

multiple news

The bi-monthly newsletter from Multiple Sclerosis Auckland

**LIVING WITH
MS
CAN BE HELL**

**Thank You for
supporting
MS Auckland
Street Appeal
2014**

You sure as HELL made a difference...

ms. HELL
Multiple Sclerosis
AUCKLAND

\$77,500

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A few words from the CEO...

Since our last publication, I have attended five funerals in two months. Although death is part of life, funerals are hard to attend especially so when the person was extremely well and very young as was the case with two of the funerals I attended; a four year old who choked on a carrot and a 25 year old that just dropped dead from no apparent cause. This is when you look at many aspects of life, it challenges your beliefs and leaves you with many unanswered questions. One thing is for sure though – live each day as though it is your last and thank goodness we don't know what the future holds.



As the front page advises, our Street Appeal this year raised \$77,500. Many of you were told \$75,800 however we have had a very generous donation from Glendowie College of over \$1,200 and another late donation. It was wonderful having schools involved again this year. We are very grateful to Immanuel Christian School, Kings College, Northcote College and Glendowie College for continuing to support us during our Street Appeal. I think it is a great way to introduce students to giving unconditionally and for partaking in charity work. Well done to all these schools.

Another new corporate to partake this year and raise funds for us was Lumley Insurance, they also organised a team of collectors for a site in Orewa, where they did remarkably awesome! It is wonderful to have our corporates' valued support and we thank you so much.

Huge thanks goes to the Creative Team at Hunch (Michael, Natalie, Matt and Kathryn) who developed an amazing, inspirational and innovative campaign to encourage corporates into purchasing HELL Pizzas during our Awareness Week. It was such an exciting campaign that we can't wait to work together on another campaign next year. Thanks guys.

And to the amazing HELL team in Auckland, led by Jason Buckley (National Marketing Manager), we can't thank you enough. The 25 Auckland Store Franchisees were all so keen and willing to be involved again this year and under the superb guidance of Jason produced an amazing result of \$13,290 for MS Auckland – how brilliant is that?! HELL you rock – thank you so much!

Lastly to our volunteers who are the stars of the show. This year we had over 500 collectors including our wonderful men and women in uniform – Royal NZ Navy and NZ Army. You all played a huge part and you played it well. Our result this year is higher than last year and that is always the best outcome. I want to make special mention of the North Shore Rat Race Runners who have generously donated for the past five or more years – we really do value your continued support.

I hope I am going to see you all at the North Harbour Stadium to partake in Bike the Bridge event on 16th November. If you can't ride then just volunteer to sit with us at the finish line and join in the fun.

THÉRÈSE RUSSEL
Chief Executive Officer

ms.
Multiple Sclerosis
AUCKLAND

Notice Board



Travel Scooter

The Travel Scoot, (the above picture is a Travel Scoot, but not the one for sale), has not been used at all, and the supplier will not take it back, so we are thinking that there may be a member who would be interested in buying it. We paid \$3,500 a couple of months ago, but my personal condition has changed and I have been advised not to use it. The Scoot is easily transportable and collapses into a carry-bag the size of a sports bag. It has approval for both domestic and international air travel and is battery powered. All enquiries to Varey on 09 422 7647.

2001 Mazda Demio

Disability Vehicle designed for a wheelchair. Extremely well looked after and great for driving around Auckland. Only 90,000kms on the clock. Purchased new for \$32K, selling now for \$6K o.n.o. For all enquiries please phone Mark Molloy on 09 630 4911 or Mob 021 272 8207. (Photo is of a Mazda Demio NOT the car being sold).



DREAMs

Do you have a reasonable "Dream"? Tell us about it and we will see if we can make it happen. No promises and don't make it huge. Email therese@msakl.org.nz or phone 845 5921.

Honorary Life Members

Always appreciated
– Never forgotten
David Ashton
Jo Smith
Ken Wadham
Judy Wear
Tina French
Barbara Broome
Nancy Caughie
Judith and Rob Linton
Bruce Cameron
Ken Hall

Saturday Hydrotherapy

Saturday Hydrotherapy Classes are held at Diocesan School in Epsom. Concession cards cost \$50.00 (\$5 per session). There are limited spaces so first in first served!! You asked for it and we have delivered - don't miss out.



Put this in your Diary!

Members Christmas Lunch Sunday,
14th December 12.30pm – 3.00pm.
Commerce Club of Auckland, 27-33
Ohinerau St, Remuera. Loads of Parking.

Calendar

Important dates to remember...

16th November
Bike the Bridge

14th December
Member & Volunteers
Christmas Lunch

From the field...

Our Field Workers



Diane Hampton,
North Shore



Carol Andrews,
Central



Georga Forgac,
West



Dianne Bartlett,
South

Hello everyone. At long last spring has arrived with the better weather and daylight saving meaning we can make the most of daylight hours.

Like us, you've probably been hibernating over the winter months so now is the time to get into some form of activity.

While fatigue can be an issue for People with Multiple Sclerosis some of the recent research studies are showing that simple life changes, a supportive environment and appropriate exercise can lessen fatigue and improve well being.

We currently have 6 weekly hydrotherapy groups running under the supervision of a physiotherapist. Those members who attend the groups are finding them beneficial and enjoy the companionship of other members.

The 6 groups are Central – Epsom Girls Grammar, Saturdays at Diocesan Girls School, Eastern – Lloyd Elsmore Pool, West – West Wave Aquatic Centre, North Shore – Millennium Institute, South – Manurewa Leisure Centre.

Costs are very reasonable with 2 free trial sessions and are subsidised by the Society costing \$30 for 3 sessions apart from Saturdays which are \$50 for 10 sessions.

If you want to know more please contact your Field Worker or phone the office.

Remember that Jetts Gyms have special offers for our members so please phone the office for more information. It is important to let any gym that you attend know that you have Multiple Sclerosis and what your limitations are such as fatigue, muscle weakness, tendency to overheat. Contact your Field Worker if you want further information or would like some information for your intended gym.

