

# multiple news

*The bi-monthly newsletter from Multiple Sclerosis Auckland*



## A BIG THANK YOU TO BDO!

# Our People

## Patron

Dr. E. Willoughby

## Ambassadors

John & Lorraine Street

## President

Neil Woodhams

## Vice President

Graham Wear

## Treasurer

Peter Wood

## Committee

Michael Cole  
David Compton  
Ross Nordstrand  
Louise Reed  
Joan Thomson  
Fran Watts  
Emma Witt

## General Manager

Thérèse Russel

## Field Workers

Dianne Bartlett  
Georga Forgac  
Diane Hampton  
Carol Andrews

## Office Manager

Mark Blackie

## Fundraising and Marketing Manager

Pam Smith

## Office Assistant

Kirsty Whitehouse

## Newsletter Editors

Thérèse Russel  
Go Digital Design+Print

Multiple Sclerosis Auckland  
Mayfield Centre  
5 Mayfield Road  
Glenfield  
Auckland 0747

Ph: 09 845 5921  
Fx: 09 845 5923  
Email: [info@msakl.org.nz](mailto:info@msakl.org.nz)  
[www.msakl.org.nz](http://www.msakl.org.nz)

**Please note:** The views and opinions expressed in this newsletter are not necessarily supported by the Society. Our aim is to provide you with a cross section of articles, advice and feedback, from which you can make your own opinion.

# A few words from the GM...

It is amazing how quickly Easter is approaching and all the exciting things that have happened since our last Newsletter, it's hard to keep up!

We are so lucky with the many companies that support us and we really value that support. Right now Lynch Phibbs are busy doing our Audit for the AGM/Research Day taking place on Saturday 3rd May (mark your diaries – we have a talented group of Researchers presenting to you that day).

Rod Milner Motors have sold another two vehicles to two of our Members and gave us an easy \$1,000 because the buyers were Members of MS Auckland. BDO gave MS New Zealand a cheque for close to \$30,000 (the cheque on the front of the cover had to be printed for the 'hand-over' but the monies weren't all in). This was the cycle ride that Pam Smith did from Wellington to Auckland and our Chairman, Neil Woodhams was the support car.

We have this very exciting major fundraising event happening on Sunday 22 June and we are delighted to announce that Fidelity Life is our major partner on the day. The fundraiser is called 'Fidelity Life Buoy for MS'. The event is also being supported by Harcourts – Cooper & Co who agreed to take care of the live auction.

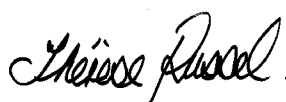
We welcome back Bike the Bridge on Sunday 16th November, registrations are now open and I am delighted to say our top Fundraiser last year – Sarah-Jayne Chamberlain has already registered again – thank you SJ! Another Member, Bronie Hyder (on the front page of the Nov/Dec Newsletter) last year borrowed a bike to take part in this event and like Sarah-Jayne was thrilled to cross the finish line after taking on this huge challenge. Bronie is doing it again as well.

Bronie was keen to enter again and emailed me to express her desire, but needed to borrow a bike again. You may remember that Bronie was the key person to bring HELL Pizza on board last year (they raised over \$14,800 for us during Street Appeal) after she complained about a very insensitive advertisement that they screened on TV. Well HELL have been looking for an opportunity to make it up to Bronie since their indiscretion and now they are... they have offered to buy Bronie a bike so she can once again take part in Bike the Bridge. HELL – that's the way to go!

We have put together a very worthwhile series of Wellness Workshops and our first speaker is Mikki Williden (PhD, Senior Lecturer in nutrition at Auckland University and a Registered Nutritionist) who will be speaking about certain food types and how they can affect people with MS. Her studies are based on the research and followings of Dr. Terry Wahls (PwMS) who has just produced her second book. Dr Wahls used to be in a wheelchair now she 'cycles' and lives a fairly MS symptom free life. We have her first book in our Library – it's a good read. We now have her second book should you wish to read it..

Remember, everything we do, we do for you. We encourage you to take part, if you need transport, give us a call.

I am looking forward to seeing many of you at our AGM/Research Day on Saturday 3rd May. We have a superb line-up of presenters that you won't want to miss.



THÉRÈSE RUSSEL  
**GENERAL MANAGER**



**ms.**  
Multiple Sclerosis  
AUCKLAND

# Notice Board

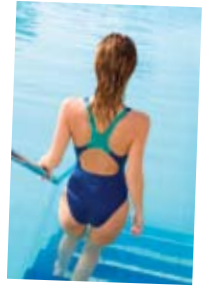
## DREAMS

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](mailto:therese@msakl.org.nz) or phone 845 5921.

## Honorary Life Members

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

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



## SAVE THE DATE 22<sup>ND</sup> JUNE

A huge fundraiser for MS Auckland at the Royal New Zealand Yacht Squadron. Get a table of 10 friends together and join us for a lunch with each course sponsored by some of New Zealand's finest wines. More details to follow.

## SOFA OR SINGLE BED RAISER

Do you sink down into your divan and have trouble getting back up onto your feet from the divan. A set of divan/sofa raisers - used to raise a settee/divan/sofa/single bed 100mm - to make it easier to stand up from. The raisers are easily varied in length from 625mm to 900mm to suit the width of your divan. Manufactured by Multifit, the Sofa Raiser Divan Style suits a sofa that does not have legs, glides or castor wheels. The foot pad has only two lips on the edge and allows the sofa to sit into the foot pad. The self bracing blocks are linked with a telescopic section that clamps solidly to the width you desire. Made from furniture grade pine finished with clear lacquer and colour coated sheet metal.



### Features

If you like to sit and then lie down to rest, raising the sofa is the obvious answer. Sofa Raisers are placed at both ends of the Sofa. This allows an open space under the middle of the Sofa so you can get your feet back further making it easier to stand.  
New cost \$202 **For sale: \$40**

## TENTABLE MINI TRAINER PEDAL EXERCISER

Good for elderly people • Exercise your legs or arms while watching TV  
Small and easy to store • Adjustable tension.  
Electronic computer with Time/Calorie/Repetition counter • Comes with instruction booklet.  
New cost \$62 **For sale: \$20**  
Phone Roger Hawthorne 09 418 4864



## RIP

Our sincere condolences and thoughts go out to the family and friends of  
Paulette Rowley  
Ian Hallett and  
Margaret Parker.

