



Join our confidential information and support teleconference on the second Wednesday of every month from 7 to 8 p.m (7:30 in N.L)

Whether you've just been diagnosed, have been living with MS or you're a family member, friend or caregiver for someone with MS, we can help.

The conference call will be facilitated by nurses from the MS clinics in Atlantic Canada

Teleconference Dates

- April 8, 2015
Facilitator: Mike Kehoe
Topic: Open discussion, Q&A
- May 13, 2015
Facilitator: Peggy Cook
Topic: Fatigue and MS
- June 10, 2015
Facilitator: Melinda Nickerson
Topic: How to self assess/triage a relapse

Teleconference Details

Dial-in number: 1-800-808-0861
Participation code: 763378

New research findings

Smoking may worsen prognosis in multiple sclerosis

Research has shown that:

- Smoking may increase the risk of developing MS
- Smoking increases the risk of developing more significant MS related disability and increases the risk of developing secondary progressive MS
- People with MS who smoke are at higher risk of developing other autoimmune diseases than non-smokers.
- Smoking makes some MS medications less effective

Quitting smoking will lessen your risk of further MS disease activity

Services available for smoking cessation

You can refer to this website for information and resources on quitting smoking (<http://www.smokershelpline.ca/how-to-get-help>)

Resources for smoking cessation:

- Smoker's helpline: 1 877 513-5333 (for Nova Scotia)
- Online quit program
- Online booklets
- Capital Health: The Stop Smoking Service Program (<http://www.cdha.nshealth.ca/addictions-program/programs-services/stop-smoking-services>)

You can refer to your family doctor, nurse practitioner or pharmacist for more information about smoking cessation aids.

Symptoms of MS: Uthoff's sign or Heat Sensitivity

Many people with MS experience sensitivity to increased body temperature or Uthoff's symptom. Simply put, people who have Uthoff's symptom have a worsening of MS symptoms when they get too warm. Once they cool off, the symptoms improve. It can be brought out by many things including exercise, hot showers/baths, fever, or even being in a very warm room or outside on a warm day. Getting overheated can cause MS symptoms to become more annoying but it is not harmful and does not make MS worse. There are effective ways to manage this symptom.

How to find Us

Dalhousie MS Research Unit (aka MS Clinic) is in the **Nova Scotia Arthritis and Rehabilitation Centre** located at **1341 Summer Street** in Halifax.

Building entrances are on **Summer St. and University Avenue** (usually the most convenient entrance).

Where to find Parking

There is a parking lot for the building on **University Ave.** Payment is cash only.

Metered parking is available on the streets in the area.

**ARRIVE 15 MINUTES EARLY
for APPOINTMENTS**

Tips to avoid overheating:

- Drink lots of cool water
- Keep a spray bottle of water nearby, to cool yourself down regularly
- Consider doing pool based activities as a way to exercise while staying cool at the same time
- Consider investing in cooling equipment, such as a vest, collar, or cuffs
- Monitor how you are feeling. Find a spot to cool off if you are getting too warm. For example, stay in air conditioned spaces on hot, humid days

Preparing for an Appointment

What should I bring to my appointment?

- A list of medications (both over the counter and prescribed), and any supplements you are taking.
- Your health card.
- If you normally use reading glasses, please bring these with you.
- The enclosed letter that indicates your appointment day and time

What will my appointment be like?

At the beginning of your appointment you will see a member of our clerical team at the Registration Desk. She will check that your personal information, including address, telephone number and name of family doctor are correct in our hospital system. You will be asked to complete 2 questionnaires that will help us learn more about MS has affected you. Next, the nurse will check your blood pressure, weight, and height as well as memory and walking tests. You will be asked questions about your health and have a neurological exam where the clinician (neurologist or nurse practitioner) will test your walking, reflexes, vision and balance. We will then talk to you about how you are doing and any changes that should be made in your care.

Who is involved in my care?

All MS Clinic patients are followed by an experienced team consisting of a neurologist, nurse practitioner and nurse. At your clinic visits you may be scheduled to see your neurologist and you may be seen by the nurse practitioner first and then your neurologist.

Sometimes you will be scheduled to see your nurse practitioner or MS nurse only and this will be listed on your appointment letter. Your MS nurse may see you at your visit and will be available by phone to provide support and answer your MS related questions.

As the MS Clinic is a part of a teaching hospital, you may also be seen by a student in addition to your MS Care team.

Where can I get more information on MS online?

www.mssociety.ca
www.nationalmssociety.org
www.mscando.org
www.mscares.org
www.mymsaa.org