You can also ask your General Practitioner to refer you for a Green Prescription if you are eligible. These are programmes under the umbrella of the Ministry of Health for people with chronic health conditions or a disability. Often, the prescription entitles you to reduced charges to use facilities.

If you are beneficiary you could be entitled to a Disability Allowance and may be able to claim costs of an exercise class/ pool attendance on the Disability Allowance. To find out more ask your General Practitioner or contact Work and Income.

We are exploring a couple of other activities to add to our programmes and will keep you posted.

Again, don't forget to let us know if you are in hospital or going into hospital so that when you are back home we may be able to help with any follow up you may need.

Take care. Dianne, Georga, Diane, and Carol.

Donations

Regular Monthly Donors

Our lucky September winners were Roger and Heather Hawthorne, who kindly donated their winnings back to the Society – we are so grateful.

Our October winners were John and Nora Gabriel and for the second time, they donated their winnings back to the Society. We can't thank you enough.

We have added another regular donor this month to our books so monthly winnings will now be \$66.00. Good winnings for only \$10.00 in!!!

Our objective is to increase our regular donors list and our monthly earnings, so if you are keen to be a donor, please call the office. It is a great way for your friends and family to support your Society and the donation can be \$10.00 or more (the cost of three cups of coffee).

Please phone Kirsty on 09 845 5921 to register as a Regular Monthly donor.

From the MS Nurses

New Zealand is at the gateway of what can be aptly described as an exciting new era of disease modifying treatments. These medicines, used now for some years in Europe, America and Australia to name a few continents are licensed for use in relapsing remitting MS.

PHARMAC's imminent announcement regarding access to Fingolimod (Gilenya) and Nataluzimab (Tysabri) is highly anticipated but remains as yet unknown in its final form.

The finalised eligibility criteria for these medicine is not known but one thing is a certainty. If you are someone with relapsing remitting MS who is having a relapse, in order to be eligible for consideration of the medicines you must engage with your MS team and or GP to report your symptoms.

This is not the time for complacency or the 'If I ignore it, it will go away' mentality that most of us are guilty of in relation to our health from time to time. For your neurologist to make an application to PHARMAC for you they must be aware you are having a relapse.

Familiarise yourself with the process of 'self-reporting': reporting new symptoms, to your known contact people; either your MS Nurse (contact details below) or GP. Although you may not require pharmaceutical treatment, which for an MS relapse only comes in the form of high dose steroids, by 'self-reporting' you are engaging with people who can provide advice and assessment. Should you wish them to and depending on the severity of your symptoms arrangements can be made for a timely review



with your neurologist. 'Self-reporting' is a process you should undertake even if a medical model of treatment does not appeal to you as this is your access point to specialist physiotherapy, occupational therapy and other services that will aid in holistic recovery from relapse symptoms.

The MS Nursing team anticipate that interest in these medicines will be high and ask if you are calling or sending an email with enquires to be understanding of delays in response you may encounter. If you have not had a response within a 48hr time period please give us a friendly reminder as we do not want to leave your enquiry unresolved.

Should you wish to do further reading on either of these treatments www.mstrust.co.uk or www.mssociety.co.uk or www.msif.org are reputable websites with accurate and up to date information on disease modifying treatments.

With best wishes,

Fiona and Nazila – 09 307 4949 ext 25885

Carers' Corner

Carers New Zealand have a web space that's just for carers. You can visit the site regularly to see new articles, blog posts, and helpful information to support you in your role!

Visit www.carersair.net.nz

Email flightdeck@carersair.net.nz

Facebook www.facebook.com/carersair

Twitter #carersair

Pinterest CarersAir

For more information about Carers New Zealand and the Carers Alliance you can join their network by calling 0800 777 797 or email centre@carers.net.nz



Rope Neuro Rehabilitation

As we approach the end of the year, there are a few exciting things happening here at Rope Neuro Rehab...

Goodbye Fleur!! Fleur is off on her adventure of motherhood and has left on maternity leave. She is very excited about this new stage in her life and is due in the middle of October. Fleur knew a lot of you at the Society and was the physiotherapist for West Wave hydro. She is looking forward to catching up with you all on her return next year.

Neurological Pilates: Earlier this year we were lucky to have two therapists (Jess and Hannah) go down to Tauranga to complete a Neuro Pilates course. Because of this we have started a Neurological Pilates class here at Rope Neuro Rehab. We are very excited to be able to offer this service. The classes run in 6 week block courses here at our outpatient space in Balmoral. There is a maximum of 4 people in one class which maximises your learning and potential. The cost? \$150 for a 6 week course.

The classes are all fun, talked through and explained every step of the way so that you can understand your body. They are low impact and gentle to allow for fatigue management which can be common with neurological problems. The Pilates also has a strong emphasis on breathing and concentration which can act to relieve stress and improve mood.

If interested in this course, send Jess an email: jess@ropeneurorehab.co.nz or give her a call on 021 056 7805; alternatively give us a call at the office 09 623 8433.



Neuro Physio Online: This is a very exciting new concept that we are working on here at Rope Neuro. We are busy creating a new website that will allow you access to important webinars, consultations and carer support. We are dedicated to ensuring that we can share our knowledge with others to empower positive change and improve quality of life. Keep an eye out for the fatigue management programme that we will be running through this website, where you can sit in via the comfort of your own home on your computer. Other courses will be run to cover all different topics, specific for MS. If there is a topic you really would be interested in or like us to present, why not let us know! We hope to have this website up and running before the end of the year so we are able to bring you this fatigue management course before Christmas!

If you have anything you wish to discuss with us here at Rope Neuro Rehab, feel free to give us a call.