## Wordament

One of our members has recommended Wordament as an enjoyable and useful computer word game to give your brain a workout.

Wordament™ is a unique kind of word game—a word tournament—where you are competing with the whole internet to be the best word searcher in every game. Every player is competing on the same board, in real time, to get the highest score. Will you be the Wordament champion? Look up [wordament.com](http://wordament.com) for further information.

## Calendar

Important dates to remember...

**April 12th**

**'Wellness Workshop  
Nutritional Strategies'**

**May 10th**

**Wellness Workshop  
'Mind Power'**

**Month of May  
MS Good Sort  
Host a  
Tea Party**

# From the field... Our Field Workers



Diane Hampton,  
North Shore



Carol Andrews,  
Central



Georga Forgac,  
West



Dianne Bartlett,  
South

Just a reminder please... Could you or your family please ring and let your Field Worker know when you are in hospital. We often don't find out until you have been in and discharged (sometimes not at all). This way we can come and visit you while in hospital and then follow up once you are home.

Thanks from Dianne, Diane, Georga and Carol.

## Carers' Corner

To all our Wonderful Carers, you will find many interesting articles in the 'Family Care' which is a quarterly magazine which you can subscribe to. All our Field Workers have a sample of the latest edition, so feel free to ask them about this publication.

Another helpful reference is 'A Guide for Carers'. If you are interested in obtaining the latest edition of this publication, please speak to your Field Worker.



## Donations

### Regular Monthly Donors

Thank you to all the wonderful people that give a monthly donation to the Society. This is a huge help to us, as it allows us to plan ahead knowing we have regular funds coming in. Each month we have a monthly draw and the winner receives 20% of the total monies deposited, so far this amounts to \$64.00.

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).

**Our March winner was 'yours truly' again!!!**

**April's winners were John and Nora Gabriel.**

**Both winners donated the money back to the Society, thank you so much.**

# MS Auckland Ambassadors

We are delighted to introduce to you MS Auckland Ambassadors, John and Lorraine Street...

John and Lorraine Street have been married 52 years and have three grown up daughters, Melanie, Louise and Philippa (Pip).

Their youngest daughter Pip was diagnosed with Multiple Sclerosis just before she got married in 1993. The family's involvement with Multiple Sclerosis Auckland has been a long one and spans 20 years. They have the utmost gratitude, appreciation and praise for the support offered by the Society over the years and in particular the tireless support received from the Field Workers who have assisted Pip and her family during this time.

John has a background in the maritime industry and was honoured with a Member of New Zealand Order of Merit (MNZM) for his contribution to all things Marine in 1996. He is still involved with many projects in the marine sector; his latest one is helping the Kiwi Gold Sailing Team Charitable Trust, two sailors with MS who are aiming to sail at the Paralympics in Rio in 2016.



John and Lorraine are very involved in many sectors within their community and have been very active in trying to save the Volcanic Cones in Auckland from development and other intrusion. They formed The Auckland Volcanic Cone Society. 15 years ago. John is the Chairman and Lorraine the Treasurer.

Lorraine is also involved with Red Cross and has been delivering Meals on Wheels for nearly 40 years.

The Streets are extremely honoured to be Ambassadors of Multiple Sclerosis Auckland and will continue to help any way they can spreading the word as Ambassadors.

## From the MS Nurses

I want to talk about a subject that applies to all of us, irrespective of age, gender, ethnicity or neurological condition.

This year, April 16th will be Conversations that Count Day, a national initiative promoting Advance Care Planning (ACP). Advance Care Planning helps us to think about and share what is important to us, what treatments we do and don't want and how we want to be cared for as we approach the end of our lives.

Talking about death and dying is hard. Most of us will not die suddenly. We all potentially have lots of time to think, talk and plan for our future and end of life care. Yet for most families this conversation does not happen, or if it does, then only when someone is very unwell. Many people don't spend their last weeks and months doing what they value in a place they call home. They are undergoing treatments they would not have chosen given the choice, away from their homes in a hospital or high care facility, isolated from their families by visiting hours or distance. Many don't get to say what they want to the important people in their lives, don't get to say I love you, thank you, sorry and goodbye.

It's easy to apply the 'out of sight out of mind' philosophy to this, but thinking and talking about what you would want if you were to be diagnosed with a terminal illness, in a car accident or unable to communicate your wishes is important for all of us. To find out more about Advance

Care Planning, or watch the moving and very informative film Living for Today, Planning for Tomorrow, visit [www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz).



Conversations that Count Day is a national awareness day on April 16th encouraging Kiwis to "Start a Conversation" with our nearest and dearest about something that can often be difficult to talk about. Have a look at the website [www.conversationthatcount.org.nz](http://www.conversationthatcount.org.nz), where there are some wonderful postcards you can download or email to someone you care about to help to get the ball rolling.

If you have specific questions or want to know more about Advance Care Planning we are very happy to discuss this further with you, as is your GP. When you make your ACP be sure to give your GP a copy, let your family have a copy and make sure that it is scanned to your medical records. An Advance Care Plan is a living document and can be changed at any time by a person as their circumstances change.

A bit of food for thought. We understand it's a hard thing for many of us to consider, but be brave and start a conversation about it.



# Rope Neuro Rehabilitation

We have started Hydrotherapy Classes at two new pools and our Members are loving it.

We commenced our new group Hydrotherapy sessions at The Lloyd Elsmore Pool in March this year. As you can see, everyone is really enjoying the camaraderie and the exercising in this group. So not only do we have some fun, but we work hard too. Lillian is a strong task master!

At present we are trying the shallower pool until we get swim belts and then we are off to the deeper pool so that we can do more of the exercising that will "get our legs into action"

Afterwards, we meet at the café which is on site, and continue on with becoming a support group for each other.



If you would like to join us, ring Kirsty in the office on 09 845 5921 to have a chat with her about costs. Our classes are on a Tuesday at 11am at The Lloyd Elsmore Pools in Pakuranga and we meet for coffee afterwards.



We are delighted to have started our Saturday Hydrotherapy Classes at Diocesan School Pool where there is plenty of parking, great facilities and Rope Neuro Rehabilitation Physio taking the class. These classes are slightly more expensive because it is a weekend rate, but still very reasonable - \$50.00 for ten sessions.



