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The bi-monthly newsletter from the MS Auckland



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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 up your own opinion from.

## WHO'S WHO AT MS AUCKLAND

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### VICE PRESIDENT

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TBA

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Georga Forgac

Diane Hampton

Glen Monin

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### VOLUNTEER COORDINATOR

Carol Lichkus

### OFFICE MANAGER

Mark Blackie

### OFFICE ADMINISTRATOR

Rachel McCallum

### NEWSLETTER EDITORS

Thérèse Russel

Michelle Keast

## THÉRÈSE'S TATTLE

**Happy New Year to you all.** I hope you had a special Christmas and that 2013 brings you all the love, happiness, success, wisdom and empowerment you desire.

It is wonderful being back after my thoroughly enjoyable break. I spent a few days camping at the Coromandel (Papa Aroha) with my sister, husband and family. They have a camp site right on the beach – it was superb. Camping is always relaxing – no housework, no computers, easy meals and lazy days. I even read two books – unheard of for me. My return was slightly hastened by our eldest son being involved in a serious Jetski accident – but thanks to his life jacket he can live to get up to more mischief when he has recovered. He was indeed a very lucky young man and can certainly be called the 'cat with 9 lives'. Nathan has managed to cause us so much stress in his 22 years that we are hoping it will cover the other three younger siblings as well, and that we can look forward to three of the four children being 'perfect' (if only)!!!!

We have so much planned for this year – it is going to be so exciting. I would love you to become more involved. This Society is here for our Members, so tell us what you think? Tell us what you would like to be involved in? Tell us where we can do better, improve or develop some format. Get involved and get on board.

There are many changes ahead and change is great – it opens doors and offers opportunities for growth and improvement. One of the sad changes this year is that we say farewell to Shelley Oliver, our Office Administrator here for the past two years. Shelley intends to further her career and extend her skills in other areas. Her bubbly personality, office skills, event management expertise and sense of humour will be missed. She has offered great compassion and empathy to all our members either by phone or in person at events, and wears her heart on her sleeve – I know she will miss the Society as well.

Coming up in March we have the movie preview of "Hyde Park on the Hudson" at the Bridgeway in Northcote – so make sure you book your seats early. Remember we had to turn people away from the last movie, so do book early and avoid disappointment. See the article on this later in this Newsletter. Also in March we are holding the first of our 'Member's Lunches' on the North Shore (see more about this later in the Newsletter). Save Saturday 16 March – mark it in your diaries. We are going to kick off this Lunch with a book launch by one of our Members, the very talented, Sarah O'Neil who has written a book called 'The Good Life'. Don't miss this opportunity to buy Sarah's book at a reduced price for Members and to have it personally signed.

Also at this lunch, I will be launching an opportunity for Members to display for viewing or selling, your creative skills. Whether it is, art, jewellery making, knitting, any creative works you do, I would like you to have the opportunity to show it off. This will be managed by bookings only, so please express your interest immediately to me to secure a space at the next lunch (there are two spaces left).

In the meantime, I look forward to hearing from you at any time and I look forward to seeing many of you, over the next few weeks at Water Walking and Support Groups.

Cheers

Therese



# NOTICE BOARD

## Newsletter Content

Remember this magazine is for you and if you have comments, criticisms, information, jokes or anything you want to share please email me at [therese@msakl.org.nz](mailto:therese@msakl.org.nz)

## Honorary Life Members

Always appreciated – Never forgotten

- David Ashton
- Jo Smith
- Dough Threthowen
- Ken Wadham
- Judy Wear
- Tina French
- Barbara Broome
- Nancy Caughie

## 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 on (09) 845 5921.

## Rental Property Wanted

I would like to find a 2/3 bedroom unit/house with 2 bathrooms if possible. It would be handy if I could find a place that has already been set up for people with disabilities i.e. shower & ramp. As of now I have only the option of working with a rental agency. I would be happy to hear if someone knows of any other options or knows someone who wants a tenant.

Please contact the office for Marlene's contact details.

## Stress Management Workshop

A "Stress Management Workshop" is being held on Saturday 6 April 2013. This day promises to offer great advice and support on Exercise, Nutrition, Yoga, Meditation and Mind/Body connections. Bookings will be essential and I encourage you to attend with your spouse, carer, family member, etc as it will offer something for everyone. To express your interest please email [therese@msakl.org.nz](mailto:therese@msakl.org.nz) in the first instance.

## Members Subscriptions

Please look out for your Members Subscription Invoices are being sent to you on the 1<sup>st</sup> March.