Also, Thanks to everyone coming to Saturday hydro, what a fantastic class we have running. Remember that on the 29th of November there is no hydrotherapy class due to waterpolo

Steph and the team from Rope Neuro Rehab

Recipe Dairy Free Ice Cream

Having peeled and chopped frozen bananas on hand in the freezer means that these beautiful icecreams take just minutes to throw together.

Ingredients

- 2 ripe bananas sliced and frozen (for at least 8 hours)
- 2 tablespoons of liquid honey
- 2 tablespoons of cocoa

Method

Place banana, honey and cocoa and into a food processor (not a blender) and blend. The mixture will initially become flaky and you will need to scrape down the sides of the food processor. Continue blending until the desired consistency is reached. Serve immediately.

For Vanilla flavour replace cocoa with 1 tsp of Vanilla Essence.
For a nutty flavour replace cocoa with 2 tbsp of peanut butter.
For a berry flavour replace cocoa with 1/2 for frozen berries.



**Sandra Perry Dip.Nutrition
Nutritionist**



360^o nutrition

55 Bushlands Park Drive Albany 0632
p: 09 415 2676 m: 021 1546999 e: nutrition360@clear.net.nz

Street Appeal... 'HELL' – I have a 'HUNCH' we did it!

The 2014 STREET APPEAL was a great success and it is thanks to so many helping hands. We were thrilled to have HELL Pizza on board supporting us again this year. From 31 August to 6 September, HELL's Auckland franchises donated \$1 for every double-size and 50 cents for every snack pizza sold during this week – raising \$13,290 for MS Auckland. The even better news is that HELL have committed their support to us for our 50th Anniversary in 2015. HELL that's awesome!

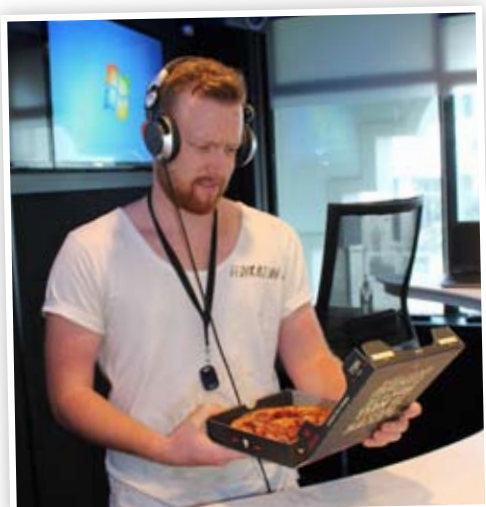
We approached an advertising agency this year to help us with some creative thinking regarding the best way to 'get to corporates'. I'd have to say HUNCH came up with the 'goods' and didn't charge MS Auckland a cent. What they did was so innovative and exciting and they worked so hard for our campaign. I special thanks goes to Michael, Natalie, Matt and Kathryn from HUNCH – what a fantastic team!

Who the Hell ordered these pizzas?

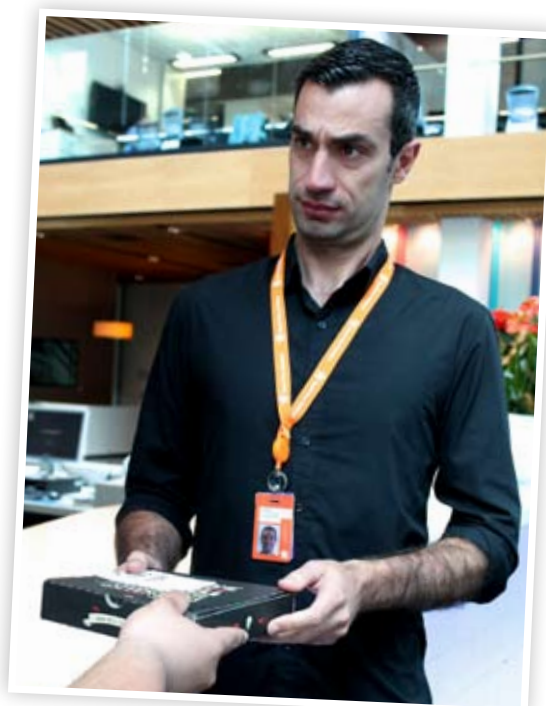
Workers across Auckland's CBD were left scratching their heads when unordered pizzas arrived at their offices. This wasn't the result of a practical joke taken too far; HUNCH delivered the 40 unrequested HELL pizzas as part of a campaign to promote Multiple Sclerosis Awareness Week.

Inside the lid of each pizza box was a large sticker explaining the concept of mixed messages and how our promotional stunt was raising awareness of the condition.

We really value our partnerships with HELL and HUNCH. They have helped us reach a large audience and raise awareness about our purpose, which is to empower people with Multiple Sclerosis to lead independent, active and fulfilling lives.



Carl Thompson – Producer at The Edge radio station.



Dino Liguori – Marketing Communications Manager at Spark.

Events

Then there's you!

We have to say 'THANK YOU SO MUCH' to schools that participated this year and I am happy to record that Kings College, Northcote College, Glendowie College and Immanuel Christian School can all be proud of their efforts and our Society is very proud of you.

To the corporates that were involved and this year we were extremely grateful for the support of Lumley Insurance who did an office collection and organised a roster to collect during our Street Appeal for two days at Orewa. A special thanks to the Corporates that ordered HELL Pizza for lunch so that MS Auckland could benefit.

To all our wonderful men and women in uniform – a huge thank you to the Royal NZ Navy and the NZ Army. How great it is to have you collecting for us in uniform and looking so dapper – you know how to attract a crowd! The HELL Pizza lunch shout was won by the NZ Army Team for raising the most money per hour. Well done to all our service men and women.

No show without punch – you, the Street Appeal Collectors and there were over 500 of you this year. We couldn't do it without you, we do it with you and we do it for all our Members. From the bottom of our hearts – THANK YOU.