Please book as numbers for this class are looking high. We had a good turnout to our first session and we have had several more Members indicating that they are coming. See you there.



Even your dedicated Field Worker, Carol tested the waters...

## Recipe Tuscan Potato Bake

### Ingredients

3 kgs potatoes thickly sliced  
2tbsp turmeric  
3 tbsp olive oil  
2 gloves of garlic crushed  
1 red capsicum finely chopped  
1 onion finely chopped  
2 tins of chopped tomatoes  
1 tin of chickpeas (Delmaine Brand is best)  
2 tsp salt  
Parsley  
Lemon juice

### Method

Chop unpeeled potatoes into thick slices and put in roasting dish with oil, turmeric and 1 tsp of salt. Toss well. Roast at 200 degrees turning regularly until cooked.

Using a large pan cook onion, capsicum and garlic in a little oil until soft. Add tomatoes and chickpeas and 1tsp of salt and cook for a further 10 mins.



**Sandra Perry** Dip.Nutrition  
Nutritionist



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

Put the potatoes on a large platter or casserole dish and cover with the juice of 1 lemon, pour over the tomato sauce mix and sprinkle with a large handful of chopped parsley. Serve immediately with salad or veges

As a variation, you can blend the tomato sauce if you prefer a smoother sauce. Kumara can be used instead or as well as potato. Lightly fried red onion rings can be layered through the potato.

## Events Wellness Workshops

**M**S Auckland is bringing to you a series of workshops aimed to help you self-manage your MS.

The first presentation by AUT senior lecturer Miki Williden on 12 April is 'Nutritional Strategies to Promote Wellness'. Mikki consults with individuals and groups on their diet for both sports and health, coming up with practical nutrition solutions for their lifestyles.

She advocates a whole food approach with a focus on flavour, freshness and convenience and relates to the Terry Wahls regime of eating for people with MS. Mikki already works with some members on the North Shore with excellent results. Read more about Mikki and read her blogs here. <http://mikkiwilliden.com>

Thinking into Results will be presented by motivational speaker Catherine Newton on 10 May. Catherine is well known internationally and has life experience with Multiple Sclerosis. Her sister has MS and Catherine worked closely with her to reverse the effects of MS and helped her go from a wheel chair to taking steps. Learn more about Catherine here <http://catherinenewton.com>

We would love to have more of you attend these workshops as we have arranged them with you all in mind. The workshops are just \$10 per session and will be held from 10.00 am – 12.30 pm at the Commerce Club of Auckland. 27/33 Ohinerau St, Remuera. Call Kirsty in the office for more details



Miki Williden



Catherine Newton

## BDO W2A Cycle Challenge

February was the BDO Wellington to Auckland Cycle Challenge and what a week that was for Pam Smith, our Fundraising & Marketing Manager!

After weeks of preparation and a few practice runs Pam flew to Wellington for the biggest cycle ride she had ever done! Touted as 700 kms in 7 days, she was surprised to find a couple of days prior to leaving, that the distance would actually be closer to 900kms! 'Eeek' - she thought although

she took it in her stride, with the attitude 'oh well, it is what it is!' Her approach was to take each stage as it came, deal with it and move on to the next stage.

It was a great strategy and worked well. Along the way she met the most amazing people, not just riders but People with MS from around the regions and of course other Staff from around the country! It was great and thank you all for turning up and supporting our cause! The unity within the riders and supporters was amazing and everyone was so generous.

After riding 875kms she arrived at the finish line in Pukekohe to a huge welcome from



her colleagues, Committee Members and their wives and members of MS Auckland there to greet her! It was overwhelming for her as she

crossed the finish line for the final time. She remembers feeling that she had actually done something very worthwhile for ALL people with MS and she would gladly do it all again!

A special thanks must go out to Neil Woodhams (President of the Committee), who was her support person

for the week.

Poor Neil was tireless in making sure he had the right food and drink available to keep her going.

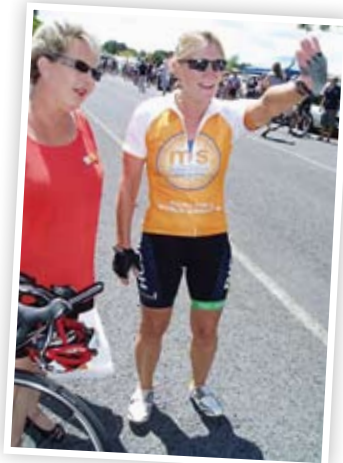
We must also thank XERO for being

great team mates and riding for MS, Fresh Max who also rode for MS and the BDO lads who were great cycling companions throughout the week!

It was an awesome event (thank you Dynamo Events) and a great opportunity to spread the word about Multiple Sclerosis and I'm sure between us all we achieved that! Pam's Fundraising page raised a total of \$3,010.00 – thank you to all those generous supporters and

we must also bring to your attention to the final amount raised for MS New Zealand was closer to \$30,000 more than what the cheque says on the front cover!

Our congratulations and sincere thanks goes to Pam (and Neil) for creating awareness of MS throughout their journey.



### RIP – Chris Heilbronn



On Saturday 29th March, Chris Heilbronn would take his last ride on his dream motorbike. He had always dreamed of owning his own Ducati, and when he finally became the proud owner of one, he would go for long rides on it every weekend. Sadly Chris was hit by a car that pulled out in front of him.

Chris and our President Neil Woodhams had lunch last year and from that lunch developed a partnership between MS New Zealand and BDO. BDO were involved in Bike the Bridge last year and the great Wellington to Auckland ride that Pam has just completed.

# Fidelity Life Buoy for MS

Four course lunch at  
The Royal New Zealand Yacht Squadron  
to raise awareness and funds  
for Multiple Sclerosis Auckland

Sunday 22<sup>nd</sup> June, 12–4pm  
Table of ten \$1,800



Proudly Partnered by  
**Fidelity**Life



## PROUD TO BE SPONSORS OF MS BIKE THE BRIDGE!

"Looking forward  
to seeing you all at  
Bike The Bridge  
later this year!"

  
Martin Cooper - Managing Director  
Harcourts Cooper & Co Ltd

harcourts  
**cooper&co**  
leading real estate on the north shore | mreinz



0800 TO SELL  
[www.cooperandco.co.nz](http://www.cooperandco.co.nz)

# HOW DO WE STAY IN OUR FAMILY HOME?



NOT FOR  
SALE

If you want the financial freedom to spend your retirement how you choose, with independence and dignity, you should talk to us.

