

Multiple Sclerosis Online-Educational Resources 2021

Multiple Sclerosis Alliance of Southern Colorado www.msasoco.org Our local resource that is a branch of the Multiple Sclerosis Foundation www.msfocus.org with the msfocusmagazine.org. The organization is a “boots on the ground” organization. They provide free, practical assistance for home care, support services, assistive technology, health and wellness programs, a lending library among other services to help individuals maintain independence.

National MS Society www.nationalmssociety.org Educational articles and webinars about all aspects of MS. They provide the Momentum magazine online and brochures on various topics that can help family members understand MS. There have been in-person meeting which may resume post-Covid. They provide funding for research.

www.NARCOMS.org or www.ms-care.org A registry for people with MS who complete 2 surveys per year to provide information about themselves and their experience of living with MS. By participating in the surveys you have access to the results on a quarterly basis through their website or magazine delivered free to your mailbox.

Accelerated Cure Project ww.acceleratedcure.org Reports on “participant powered” research. iConquerMS-if you sign up you become part of ongoing research that extends worldwide. You receive a quarterly online questionnaire to complete and receive monthly emails updating you on current research and additional clinical trials. The email newsletters cover topics such as “Managing Muscle Spasticity and Spasms”. They have launched a long-term study called REAL MS (Research Engagement About Life with MS). People with MS can submit research questions on topics that concern them to launch new studies.

www.multiplesclerosisnewtoday.com has current research information, podcasts, articles on pertinent topics i.e. “Home-based Exercise Viable Alternative for RRMS”. They make research articles more understandable than simply reading the original scientific research.

www.medscape.com You can sign up for emails that address your specific diagnosis i.e. Multiple Sclerosis or if you have additional conditions such as Diabetes, Depression, Osteoarthritis you can check the boxes for those diagnoses. They will send you emails that address various topics when new research is available.

www.can-doms.org Informative webinars and in-person rehabilitation programs (when Covid restrictions are history). They send regular informative emails and provide recreational activity resources for participation in sports and exercise programs that are either in-person or on-line.

www.mscenter.org Rocky Mountain MS Center based at the University of Colorado Anschutz site. They have many webinars on specific topics, new research opportunities and results. They also can provide access to exercise programs, dietary recommendations, adaptive solutions to your environment etc.

www.brainandlife.org Online or in-home magazine delivered to your mailbox. It covers all sorts of neurological diseases but there are often articles on MS. 1 in 6 people in the US have a neurological condition.