WE RAISED \$77,500
THANK YOU – THANK YOU
– THANK YOU

Our Men in Uniform



David and Duffy - NZ Army



Ethan and Francis - Royal NZ Navy



Vaughan and Tim - Royal NZ Navy

Our Politicians



Events

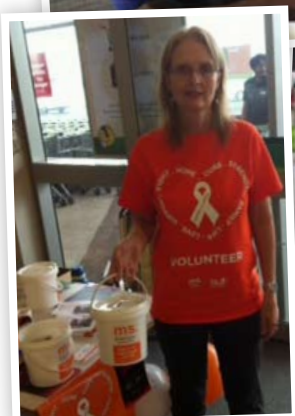
Our Rotary

Our Volunteers



Waitakere Unitec

Pam's Washing Line





Bike the Bridge

ms.
Multiple Sclerosis
AUCKLAND

SUNDAY 16 NOVEMBER 2014

**AUCKLAND'S LARGEST CYCLE EVENT
AN EVENT FOR EVERYONE!**

105km

50km

20km

plus Kids Challenge

ENTER NOW










Like us on
Facebook "BikettheBridge"



**AUCKLAND'S LARGEST CYCLE EVENT OFFERS
SOMETHING FOR THE ENTIRE FAMILY**

In addition to the three course that traverse over the Auckland Harbour Bridge and along the Northern Busway, there are additional courses for the young ones at the QBE stadium

105km

50km

20km

plus Kids Challenge

ENTER NOW

Iconic Auckland riding
including an Auckland Harbour Bridge start, Northern Busway and into the countryside north of the city in a challenging loop bringing you back into the finish line at North Harbour Stadium.
105km ENTRY \$105

Kids Challenge
The Travelwise kids Challenge offers a fun, safe and very cool bike course for primary and intermediate aged children. Distances of 2km, 4km & 6km are available and go around the perimeter of the QBE Stadium and finish at the same finish line as the adults giving them the thrill of hundreds of spectators.
Entry \$10

A great family ride for anyone on any type of bike from road bikes, mountain bikes to commuter bikes. Taking in the Auckland Harbour Bridge and Northern Busway and straight into the North Harbour Stadium. Intermediate aged children are able to ride across the bridge.
20km ENTRY \$60

Team and Corporate pricing available. For more information contact info@biketthebridge.co.nz

Enter at: www.biketthebridge.co.nz

If you can't ride – you might want to help volunteer on the day!

Bike the Bridge 2014 is looking for a team of volunteers to assist us at the finish line at North Harbour (QBE) Stadium on Sunday, 16th November.

Last year our volunteers handed out finisher medals to the cyclists at the finish line, rattled a couple of buckets around the Stadium and cooked on the BBQ. We need helpers from 7.30am until around 1.00pm in all areas. We don't expect you to do the full time as we will arrange a roster. So if you would like to be a part of this wonderful event please call Pam on 845-5921 or email pam@msakl.org.nz



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MS Auckland







Christmas Lunch

Members, Volunteers and Supporters

Come one, come all and join in the fun

Commerce Club of Auckland
27-33 Ohinerau Street, Remuera

12:30 - 3:00 pm
Sunday 14 December
Entertainment Included - Cash Bar and Raffles
Please contact Kirsty on 09 845 5921 or info@msaki.org.nz
Bookings Essential



* If you would like us to send a taxi for you please let us know *

Delicious, nutritious cuisine for people with eating difficulties

THE
PURE FOOD CO

Let food be your medicine. Gentle, soft foods that help people thrive.

Inspired by a relative unable to eat to conventional food, Pure Food Co set out to develop fresh, easy to prepare, nourishing and delicious meals for people with eating difficulties.

Following comprehensive research and testing, the Pure Food range of nutritionally-enhanced texture-modified food is now available.

We'll deliver our meals, from [Roast Lamb](#) to [Fish Pie](#), directly to your door. Meals arrive ready to eat or store in the fridge and are heated within minutes.

People should be able to eat what they feel like, that's why you can select a meal from our Chef's Selections or create your own.

Pure Food can be ordered online at www.thepurefoodco.co.nz, by phone on **0800 1 PURE FOOD** (0800 178 733) or on [Facebook](#) (www.facebook.com/thepurefoodco).



Find more information on www.thepurefoodco.co.nz
or call us on **0800 1 PURE FOOD**

Become an MS Good Sort and help MS Auckland fundraise

It's simple and it's easy and we will help you.
All you need to do is host a Tea Party!

**Make it a morning, afternoon or evening Tea Party,
depending on what you and your friends like to do. The options are endless!**

We will supply you with a Good Sort kit including:
tea from Tea Total, plunger coffee from Columbus, a raffle,
an MS apron for the hostess and some recipe ideas to get you going.



**We are looking for MS Good Sorts now. If you would like to
become an MS Good Sort and host a Tea Party please contact:
Pam – 09 845 5921 or email pam@msakl.org.nz**

Spring is here

Spring is here and so are lazy afternoons and longer evenings!
But wait... there's more, Christmas is 10 weeks away!!!

It's perfect for a BBQ with friends and family and certainly a great
time to raise some awareness and funds for MS Auckland.

An MS Good Sort Tea Party need not be just the girls sipping
cups of tea and eating scones. It's time to invite the boys along
and have a quiet cold one while you enjoy those lovely
Vitamin D rays!

All you need do is invite a few friends round, tell them you
are hosting an MS Good Sort Party to help raise funds and
awareness of MS. A great idea from Dianne Molloy was to
ask all your friends to bring one item towards a hamper and
then raffle it off. Get creative, ask your local retailers to get
onboard with a donation to raffle! You'll be surprised how
easy it is.

To date this has been one of the simplest and relaxing ways to
support our Society, so give Pam a call and discuss how we can
assist you with an MS Good Sort 'BBQ Party'.

STORAGE REQUIRED

MS Auckland is looking for some storage space for spare
wheelchairs and tax records - on or close to the North
Shore that wouldn't cost us and could be easily accessible.