Our **Heartland Home Equity Loan** will allow you to borrow against the equity in your home without having to sell it – releasing cash for a well-earned and comfortable retirement.\*

**At Heartland Bank, we pride ourselves in finding products for people, not people for products. We're the specialist bank that helps you *Do More*.**

**HEARTLAND**  
BANK

*New Zealand's Specialist Bank*

0508 432 785  
[www.heartland.co.nz](http://www.heartland.co.nz)

\*Lending criteria, fees and charges apply. For further information please contact us on 0508 432 785.

## Events

## Jenny Laycock – MS Champion



In February Jenny Laycock, pictured left with her two children Elora and Rowan, came to see us about fundraising for MS. She had set herself a challenge to run 6kms and raise \$600 for Multiple Sclerosis in the North Shore Coastal Challenge.

We set up a fundraising page on the <http://fundraise.givealittle.co.nz> site and Jenny got going! What a fantastic effort as not only did she complete the run she raised \$1000 for MS!!! Jenny Laycock you are truly a Champion!

If anyone else would like to fundraise for MS give us a call and we will help get you started!

Call Pam in the office: 845 5921 or email: [pam@msakl.org.nz](mailto:pam@msakl.org.nz)



We are so grateful to have the support of Harcourts – Cooper & Co. Martin Cooper and his team do so many wonderful things for their Community and we are lucky to be on the receiving end of their generosity. Thank you Harcourts – Cooper & Co.

Milton Jennings (CEO of Fidelity Life) is pictured here with some of his wonderful staff. Since the acquisition last year of Tower Life Insurance, Fidelity Life now employ over 250 staff. Big organisation with a big heart and we are extremely grateful to Milton and his team for the continued support we get as one of Fidelity Life's chosen charities. Thank you so much Fidelity Life.



# 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](mailto:pam@msakl.org.nz)**

# DREAMs

## A DREAM Come True for Heather!

Heather's DREAM was to get her carpet in her house cleaned, she was "over the moon" with the job that Paul Allen of Ultimate Carpet Cleaning did.

Heather said "It looks magnificent" and she is so grateful to Paul. If you are looking for a very trustworthy, professional carpet cleaner, please give Paul a call and say you heard about him through MS.

Call him on 0800 858 462.



## Jodi DREAMS of the gym...

Hi my name is Jody. I am 40 years old and was diagnosed with MS in 2013.

My dream is to have a gym membership at a 24 hour gym, where I could go in the evenings when my husband gets home from work and our four beautiful daughters aged 10, 7, 2 and 10 months are tucked away in bed.

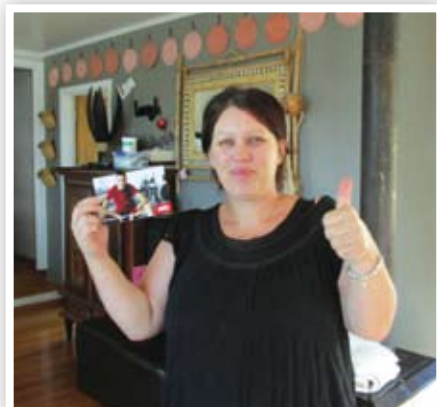
Most days can be a challenge, and this is something I can do for myself as well as having some time-out.

In 2014 I would really like to make some lifestyle changes, and hopefully lose some weight at the same time.

This has been a dream for me, but for financial reasons it has not been possible. Please make my dream come true

Thank you so much Jetts!

Jody Fetelika



# SPECIAL OFFER

No lock in contracts. Low fees. Open 24/7.

## Multiple Sclerosis Special Offer

- \$50.00 joining fee
- \$19.95 per person per fortnight\*
- No lock in contracts or cancellation fees
- Free one on one professional consultation
- Free access to mibodycoach.com
- Qualified and friendly staff
- Free access to all clubs across NZ & Aus

Contact your Jetts Club and quote MULTIPLE SCLEROSIS to claim this special offer!

0800 JETTS 247  
www.jetts.co.nz



\*Terms & conditions and additional fees apply.

**jetts**  
24 hour fitness

### Rod puts Judith in the driving seat

When Judith needed a new car, she went and saw Rod Milner. "I didn't know what kind of car I was after, but knew that my 'new car' would have to tick all the boxes before I signed on the dotted line. The service that I received from Rod was professional and friendly.

"They weren't too pushy and let me explore all options of cars before making a decision. Also the after car service that I received was great as they arranged to take care of getting my car modified and getting it to and from the Engineer. All in all it was an easy and enjoyable experience.

"The car is going fantastic, absolutely love it and the wheel chair hoist has given me my independence back!! Slowly getting used to the hand controls."

Thanks Rod Milner Motors!



### Lottery grant a life-changer for Therese



Therese Chamoun, pictured in the wheelchair, feels very fortunate to have been successful in obtaining a grant from The NZ Lottery Grants Board to help purchase a van. Prior to getting this van, Therese was very limited in getting out with her family unless they used the Total Mobility Service.

Now she will be able to get out and have some fun with her sister Danielle and her mother Jacqueline, pictured along side her. This van has all the bells and whistles that will make life much easier for Therese. It is big enough to take any equipment needed by Therese such as a hoist and can also accommodate other family members on an outing or perhaps even having a holiday away.

Therese, and her family want to thank The Lottery Grants Board for their support and generosity. They want to let them know what a huge difference it will make to their lives.

### A big thank you to King's College

We want to say a big THANK YOU to King's College families for their very generous donation of \$1,100 that we received. When asked why they chose MS Auckland, John from Kings College had this to say:

*Very pleased to help out!*

*I was sent your email Choose Us - Multiple Sclerosis Auckland, in 2014, and I like to support those organisations that aren't as trendy as others (having said that we are doing lots for the Cancer Society through the Relay for Life events).*

*We had family services on Sunday 2 March, and I told the three congregations that offertory money would be going three ways - to help the work of MS, Cystic Fibrosis and the Cancer Society. We were thrilled with the generous response.*

*All best wishes for the work that you do.*

*John Goodwin, King's College*



**KING'S COLLEGE**

# Member's Stories

## Portable scooter makes travelling so much easier

Hi Everyone,

Last year my wife Caron and I attended the very enjoyable Christmas Function held in Onehunga. To get from our car to the function I rode my lightweight electric powered mobility scooter. The scooter attracted a lot of attention at the Christmas function (it always does!) so much so that Therese Russel, our MS Auckland General Manager asked me to write a general article on the scooter for inclusion in the Multiple News magazine.