## Members Creativity Displayed at Member's Lunches

Remember to contact Therese 845 5921 if you would like to display, for viewing or selling, some of your creations. Do you paint, make jewellery, write poetry, create pottery, knit, bring it along and show it off. This is a wonderful opportunity to share these successes with friends.

## STURDY GOLF UMBRELLAS \$20.00



We are selling fantastic, strong, sturdy golf umbrellas (red and black) for \$20.00 each or a box of 10 for \$135.00 (get three free).

They were an unwanted order and are red and black and have a company logo on them.

They are excellent quality umbrellas with Air Vents to prevent the umbrella turning out when the wind gets strong. MS Auckland receives 75% of the sales.

Please contact the MS Auckland Office on (09) 845 5921 or email Rachel on [Rachel@msakl.org.nz](mailto:Rachel@msakl.org.nz)

## FROM THE FIELD

### NORTH SHORE UPDATE FROM DIANE



Hello Everyone

I'm back after a wonderful holiday with my son and family in Doha, Qatar and Sri Lanka. Sri Lanka was delightful and the people so friendly.

They are now getting back on their feet after the terrible Civil War and devastating 2004 Boxing Day tsunami. I can thoroughly recommend it as a holiday destination.

I hope you had a great Christmas and New Year with family and friends and are not feeling the heat too much. Remember to pace yourself, keep cool and try and do things in the morning and evening when it's cooler.

**The Field Workers have now got MS logos to place on their cars. These can be removed when visiting Members so if you have concerns about your privacy when we visit you at home or at your workplace please let your Field Worker now.**

I look forward to making contact with you over 2013. From time to time I will send out MS updates and new information via email. If you don't receive these updates or we don't have your email address, please email me on [diane@msakl.org.nz](mailto:diane@msakl.org.nz) and I will send you updates.

### WEST AUCKLAND UPDATE FROM GEORGA

The warm weather is here so it's a nice time for some cooler treats. I'm a bit of an ice-cream fiend. But I now have another option that is tasty, cooling and healthy. My Mum has just given me a machine called a "Yonanas" which turns frozen fruit into a delicious dessert that tastes like softy serve ice-cream. So far I have only tried frozen bananas in it, but you can use all sorts of fruits including strawberries, mango and pineapple. As you only use fruit it is dairy free. I've seen this machine for sale in Briscoes and I'd imagine it would be available in other places too.



Speaking of healthy things I know many of you follow George Jelineks recommendations including diet, exercise, meditation and Vitamin D. For those of you who are not familiar with these you can look up the website [www.overcomingmultiplesclerosis.org](http://www.overcomingmultiplesclerosis.org) and we also have some copies of George Jelineks book "Overcoming Multiple Sclerosis" in our library.

## TINA FRENCH

Roy and Tina French are moving and they need our help. Many of you will remember the wonderful 'Tina French' who successfully ran the North Shore Office for many years and gave so much to our Society. Well we have a chance of giving something back to Tina and her gorgeous husband Roy (whose contributions to the Society were also invaluable).

Roy and Tina are shifting from their home in Albany and moving to sunny Orewa in March. They need help with some maintenance e.g. painting, plastering and help cleaning e.g. windows, walls etc. I want to get a group of people to help with this working bee on Wednesday 6<sup>th</sup> and Thursday 7<sup>th</sup> March. It will take us a couple of days, so any time you can give, would be so appreciated. Please email [therese@msakl.org.nz](mailto:therese@msakl.org.nz)

## CENTRAL AUCKLAND UPDATE FROM GLEN



Happy New Year to you all for 2013

I hope everyone enjoyed the summer weather and also those who are sensitive to the heat managed to keep super cool!

I have recently returned from leave and look forward to touching base with each of you to catch-up and also update any contact details that might have changed corresponding to your needs.

Interesting further studies recorded late last year in the Vitamin D Council newsletter regarding months of birth for PwMS, for those who plan pregnancies.....a meta analysis conducted by a Dr Ruth Dobson in London of 10x studies over the past 12 years including more than 152,000 PwMS and control groups, provided data regarding month or season of births for both groups.

The authors emphasise that this study provides the strongest evidence to date, for the month of birth effect seen in MS. Analysis demonstrated that there was a 5% increase of MS births in April, 5% fewer in October and 8% lower risk in November in the Northern Hemisphere.

N.B. Of course the months to consider would change to correspond to the Southern Hemisphere.