If you have such space or an idea please phone Mark on
845 5921 or email mark@msakl.org.nz



Our last workshop was presented by Dr Patrick Fong with a brief introduction by Trish Fleming from West Auckland Hospice.

From my own perspective with chronic pain what Patrick and others suggest makes a difference in how we manage it.

The workshop was billed as being about Pain Management. For a number of people with Multiple Sclerosis, chronic pain is a troublesome symptom and can prove resistant to the usual remedies.

We wanted to have a more holistic look at pain management from a non-medication perspective as this can be self-limiting and not always a good long term strategy for a chronic condition. Some medications prescribed for pain management are very strong substances and may have various side effects which can be a problem.

We often are looking for a cure for chronic pain and spend a lot of time and energy looking for that one treatment which will finally deal with the pain. Current practice is now looking at acceptance of the pain and looking at other ways to manage it so that a person can have a better quality of life with less pain, less disability and more independence.

Dr Patrick Fong, former Pharmacist and now Chiropractor works a lot with people who are experiencing chronic pain.

He themed his presentation as Reducing inflammation and improving quality of life and the suggestions that he made can make a difference in managing chronic pain which is often related to chronic inflammation.

So his talk was with a different perspective about pain and very enlightening. I learnt a lot from it and hope that the people who participated did so too.

There is an article on our website 'Living with Chronic Pain' and is well worth a read.

You can find it under the About Us tab, News, Views & Other MS Websites.

Diane Hampton

Reducing Inflammation and Improving Quality of Life

WHAT IS INFLAMMATION?

Inflammation is a normal and beneficial process that occurs when your body's white blood cells and chemicals protect you from foreign invaders like bacteria and viruses.

Chronic vs Acute Inflammation

If you have an injury or infection, inflammation is necessary to help protect and heal your body. This is termed acute inflammation. Most people don't realize that you need some level of inflammation in your body to stay healthy, however it's also possible, and increasingly common for the inflammatory response to get out of hand and become chronic. In such cases there are often no symptoms until a loss of function occurs. This is because chronic inflammation is low-grade and systemic, often silently damaging your tissues. This process can go on for years without you noticing, until a disease such as heart disease, cancer or autoimmune diseases like Multiple Sclerosis, Ulcerative Colitis, Crohn's disease or Rheumatoid Arthritis develop.

WHAT CAUSES CHRONIC INFLAMMATION?

Chronic inflammation can be the result of a malfunctioning, over-reactive immune system, or it may be due to an underlying problem that your body is attempting to fight off. Many of these "problems" are actually due to an unhealthy lifestyle such as eating a poor diet, smoking, a sedentary lifestyle, stress etc.

NATURAL WAYS TO REDUCE INFLAMMATION?

- Focus on eating a healthy diet. This includes avoiding pro-inflammatory foods like trans-fats, fried foods, sugar and grains, foods cooked at high temperatures and oxidized cholesterol
- Get plenty of animal-based omega-3 fats by taking a high-quality fish oil that are chock full of beneficial omega-3 fatty acids. Omega-3 fat are precursors to mediators of inflammation called prostaglandins. (In fact, that is how anti-inflammatory painkillers work, they manipulate prostaglandins.)
- Increase Vitamin D levels by getting regular, appropriate sun exposure, or supplement with Vitamin D3. Most people are not aware that vitamin D can have a profoundly dramatic impact on inflammation as well as our overall health.

- Reduce grain and sugar intake from your diet. Elevated insulin levels are one of the most important reasons why inflammatory prostaglandins are produced.

- Exercise regularly. Exercise is a great way to lower inflammation without any of the side effects associated with medications.

- Have healthy outlets for stress and other negative emotions. High levels of stress hormones can lead to the release of excess inflammatory chemicals, so be sure you use tools such as meditation and prayer to help deal with your current stress and resolve past emotional challenges as well.

HOW CAN CHIROPRACTIC HELP ME?

Most people think that Chiropractic is about fixing 'bad backs' "How could seeing a Chiropractor make my life better?" The only reason a chiropractor checks your spine is because it protects the system that controls all the other systems in your body, your brain and nervous system. Unfortunately through daily stress, accidents and an ageing spine there is a tendency for the spine to alter its posture and interfere with the function of this nervous system. As chiropractor's we find these areas of nerve interference and remove them via a specific chiropractic adjustment. A chiropractic adjustment may improve both the structure and function of your body, ensuring that your body (remember all those organ systems and muscles that your nervous system controls?) has the ability to function better.

If you have any further questions please feel free to contact me;

Dr Patrick Fong (Chiropractor and Pharmacist)

Mt Eden Chiropractic
318 Mt Eden Rd
09 6388266

www.mtedenchiro.co.nz

EXPERIENCE ACCESSIBLE SAILING WITH SAILABILITY AUCKLAND TALENT SEARCH / HAVE A GO DAY

(We cater for all disabilities, no prior sailing required)



Experience sailing in a Paralympic Yacht or a
Hansa Liberty or Hansa 303

- 1pm – 5pm, SATURDAY 18TH OF OCTOBER 2014
- Z Pier, Westhaven Marina, Westhaven Drive (near the Billfish Café)

To register or for further information please contact:

Tim Dempsey at Sailability Auckland: 09 834 0557 or 027 484 4716
sailabilityauckland@xtra.co.nz or check us out on Facebook
www.facebook.com/CityofSailsSailability





Akoranga Integrated Health

Introduction to Adaptive Yoga 8-Week Class Series

The Physiotherapy team at Akoranga Integrated Health in association with Karin Brown (Yoga Instructor) and the Cerebral Palsy Society have developed a series of adaptive yoga classes.

Any person with a long term health term condition or disability is welcome with no prior experience necessary. The series will help to develop small and meaningful changes in control, posture, breathing awareness, concentration and inner strength. We will make an effort to create a supportive non-competitive atmosphere in which you will enjoy being physically active.