Caron and I have escaped the hustle and bustle of Auckland city because we live by the sea at Snells Beach. For day to day mobility up and down the hills at Snells I have a "standard" mobility scooter.

The obvious limitation of any "standard" scooter is that it is heavy i.e. about 150kgs. Thus the weight and size precludes its transportation anywhere by a car etc. This transportation limitation is a distinct problem for Caron and me because we travel a lot i.e. flights to and from Australia to visit grandchildren and domestically up and down NZ to visit family and friends. Therefore to make my life and travel easier I needed a scooter that could travel with me in the car and in an aircraft.

So here is an overview of how we solved the travel problem with the portable scooter.

The scooter is the perfect solution to my needs because it is very light, weighing approximately 15 kgs or 13 kgs without the battery. Not only is it relatively very light it is collapsible allowing it to sit in the back luggage compartment of our car. For smaller cars (ours is a SUV sized vehicle) it can collapse right down to approximately the size of a child's two wheel scooter with the handle folded down. It thus can fit into the boot of a smaller car.

For me the scooter is brilliant because it enables me to visit shopping malls and airports etc. it is very manoeuvrable and

the battery is a Lithium Ion battery which gives impressive power capability from such a small, light battery. For an example when we travel from Snells Beach to Brisbane. We drive down to Auckland International airport and park the car in the long stay car park.

I ride the scooter from the car park into the airport, check-in and go through Immigration then Security. There is no problem driving the scooter through the x-ray machine. Then we proceed to the shopping areas and the Lounge it is all done with me on the scooter.

When appropriate we go to the Departure Gate for our flight. I ride the scooter up to the aircraft door then Caron and I fold the scooter into its carry bag. This is then taken by airline staff for its storage in the aircraft luggage compartment for delivery either to the aircraft door on arrival at Brisbane or delivery to the Baggage conveyor belt in the Arrival Hall (airline handling may vary).

It is a simple matter for Caron and I to reassemble the scooter (1 or 2 minutes) then I ride through Customs and Immigration etc. and proceed through the Terminal as normal.

So to summarise the flexibility and mobility the scooter gives me is just perfect, it is very light, compact and very manoeuvrable. I get lots

of people coming up to me saying "This would be great for mother/father" or "This would be ideal to take with me/us in the Campervan". I can only say they are correct.

If anybody wants more information on the scooter and/or hints on travel with it please contact me either by email [hamecaron@xtra.co.nz](mailto:hamecaron@xtra.co.nz) or on my mobile 022102451734.

I don't do Facebook therefore I am contactable only the old fashioned way!

*Hamish Gray*



## Statins may be useful in treating advanced MS say UK researchers

Early trial results in *The Lancet* show that cholesterol-lowering pills slow brain shrinkage in people with MS. The University College London (UCL) scientists say large trials can now begin.

These will check whether statins benefit MS patients by slowing progression of the disease and easing their symptoms.

Scientists have worked for years to find a potential treatment that could help people, and now, finally, one has been found that might

**Dr Susan Kohlhaas, MS Society**

MS is a major cause of disability, affecting nerves in the brain and spinal cord, which causes problems with muscle movement, balance and vision.

Currently there is no cure, although there are treatments that can help in the early stages of the disease.

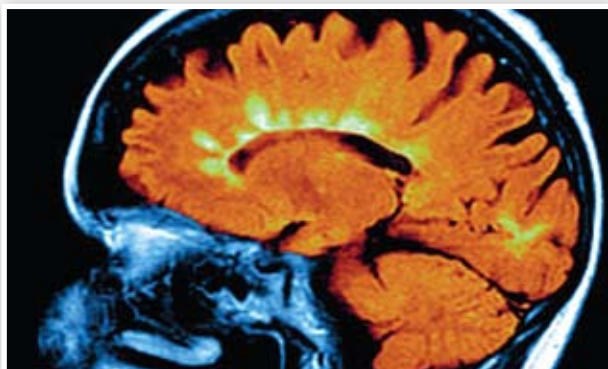
### Advanced disease

Usually, after around 10 years, around half of people with MS will go on to develop more advanced disease - known as secondary progressive MS.

It is this later stage disease that Dr Jeremy Chataway and colleagues at UCL hope to treat with low cost statins. To date, no licensed drugs have shown a convincing impact on this later stage of the disease.

This brain scan, pictured above, shows characteristic MS damage in the brain (highlighted in green).

For their phase two trial, which is published in the *Lancet*,



**Apology** We apologise for the lack of references in our last Newsletter issue for the articles 'A Killer in your Fridge – Sweet Poison' and 'Fat Phobia'. If you require the references, please phone Thérèse at 845 5921.

Dr Chataway's team randomly assigned 140 people with secondary progressive MS to receive either 80mg of a statin called simvastatin or a placebo for two years.

The high, daily dose of simvastatin was well tolerated and slowed brain shrinkage by 43% over two years compared with the placebo.

Dr Chataway said: "Caution should be taken regarding over-interpretation of our brain imaging findings, because these might not necessarily translate into clinical benefit. However, our promising results warrant further investigation in larger phase three disability-driven trials."

The researchers believe statins may have anti-inflammatory and neuroprotective properties that can guard the nerves from damage.

In an accompanying editorial, Jacqueline Palace from the John Radcliffe Hospital, Oxford, and Neil Robertson from Cardiff University in Wales, said the trial represented a promising starting point in the quest to find a treatment for secondary progressive MS.

Dr Susan Kohlhaas, head of biomedical research at the MS Society, said: "There are no treatments that can stop the condition from worsening in people with progressive MS. Scientists have worked for years to find a potential treatment that could help people, and now, finally, one has been found that might. This is very exciting news.

"Further, larger clinical trials are now absolutely crucial to confirm the safety and effectiveness of this treatment."

