pseudoexacerbation.

There is currently only one treatment available for multiple sclerosis relapses, which is the administration of high doses of steroids in order to speed up the reduction of symptoms. However, because steroids have side effects, this type of treatment is not always used, and the treatment path followed often depends on the attending neurologist and on the severity of the relapse.

One important factor to consider when a person decides to consult his or her neurologist for the onset of a new symptom is the monitoring and knowledge of the patient’s progression. Knowing the number of relapses, their severity and their frequency will help the neurologist better treat the patient. Thus, a user who is taking an immunomodulator, but who continues to experience relapses more frequently than expected, will provide the physician with information on the effectiveness of his or her treatment.

Another point to consider is that a person who presents a new symptom may be experiencing anxiety, and discussing these issues with a physician may help ease the person’s anxiety as well as reassure him or her. Most multiple sclerosis clinics offer a specialized nursing service that can help you with your self-assessment regarding the onset of symptoms related to your disease.

In the case of a pseudoexacerbation due to a urinary infection, for example, simply detecting the problem may help avoid other complications. Recently diagnosed individuals or people who are experiencing intense or uncertain symptoms or extreme anxiety may feel they need to see a doctor.

Finally, another important point is that a user with an uncertain diagnosis of multiple sclerosis or an isolated clinical syndrome (only one documented relapse) may help the physician by identifying the onset of a new symptom. Knowledge of this new element may be used to confirm the diagnosis for this person.
SELF-HELP/SUPPORT GROUPS

Self-Help Groups are formed by volunteers who are interested in bringing together individuals and families whose lives are affected by MS.

These groups operate independently, supported by the MS Society of Canada with information and resources.

The West Kootenay Chapter recognizes the importance of support in one’s own community, and of providing a means for individuals and families to reach out and connect with each other. The following is a list of communities in which there are volunteers who provide support to individuals with MS and their families.

Each community is unique in the kind of support that is available. For further information on a particular group, please get in touch with the contact person as listed.

Valley Support Group - meets the last Thursday of each month from 2 till 3:30 pm at the Slocan Lake Community Health Center Education Room at 401 Galena Avenue in New Denver. Contact Linda at 250-358-2220 or 250-358-2203.

West Kootenay Yoga for MS Group—Offers regular, specialized yoga classes for people with MS and their care-partners, followed by a monthly social coffee party as well as fundraising events and occasional group gatherings. Based in Castlegar, but open to all. Call Janice for more information at 250-365-5428.

Trail MS Support Group - meets the first Wednesday each month at 10 am at Rose Wood Village in the Games Room in Trail. For more information, call Jenny at 250-364-1767 or Inge at 250-368-9493.

We are always looking for volunteers willing to start groups… if you’re interested, please call Lonnie at 1-800-268-7582, ext. 7259 for details.
Kaarina Kowalec, a Ph.D. candidate at UBC, is looking at MS patients who have experienced adverse reactions to drugs used to treat MS.

mssociety.ca/research
Please join us on Monday, June 22nd, at 7 pm for a short meeting, followed by your choice of education sessions.

Agenda

Multiple Sclerosis Society of Canada, West Kootenay Chapter
Best Western Baker Street Inn
153 Baker Street, Nelson BC
Monday, June 22nd, 2015

AGENDA

Start: 7 pm

CALL TO ORDER AND ADOPTION OF THE AGENDA

APPROVAL OF MINUTES FROM 2014 AGM

REPORT FROM THE CHAIR

TREASURER’S REPORT

ENDORSEMENT OF DIRECTORS (if necessary)

ADJOURNMENT

7:45 until 9 pm—

Cognition and Mood in MS

Or Managing Pain and Sleep Issues

Snacks and beverages will be served.

RSVP to Lonnie at 1-800-268-7582, ext. 7259 or email info.westkootenay@mssociety.ca
MULTIPLE SCLEROSIS SOCIETY OF CANADA, WEST KOOTENAY CHAPTER
PROXY FORM

I, _______________________________, a voting member in good standing of the Multiple Sclerosis Society of Canada (West Kootenay Chapter), hereby appoint:

______________________________________, a voting member in good standing, or failing him/her

______________________________________, a voting member in good standing as my proxy to attend, act, and vote on my behalf at the Annual Information Meeting of Members to be held Monday, June 22nd, 2015 in Nelson, BC (including adjournments thereof) of the following manner:

(TO BE VALID THE MEMBER MUST COMPLETE THE FOLLOWING STATEMENTS FOR THEIR PROXY HOLDER)

| I approve the endorsement of the circulated list of Directors for the MS Society, West Kootenay Chapter to serve a three year term commencing June 22nd, 2015 | FOR _________
| | AGAINST _________ |

| I authorize my proxy holder to vote at his/her discretion on motions/amendments introduced from the floor | AUTHORIZE_____
| | NOT AUTHORIZE_____

If you do not know any voting members, Chapter Chair Wendi Thomson can be your proxy holder.

Name of Member (please print) Signature Date

Please ensure delivery of the completed proxy, by 4:30 p.m. Thursday June 11th, 2015, to:

MS Society, West Kootenay Chapter
Box 202, Balfour BC V0G 1C0

Or scan and email it to info.westkootenay@mssociety.ca

What is a Proxy?
A Proxy gives one person the authority to act for another. Proxies are used in various organizations at official meetings such as Annual Meetings to allow for people who are not able to attend to be able to have a voice in the proceedings.

Why Should I Fill Out and Send In My Proxy Form?
A proxy allows you to have a voice in your Chapter’s activities – it lets you actively participate in the democratic process of endorsing new directors for the West Kootenay Chapter Board even though you are not able to attend in person. In addition, there is also a very practical reason for you to fill out and send in the proxy form. When the West Kootenay Chapter makes an application for various funding initiatives, its success depends partly on demonstrating that we have a sufficient turnout for Chapter events such as our Annual Information Meeting. Sending in your proxy will send a clear message to potential funders that we have a healthy and vibrant chapter.

How Do I Fill Out My Form?
Print your name in the first line where it says “I_____________the undersigned…” In the next line you fill in the name of the person that will be acting on your behalf who is attending the Annual General Meeting. If you do not know anyone who will be attending, you can print the Chair of the Chapter, Wendi Thomson, in this area. She then can accept the proxy on your behalf. You then fill out the rest of the form indicating your wishes for the two main questions and sign the form at the bottom.
The West Kootenay Chapter gratefully acknowledges the financial assistance of the Province of BC in producing our newsletter.