The series consists of:

- a one– one introductory session with Karin (yoga instructor), a physiotherapy student and their clinical educator to get to know your hopes and interests, answer your questions and understand how we can make the programme suitable for you and your body
- 8 x 70 min group classes on a weekly basis, with each yoga posture individually adapted to your ability.
- the development of a customised programme to go on with at home once the series finishes



Where: Akoranga Integrated Health, AUT Akoranga Campus, Northcote

When: Tues 14th Oct until Tues 2nd Dec from 11.50—1.00

Cost: \$100 for the series (CP society vouchers accepted)

Wear: Wear loose comfortable clothes

Bring: A drink and any equipment you use for mobility

Register By: 1 October 2014

Contact: **Kate Waterworth**, AUT Clinical Educator Physiotherapy

kate.waterworth@aut.ac.nz or 09 921 9161

Karin Brown, Fitness and Yoga Instructor

baysyoga@inspire.net.nz

Amy Hogan, Researcher CP Society

amy@cpsociety.org.nz



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biogen idec®

BIG THANKS to the Lottery Grants Board

Andre and his wife Claudette want to say a big thanks to the Lottery Grants Board for granting the funds for his new vehicle. This has made such a huge difference to Andre's life. He can now get out with his family in one car. But most of all, Andre can now attend his youngest son's school activities which he has not been able to go to for some years now. Andre has already attended the support group and is looking forward to attending the water therapy group as well.

Andre also wishes to thank Rod Milner from Rod Milner Motors for his help and guidance in supplying and modifying the van.

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with what you have.
—Teddy Roosevelt

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Members' Stories

In memory of MS GOOD SORT – Dianne Molloy

In July this year Dianne Molloy notified us to say that she would like to do an MS Good Sorts afternoon tea party for her birthday. I have known Dianne for years (well before joining MS) and so I knew this tea party would be like no other. I was even lucky enough to be invited. True to form, the finest china was used, the most delicate food was served, the most extravagant raffle (everyone had to bring something) was raffled and over \$1,000 was raised for MS Auckland on the day.

This is what Dianne Molloy thought of the day:

"We had a very successful Tea Party on Saturday. We had a lot of fun as girls know how to do. I had asked each person to bring something for a hamper. My friends were very generous and we raffled 4 baskets, two planted tea cups one large one small, a beautiful cake made by a friends daughter who was at Patisserie school along with a bottle of wine. I had made lemon chutney and we raffled them. My granddaughters and a friend were in charge of raffle tickets. I made a speech, and thanked those who had helped. This was hugely successful and we raised \$1,003 everybody thoroughly enjoyed themselves. We got the silver out and polished. I had a lovely time organising the event took me back to my Days at HEDGEROW. We have another event booked for next year same date"

Sadly there won't be another opportunity for Dianne to do this again as she was diagnosed with cancer shortly after this and died two weeks later. It was my privilege to have known Dianne Molloy and been a part of her life (albeit brief) and I know she had many friends here within the Society and she did so much fundraising for MS Auckland when she could. She always collected the most money during Street Appeal in her home patch in Mt. Eden.

On behalf of the Society, our Members and our Committee, I offer our condolences to her three children and her wonderfully supportive husband, Mark. Enjoy the photos taken at Dianne's MS Good Sorts, tea party.



Members' Stories

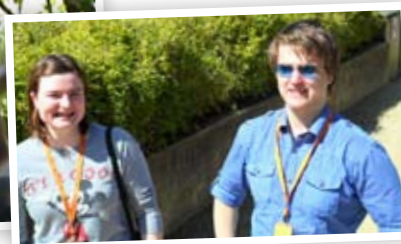
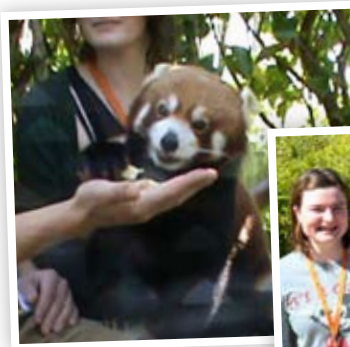
Our Office Administrator Surprises her Brother for his Birthday

On 28th September Kirsty's younger brother David turned 20, he was no longer a teenager and Kirsty wanted to do something special for him. These sorts of milestones should be taken as an opportunity to cross something off your bucket list. However when Kirsty explained this to David he was at a loss as to what he would possibly want to experience on his special day.

So big sister sprang into action! David's favourite animal is the Snow Leopard, however that was in the 'too hard basket'! His second favourite is the Red Panda and that she could work with! However at Auckland Zoo all their 'close encounter experiences' with the Red Panda were booked out for the year. That didn't stop Kirsty...

She knew that Wellington Zoo also had these encounters and after twisting her dad's arm – the three of them were flying off to Wellington for her brother to experience a close encounter with a Red Panda.

On the morning of the surprise, the suspense was killing David and after a car ride out to the airport and misdirection, he thought he was going to the Butterfly Farm – wrong! Then Dad led him to believe that he was just going to the domestic terminal to have breakfast before the day's activities. David's confusion and



excitement elevated when they rocked up to Jet Star to check-in. He never dreamed he would be boarding a plane to Wellington for his birthday!

The Red Panda encounter was amazing. David and Kirsty (it would be rude if she didn't do it with him!!!) had thirty minutes cuddling these fluffy creatures. They were about the size of a large fluffy house cat and without fear used their soft but slimy tongues to eat pears and grapes from David & Kirsty's hands. They were told that Amy, the female Red Panda loved grapes and to their surprise she actually went out of her way to push the pears from their hands to get every last grape she could. It was a wonderful experience, David and Kirsty just couldn't believe that they were so close to them and have one each on our laps like a trained house pet.

It was an unforgettable experience and Kirsty would recommend the encounter to anyone who has a passion for animals. "The best thing about it, was the money you spent on the encounter goes directly to the animal you are visiting, which makes parting with the cash feel like a donation to a very good cause! Happy Birthday David, from your big sister!"