Source: Michelle Roberts, BBC Health News Online

## Vitamin D blocks MS symptoms in mice

Vitamin D can block nerve damage in a mouse model of MS, says US research. This may help understand how vitamin D might halt or even reverse MS in humans.

In the research, mice that were given a high dose of vitamin D did not exhibit the usual symptoms. According to lead researcher Anne R. Gocke, this suggests that the vitamin D was preventing T-cells crossing the blood-brain barrier (BBB) - a key event in human MS.

Gocke says vitamin D may slow a process of making a sticky substance that allows T-cells to grab onto blood vessel walls, keeping the T-cells in blood circulation and

stopping them from crossing the BBB. It is when T-cells cross this barrier and migrate into the brain that they can begin to erode myelin, the protective sheath that covers nerves, causing MS.

Source:

Grishkan IV, Fairchild AN, Calabresi PA and Gocke AR. 1,25-Dihydroxyvitamin D3 selectively and reversibly impairs T helper-cell CNS localization. *Proceedings of the National Academy of Sciences*. 2013; published ahead of print December 9, 2013. (2) John Hopkins

Press release [http://www.hopkinsmedicine.org/news/media/releases/how\\_sunshine\\_vitamin\\_d\\_may\\_be\\_helpful\\_in\\_fighting\\_multiple\\_sclerosis](http://www.hopkinsmedicine.org/news/media/releases/how_sunshine_vitamin_d_may_be_helpful_in_fighting_multiple_sclerosis)

Pathways Magazine Jan/Feb issue 83

# Tobacco smoking and excess mortality in multiple sclerosis: a cohort study

This study looked at the impact of tobacco smoking on the risk of premature death and its contribution to excess mortality in MS patients. The study included 1,032 patients, with 923 having clinically definite MS. Smoking-specific mortality rates were compared with the general UK population.

Results showed that hazard ratios (HRs) for death in current smokers and ex-smokers relative to never-smokers were 2.70 and 1.30 respectively. The mortality ratios for MS patients, which were stratified by smoking status, were 3.83 in current smokers, 1.96 in ex-smokers and 1.27 in non-smokers, compared with the general UK population. The mortality rates for never-smokers and ex-smokers with MS were very similar. Current smokers with MS had a death rate 84 per cent higher than current smokers without MS.

Overall this study shows that tobacco smoking can contribute towards some of the excess mortality associated with MS. Reducing the prevalence of tobacco smoking in people with MS is one factor that can potentially reduce the excess mortality rates seen in MS patients.

*Authors: Manouchehrinia A, Weston M*

*Source: J Neurol Neurosurg Psychiatry. 2014 Feb 25. doi: 10.1136/jnnp-2013-307187.*



## Atlas of MS 2013

MS is one of the world's most common neurological disorders. Despite this, global information on the epidemiology of MS, and the availability of resources and services for people with MS is scarce in many regions.

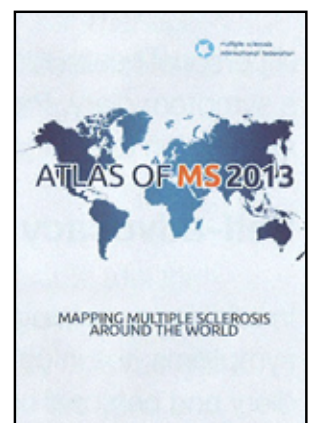
The first Atlas of MS, published in 2008 as a joint project of MSIF and the World Health Organisation, endeavoured to fill this knowledge gap with information from 112 countries. MSIF has now launched the update, titled Atlas of MS 2013: Mapping Multiple Sclerosis around the World at [www.atlasofms.org](http://www.atlasofms.org) with information from 124 countries.

The key findings from the 2013 update include:

- The estimated number of people with MS had increased from 2.1 million in 2008 to 2.3 million in 2013
- Improved health care and support services compared to 2008 (increased numbers neurologists and MRI machines)
- Continuing inequity in availability of these services with a widening gap between high and low-income countries
- Increased number of MS groups and organisations worldwide since 2008

MSIF calls on policy makers, health professionals and MS organisations to make use of the data in the Atlas of MS to:

- Ensure improved diagnosis, treatment, information and resources are available to all that need them, regardless of where they live
- Call for more research into effective treatments and practical ways to improve quality of life of people with MS and related disorders
- Raise awareness and general understanding of MS and related disorders among the general public, employers and health care professionals
- Support MS-related organisations and patient groups, by investing in them and developing their capacity
- Work together to make treatments more affordable, either directly or through wider reimbursement by insurance or government.



*All articles are from: New Pathways, January/February 2014 Issue 83*

## Vaccine may help prevent Multiple Sclerosis

According to a new study published recently in the online issue of *Neurology*, the medical journal of the American Academy of Neurology, a vaccine used to prevent tuberculosis in other parts of the world may help prevent multiple sclerosis (MS) in people who show the early signs of the disease.

The study involved 73 people who had a first episode that suggested MS, such as numbness, vision problems or problems with balance, and an MRI scan that showed signs of possible MS. About half of all people in this situation, called clinically isolated syndrome, develop definite MS within two years, while 10 percent have no more MS-related problems.

For the study, 33 of the participants had one injection of a live vaccine called Bacille Calmette-Guerin, which is used in other countries to prevent tuberculosis but is not used for that in the United States. The other participants received a placebo. All of the participants had brain scans once a month for six months. They then received the MS drug interferon beta-1a for a year. After that, they took the MS drug recommended by their neurologist. The development of definite MS was evaluated for five years after the start of the study.

After the first six months, the people who received the vaccine had fewer brain lesions that are signs of MS than those who received the placebo, with three lesions for the

vaccinated and seven for the unvaccinated.

By the end of the study, 58 percent of the vaccinated people had not developed MS, compared to 30 percent of those who received the placebo.

There were no major side effects during the study. There was no difference in side effects between those who received the vaccine and those who didn't.

"These results are promising but much more research needs to be done to learn more about the safety and long-term effects of this live vaccine," study author Giovanni Ristori MD PhD, of Sapienza University of Rome in Italy, said. "Doctors should not start using this vaccine to treat MS or clinically isolated syndrome."

