

Patty's PT Tips

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Multiple Sclerosis Online-Valuable Educational Resources September 2023

Multiple Sclerosis Alliance of Southern Colorado <https://msasoco.org> Our local organization is a “boots on the ground” organization. They provide free, practical assistance for home care, support group services, assistive technology, health and wellness programs, physician led educational meetings, and 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 are available on demand. They provide the Momentum magazine online and by mail. Brochures on various topics that can help family members understand MS can be ordered. They provide a significant amount of funding for research. They can provide referral services for things such as navigating obtaining disability applications.

Multiple Sclerosis Foundation www.msfocus.org offers a magazine geared to practical suggestions for living better with MS. They are also a source for grants to provide health and wellness equipment and emergency assistance

www.NARCOMS.org A global registry project of the **Consortium of Multiple Sclerosis Centers**. It reaches out to people with MS who will complete 2 surveys per year to provide information about themselves and their experience of living with MS. It facilitates MS research worldwide in a shared database. By participating in the surveys

you have access to the results on a quarterly basis through their website or a magazine delivered free to your mailbox.

Accelerated Cure Project www.acceleratedcure.org Reports on “participant powered” research. iConquerMS is available for you to sign up to 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.multiplesclerosisnewstoday.com has current research information, podcasts, and 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.

<https://cando-ms.org> Informative webinars and in-person rehabilitation programs. 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. This organization is based in Colorado.

<https://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.

<https://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.

<https://www.brainhealthcr.org> **Brain Health Center of the Rockies** is a nonprofit organization dedicated to bringing together professionals from various disciplines to provide evidence-based educational and experiential activities to promote life-long learning and brain health. The classes include topics in nutrition, exercise, occupational therapy, and music therapy. It is based in Ft. Collins, Colorado. It has outreach to people living with MS, Parkinson's, and various forms of dementia.