Champions Coffee

We are very lucky to have Columbus Coffee as one of our Supporters for MS Good Sorts. So it was a wonderful surprise when Columbus Coffee Director Graeme Tait's son Drew Tait, a Year 10 student at Kristen School donated \$295 to MS Auckland after a successful market day at his school. Each Year 10 student is required to complete a personal project in their own time as part of the school calendar. Drew chose coffee. He designed a coffee brand called 'champions coffee' in honour of his rugby team and coach after they won their grade for the second year in a row. The logo features the smiling face of Drew's assistant coach taken just after they won the final! Drew decided he wanted to donate the profits from the sale of his product to MS Auckland. Drew says it was such a fun day and he was glad he made so much money for MS.



Another happy customer



Teacher and Assistant Coach, Drew and Graeme Tait.



Drew's signage

Plegridy – the Latest FDA Approved Disease Modifying Therapy

Posted by Laura Kolaczowski – August 18th, 2014

The FDA announced on August 15, they have given approval to Plegridy for use in the United States for treatment of Multiple Sclerosis.

Plegridy becomes the 11th drug approved by the FDA for use in the US. Plegridy was approved one month earlier by the European Commission for use in 28 European countries. This disease modifying therapy (DMT) is made by Biogen Idec, and is a peginterferon beta-1a drug. It is an injectable drug, but instead of being given once a week like Avonex, Biogen Idec's other interferon drug, Plegridy will be injected every two weeks. There is also a difference that Avonex is given intramuscularly whereas Plegridy can be injected subcutaneously (just under the skin). Plegridy has the same active ingredient as Avonex but has had a polymer called polyethylene glycol (peg) added to it that allows it to remain in the body for a longer period of time, hence reducing the frequency of the injections. Biogen Idec releases say they expect the cost of Plegridy to be about the same as Avonex, which is around \$59,000 per year.

Among the side effects of interferons can be flu-like symptoms that can make the person feel miserable for a day or more after they have done the injection. Being able to spread those injections further apart with Plegridy will mean fewer days of feeling poorly and can affect many things in the user's quality of life. You can find additional information about dosing and side effects at the National Multiple Sclerosis Society's (NMSS) Plegridy news page.

Interferons have been in the lineup of drugs since the introduction of Betaseron (Interferon-beta-1b) as the very first MS drug approved in 1993. Since that time there have been a number of other types of drugs also approved for use, but interferons continue to be represented in the mix. You might wonder why we need all these MS disease modifying therapies – isn't there one that proves in studies to be better than the others? The answer, quite simply, is no. There is great interest in biomarkers, those things in our bodies that make us receptive to one of these drugs more than others. Many people with MS get lucky and are on a DMT from the beginning that works well in keeping the advancement of MS at bay but others may have to try more than one DMT before finding the one their body responds to best.

Biogen Idec now has Avonex, Tysabri, Tecfidera and Plegridy on the US market as MS drugs to treat disease progression; this gives them a definite advantage in the market share of MS drugs. The other companies with more than one approved MS drug are Novartis, with their DMT's Extavia and Gilenya, and EMD Serono with Rebif and Novantrone.

The other approved disease modifying therapy (DMT) drugs and their manufacturers are:

Aubagio, Genzyme

Betaseron, Bayer Health

Copaxone, Teva Pharmaceutical

The options of drugs and flexibility in treatment of multiple sclerosis, from oral pills to injections and infusions, continues to expand and there are many more treatments in the pipeline from other pharmaceutical companies that can't be far behind in looking for their own approval. We are fortunate to be in a time when there are so many treatments available – 1993 wasn't so long ago when there was great excitement at the arrival of our first MS DMT, and now we have eleven choices, with the approval of Plegridy.



Not available in New Zealand

The top 10 best-selling multiple sclerosis drugs of 2013

September 9, 2014 www.phexcom.com

Want a sure fire way to shake up a drug market? Introduce new medication options that make it easier for patients to manage their disease. MS drug makers would know; their market is all of a sudden full of them.



Carly Helfand

For one, a game-changing trio of pills is providing an alternative to injections. Novartis' [Gilenya](#) hit first in September 2010, followed by Sanofi's [Aubagio](#) and Biogen Idec's [Tecfidera](#). Two of those three, Gilenya and Tecfidera, nabbed spots on our list of [Top 15 drug launch superstars](#) after hitting the ground running. They're primed to keep moving up the food chain, too.

Then, there are new, long-acting meds like the 40-mg version of best-seller [Copaxone](#), which hit the market just in time for maker Teva to start converting patients ahead of a bumped-up May patent expiration. With a Supreme Court appeal in its patent case set to begin soon, Teva's seeing patients switch over to the new formula--injected thrice weekly, as opposed to daily - at a rate that has so far both surprised and impressed analysts. Biogen Idec, too, recently snagged the FDA's favour for its own long-lasting med, a follow-up to [Avonex](#) - dubbed [Plegridy](#) - that requires injection only once every two weeks.

Drug makers are looking for more subtle yet significant ways to make their MS meds more attractive to patients, too. Take Biogen's Avonex Pen, for instance, green-lighted by the FDA the year before last. The Massachusetts biotech billed it as the first "intramuscular auto injector" approved for MS and one it hoped would reduce "injection anxiety" and "pain."

1. Copaxone
2. Avonex
3. Rebif
4. Gilenya
5. Tysabri
6. Betaseron/Betaferon
7. Tecfidera
8. Ampyra
9. H.P. Acthar Gel
10. Aubagio



PHARMAC's announcement a positive step forward for the MS Community

The Multiple Sclerosis Society of New Zealand (MSNZ) is delighted by PHARMAC's announcement last Friday (10th October) that it will fund two new treatments for Multiple Sclerosis.