The results support the "hygiene hypothesis" that better sanitation, and use of disinfectants and antibiotics may account for some of the increased rate of MS and other immune system diseases in North America and much of Europe compared with Africa, South America and parts of Asia, said Dennis Bourdette MD, of Oregon Health & Science University in Portland and a Fellow of the American Academy of Neurology, who wrote an accompanying editorial. "The theory is that exposure to certain infections early in life might reduce the risk of these diseases by inducing the body to develop a protective immunity."

## Stem cell nutrition

My name is Anthony Langridge and I was diagnosed with MS in 2005. I have had two separate MRI tests, one overseas and one in NZ. Both confirmed the diagnosis of MS.

I suffered a major attack in late 2007 that left me with extreme disabilities.

I could not walk properly, talk clearly or see at all. I was extremely disabled and mentally, ready to die.

I have since recovered dramatically, and now that I am back to life, I want to share my experience and help others.

I firmly believe that the Natural Stem Cell Healing process was the healing thing that helped me.

Finally, this is not an MS specific treatment. It is about producing more Stem Cells in your body to help with healing, and it works.

My nerves are back communicating again as the Myelin has regrown. I only ask that the info be shared.

Thanks and kind regards, Anthony

*If you would like to read Anthony's story and more about the Natural Stem Cell Healing process, please contact*  
*Thérèse@msakl.org.nz*

## Stem cell success

Hi Mary and Dean,  
Don't know if the 60 Minutes programme regarding Kristy Cruise and her journey with MS has been aired in NZ?

Here is a link to Kristy's blog page <http://www.movingmountains2013.com/author/kristycruise/page/2/> with the story of how she received treatment in Russia and is now 'cured'. Gone from being extremely debilitated to now able to go jogging.

I have been in contact with Kristy for over a year now. Simon & I are investigating various doctors/countries with the intention of Simon having the same treatment.

It is a very expensive option but if he is able to be 'cured' well worth it. Have a read.

Jane

PLEASE NOTE: This information has come from a Member who has MS and so does her nephew, Simon (in Australia). I am able to send you Kristy Cruise's E book if you are interested in reading her story. It was too large to put in print.

Therese Russel: [therese@msakl.org.nz](mailto:therese@msakl.org.nz)

# Health & Research

## Aerobic exercise boosts memory in MS

A group of MS patients who used exercise cycles three times a week for 30 minutes saw a 53.7% improvement in their memory over a three month period plus a 16% increase in the size of the hippocampus, an area of the brain associated with memory which tends to shrink as MS progresses. By comparison a group of patients who did only stretching exercises had no change in their memory or the size of the hippocampus.

Exercise cycling is aerobic exercise which uses oxygen to burn fat and carbohydrates, producing energy. Aerobic exercise has been proven to improve memory and promote similar changes to the hippocampus in animals. Stretching exercises are a form of non-aerobic exercise which does not use oxygen to produce energy.

*Source: Aerobic exercise increases hippocampal volume and improves memory in multiple sclerosis: Preliminary findings. Leavitt VM, et al Neurocase 2013 Oct 4. [Epub ahead of print]*

*New Pathways, January/February 2014, Issue 83*



## PARTNER UP & GET ACTIVE

**MEET OUR NEW PARTNER** 

Join this month and receive a free Body Science shaker and protein sample PLUS go into the draw to win a 6 month membership for you and your exercise partner

### YOUR JOINING FEE INCLUDES:

- Body Science shaker and protein sample - Be quick, limited stock available per club!
- Free one-on-one professional consultation
- Fortnightly membership options from under \$10 pp per week or \$368 pp per year\*
- Access to [mibodycoach.com](http://mibodycoach.com)
- State of the art equipment in fully air-conditioned facilities
- Free access to 50 clubs across New Zealand

0800 JETTS 247 / [www.jetts.co.nz](http://www.jetts.co.nz)

 MOST SATISFIED CUSTOMERS

ACCELERATE





\*Fortnightly membership options are based on a recurring direct debit from a nominated bank account or credit card and each direct debit transaction will incur a \$1.50 exorbitant administration charge. 12 month membership options are paid a year in advance and only available to people over the age of 18. Family membership option is available to immediate family or when two or more members from the same household join the same club. Joining fees may vary between individual clubs. Jetts Fitness terms and conditions apply and are available at [www.jetts.co.nz](http://www.jetts.co.nz) or at your local club. \*BSc shaker and protein samples are limited per club and are issued on a first come, first served basis.

**jetts**  
24 hour fitness

# The Library

## Terry Wahls' New Book

Dr Terry Wahls, author of 'Minding My Mitochondria, How I Overcame Secondary Progressive Multiple Sclerosis (MS) And Got Out Of My Wheelchair,' has a new book out in March. It's called 'The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine'.

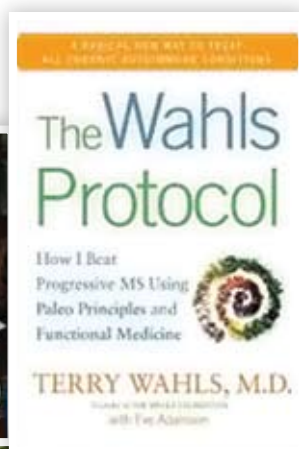
Dr Wahls says: "It's a very exciting time. Many of you are wondering what new information will be in The Wahls Protocol that was not in my first book. Well, I have learned a lot since 2009 when the first book was published. Approximately 80 percent of the latest book is new information."

The new book includes stories from the 'Wahls Warriors' as well as a step-by-step plan for adopting the Wahls Diet, Paleo Diet, Paleo Plus Diet, and Protocol.

There is also a week of menus for each diet, including new recipes, nutritional analyses of the various diet plans, recommended exercises, electrical stimulation, stress reduction, sleep improvement, and hormone rebalancing.

<http://www.terrywahls.com/>

On the website you can follow the links to subscribe to Dr Wahls newsletter. The newsletter contains information about Dr Wahls Intensive Directed Nutrition, Neuromuscular Electrical Stimulation and Progressive MS Study which has just completed 12 months. Dr Wahls says that one person who took part has become able to jog again. "Wonderful things are happening!" she says.

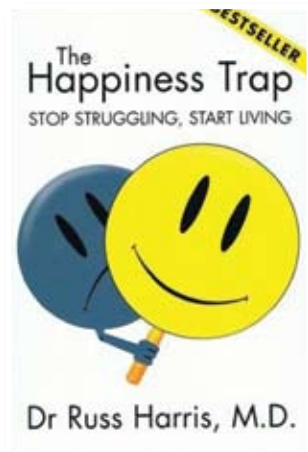


# New Books in the Library

## The Happiness Trap Stop Struggling, Start Living

Dr Russ Harris

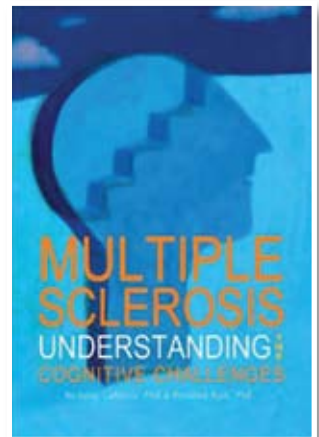
Are you, like millions of people, caught in the happiness trap? Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. This empowering book presents the insights and techniques of ACT (Acceptance and Commitment Therapy) a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness, ACT helps you escape the happiness trap and find true satisfaction in life.



## Multiple Sclerosis: Understanding The Cognitive Challenges

Nicholas LaRocca and Rosalind Kalb

Multiple Sclerosis: Understanding the Cognitive Challenges is the first comprehensive discussion of MS-related cognitive dysfunction, including the changes that can occur, their assessment and treatment, and strategies for dealing with their impact in daily life. Combining detailed, referenced advice with hands-on strategies for living, this is the only book to provide in-depth information about cognitive dysfunction. It will be an invaluable reference to patients, families, and caregivers, as well as health professionals who care for people with MS.



## Sweet Remedy: The World Reacts to an Adulterated Food Supply

Cori Brackett, J.T. Waldron

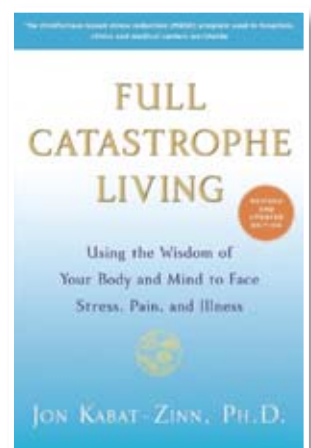
Sweet Remedy demonstrates that a corrupt flagship regulatory agency has given birth to numerous toxins in our food supply. A closer examination of the U.S. corporate power structure unveils a two-fold approach to manipulating the public. First, by attempting to shape public opinion and, second, by affecting an individual's ability to discern PR from the truth. This film offers the hope provided by witnessing a variety of groups as they withstand the confusion, casualties and obstacles involved with taking control of their food and their health.



## Full Catastrophe Living

Jon Kabat-Zinn

Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks.





**Once-a-week AVONEX<sup>®</sup> treatment...  
now made even easier.**

AVONEX is indicated for the treatment of relapsing forms of multiple sclerosis (MS)  
to slow the progression of physical disability and decrease relapse rates.



**Patient information:** AVONEX<sup>®</sup> (solution for injection, in pre-filled pen) is a Prescription Medicine containing 30 micrograms of interferon beta-1a in 0.5mL of ready-to-use solution. Use strictly as directed. Consult your doctor, pharmacist or other health professional in case of side effects. AVONEX is reimbursed for those patients who meet the special authority criteria in the Pharmaceutical Schedule. Normal Doctors' fees and pharmacy charges apply. AVONEX (interferon beta-1a) is indicated for the treatment of relapsing forms of multiple sclerosis (MS) to slow the progression of physical disability and decrease relapse rates. Before starting AVONEX, please tell your doctor if you have ever experienced, or are currently experiencing, depression or other mood disorders, seizures, blood or heart problems, liver disease or kidney problems. AVONEX is NOT recommended for pregnant women or those who are planning to become pregnant. People who have had an allergic reaction to interferon products or to any other ingredient in the medicine should NOT use AVONEX. AVONEX must not be used by someone who is severely depressed or having suicidal thoughts. Many people who take AVONEX will experience flu-like symptoms (e.g. fever, chills, sweating, muscle ache and fatigue) early on in their therapy. These effects are usually manageable and often diminish with continued treatment. For more information, please refer to the Consumer Medicine Information booklet or call the AVONEX Helpline on 0800 286 639 (0800 AVONEX). This number is for enquiries concerning AVONEX therapy from patients already prescribed AVONEX. For further information see the Consumer Medicine Information for AVONEX at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Medicines have benefits and some may have risks. Always read the label and use strictly as directed. If symptoms persist or you have side effects see your doctor or pharmacist. Ask your doctor if AVONEX is right for you.

Biogen Idec NZ Limited, 54 Carbine Road, Mt Wellington, Auckland, New Zealand. ©AVONEX and AVONEX PEN are registered trademarks of Biogen Idec MA Inc. ©2013 AV-NZ-0011c(1) TAPS PP4921 BIO0041/MS inCeptiv March 2014.

biogen idec<sup>®</sup>

## Our thanks to the following organisations for their support...

FidelityLife

BDO

HEARTLAND  
BANK

ROD MILNER MOTORS

Harcourts  
COOPER & CO REAL ESTATE LTD. MBNZ

cooper&co

Lynch Phibbs  
Limited

Chartered Accountants & Business Advisors

TOYOTA | Believe

HELL



COLUMBUS  
COFFEE

ms.

Multiple Sclerosis  
AUCKLAND REGION TRUST

BlueWaters  
COMMUNITY TRUST

ASB



ASB Community Trust  
Te Kaitiaki Putea o Tamaki o Tai Tokerau  
supported by ASB



ROTARY CLUB OF  
NEWMARKET Inc.



the Southern  
trust



THE LION  
FOUNDATION

Blue Sky  
COMMUNITY TRUST

COGS  
Community Organisation  
Grants Scheme

Auckland  
Council  
Te Kaunhara o Tāmaki Makaurau

John  
Ilott  
Charitable Trust

Guardian Trust  
THE TRUST COMPANY

NZCT  
NZ COMMUNITY TRUST



THE TRUSTS  
Community  
FOUNDATION



Lottery Grants Board  
FUNDS FOR YOUR  
COMMUNITY

Pub  
Charity

North & South Trust

## Our Special thanks to the following:

John and Lorraine Street • Kings College • Blue Illusion

**AUTOPAL**  
vehicle servicing

OPEN 6 DAYS  
(09) 488 9188



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.