After years of funding submissions, culminating in a campaign this year led by MSNZ, PHARMAC has approved funding for two new treatments and increased access to those currently funded for New Zealanders diagnosed with relapsing remitting forms of Multiple Sclerosis.

Biogen Idec's Natalizumab (trading as Tysabri) and Novartis' Fingolimod (Gilenya) will be funded from 1 November 2014. PHARMAC has also approved increased access to currently-funded treatments in today's announcement.

"This is a big step forward for people with Multiple Sclerosis in New Zealand," said MSNZ Vice President Neil Woodhams. "It means that many of those living with MS will no longer be subjected to a level of disability before their treatment is approved. This is momentous day for thousands of people living with a potentially manageable form of MS and their families. The majority of these people are young women, many of whom are mothers. Earlier access to treatments has shown to greatly reduce relapse rates and halt disease progression.

"New Zealanders have waited eight years longer than Australians to be able to access these treatments. If we can act quickly to support people with MS so that they can access the best first-line treatments then they can remain in the workplace, manage their own lives and care for their families. MSNZ's campaign is based on an issue of fairness and equality of access. Access to treatment wherever you are in New Zealand is a democratic right."

Strong concerns had been expressed to MSNZ that DHBs do not currently have the necessary access to resources

to manage the changes these new treatments will bring about, says Woodhams. "Many of our DHBs are already understaffed. Canterbury DHB for example does not even have an in-hospital MS Nurse, despite having more than 400 people within its catchment area who are diagnosed with MS. "Nursing support is provided by our MS Society in the region, but this does come at a cost to the community and funding for these services is becoming increasingly hard to secure."

"We are glad to see that PHARMAC have heeded our concerns and has not ignored the importance of the current treatments remaining available for use, appreciating a person's individual clinical situation. This is particularly important for those out of the major cities where neurology services are limited. By also allowing general physicians to apply for MS treatments PHARMAC have taken a more person-centred approach making treatments more accessible and not restricted.

"It has been heart-breaking to hear repeated stories of people having to become disabled before they are approved for treatment. Thankfully we are now heading in a more positive direction."

Further information about PHARMAC's decision, the criteria for funding and answers to questions made in submissions to the August Proposal can be found at <http://www.pharmac.health.nz/news/notification-2014-10-10-mstreatments/>

For Pharmac's report please see <http://www.pharmac.health.nz/news/notification-2014-10-10-mstreatments/>

<http://www.pharmac.health.nz/news/notification-2014-10-10-multiproduct/>



Health & Research

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Dr. Terry Wahls

If you're a fan of Terry Wahls, you will be interested in this presentation from her on diet and feeding your mitochondria <https://www.youtube.com/watch?v=KLjgBLwH3Wc>

FROM A MEMBER REGARDING DR. TERRY WAHLS

I saw this on Facebook today from Pete Evans the chef who is an exponent of the paleo way of eating which is what Dr. Terry Wahls' swears by. There is an Auckland dietician who talks about paleo in this link, so maybe it might be a good idea to get her to do a talk for people with MS, family and carers?

<https://www.facebook.com/peteevanschef?fref=nf>

After I looked at this link I saw that the Peter Evans link to Dr. Terry Wahls' was the same link as the first one I have attached at the top of this article, however the dietician – Cyndi O'Meara was an interesting read and she is the first post on the right hand side.



Dr. Terry Wahls



Cyndi O'Meara

If you do what you've always done,
you'll get what you've always gotten.
—Tony Robbins

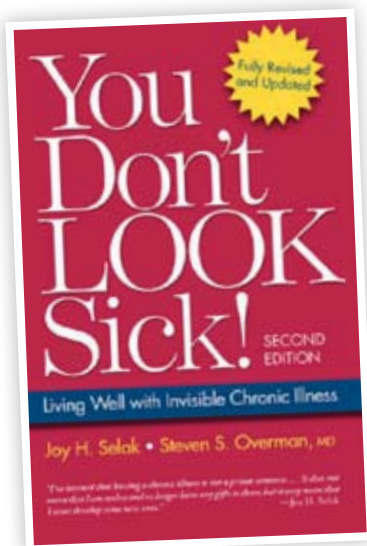
Library

You Don't LOOK Sick! By Joy H. Selak and Steven S. Overman, MD.

'You Don't LOOK Sick!'; addresses practical aspects of chronic illness, such as:

- hiring a doctor
- managing chronic pain
- coping with grief and the loss of function
- winning battles with health and disability insurers
- countering the social bias against the chronically ill
- recognising the limitations of chronic illness care and charting a path for change.

In You Don't LOOK Sick!: Living Well with Invisible Chronic Illness, you will find stories, dialogue, humour, examples, and analogy of the three stages to illustrate a challenging but navigable journey. You will also find suggested reading materials for learning to live well, medical Internet resources, illness-specific Web sites, names and addresses of national associations, and a bibliography of medical books by topic. The short chapters and straightforward language of the book will be helpful for readers who are weary and dispirited.



'Sink into Sleep' By Judith R. Davidson, PhD.

'Sink Into Sleep' features:

- A chapter focused on men (often ignored by insomnia books)
- A chapter focused on women and their special sleep needs
- A chapter focused on sleep and medical conditions
- A chapter focused on sleep and anxiety or depression
- A chapter on the pros and cons of sleep medication
- An effective step-by-step guide to cognitive behavioral therapy for insomnia (CBT-I)

Sink into Sleep breaks CBT-I down into a step-by-step, easy format, allowing the reader to follow the same effective program that patients in the clinic do. Although Sink into Sleep is anchored in the science of sleep, the tone of the writing is reassuring and encouraging filled with first person accounts and easy to use worksheets.



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If you want great service and first class workmanship then go and visit Autopal at 48 Barrys Point Road in Takapuna. Speak to Andrew and Paul and they will look after you. These guys are so good to Multiple Sclerosis Auckland, they always look after us, so we want to encourage our Members on the Shore to pay them a visit – you won't be disappointed.