## SOUTH AUCKLAND UPDATE FROM DIANNE

Happy New Year everyone

Amazing how the time flies when you are having fun! I hope you all had a lovely Christmas and New Year and ready to enjoy 2013!

I hope that you all had as much fun with your families as we did.



We had our families around on Christmas morning with the 4 little grand children eagerly awaiting the arrival of Santa (my husband dressed up). One of them said "we know that it is Granddad cos we can tell by his voice!" All of 4 years old! Still they love it and it has become a tradition in our family. and, we had to do it all again in the afternoon when the grown up members of the family arrived too! Even the weather behaved enough for us to be outside! A good day had by all.

So here we are facing another year. Another year of exciting happenings within the MS Society - pool groups, lunches, support groups and lots of other things that we will keep you informed about as they come along. Please feel free to contact me if you require a visit or any information at all. I look forward to catching up with you all again and welcome new members into our fold.

**FREE ADMISSION**  
WITH ACCESSIBLE FREE PARKING!

**THE BIG EVENT EXPO & MARKET PLACE**  
ACCESSIBILITY FOR A BETTER LIFE  
5-6 April 2013 | ASB SHOWGROUNDS | GREENLANE

**NZ's biggest accessibility expo!**

The Big Event Expo & Marketplace is a fun and free event that celebrates accessibility, with more than 130 stands showcasing daily living products and services, education workshops with guest speakers, a dedicated youth area, the latest accessible technology, innovation, sport and entertainment. This will be a great event for all!

**Register TODAY, visit [www.thebigevent.org.nz](http://www.thebigevent.org.nz)**

**Activities:**

- Daily Living
- Accessibility
- Entertainment & Sport
- Technology & Innovation
- Youth Area
- Education & Employment



## FROM THE MS NURSE

Best Wishes for this New Year.

The MS Nurse Office will continue to offer the best service we (I) can during this coming year. Our generic email has been a great success will be even more effective when we are back to job-sharing. Fiona hopes to return to work by June 2013.



### A therapy on many minds is: Stem Cell Therapy:

The aim and hope is the stem cells will generate new myelin, the fatty substance that surrounds nerves like the insulation on a wire. Myelin is damaged in MS, leading to weak or lost signals between nerves. Stem cell research has been very effective in mice, but MS isn't exactly replicated in animals. There is great hope the technique will be successful but animal study results isn't always translated to humans even in the best understood and simple diseases. Although stem cells show great promise, the approach is a ways from reality. Also expectations have to be kept under control as it won't lead to suddenly being able to run around.

### News:

For those with RRMS and on Avonex there is a new auto-injector available now.

If you'd like to see it, or are thinking of switching, let me know. I am trying to contact all users personally but may miss someone.

Lynette Newby MS Nurse, Auckland City Hospital

[MSNurse@adhb.govt.nz](mailto:MSNurse@adhb.govt.nz)

Tel: 09 307 4949 ext. 25885

## Warm Potato Salad



Traditionally Potato salads have been smothered in creamy dressings making them a high calorie food. This version uses mustards, vinegars and olive oil to replicate that

"creamy" dressing that is much lower in fat and tastes fantastic.

- 500g small potatoes cut in chunks (roasted) or use new potatoes boiled
- 1 tablespoon of Dijon mustard
- 1 tablespoon of Whole grain mustard
- 2 tablespoons of rice vinegar
- 2 teaspoons of red wine vinegar
- 2 tablespoons minced shallot
- 4 tablespoons extra virgin olive oil
- 2 tablespoons chopped fresh Italian parsley

- ¼ teaspoon salt
- ¼ teaspoon ground pepper

1. Place the potatoes in a warmed serving dish.
2. In a small bowl, whisk together the mustards, the vinegars, and the shallot until well blended. While whisking slowly drizzle in the olive oil to make a thick dressing. Stir the parsley, salt and pepper. Pour the dressing over the warm potatoes, mix gently and serve immediately.

**Sandra Perry** Dip.Nutrition -

### Nutritionist

Albany Tennis Park | Oteha Valley Road Extension | Albany 0632

p: 09 415 2676 | m: 021 1546999 |

e: [nutrition360@xtra.co.nz](mailto:nutrition360@xtra.co.nz)



## NEW STAFF MEMBERS

We have had a few staff changes in the last month. As I explained earlier in the newsletter, we sadly say farewell to Shelley Oliver, our Office Administrator and also we have filled the positions of Fundraising and Marketing Coordinator and Office Manager. Please welcome our three new staff members.



**Rachel McCallum**  
**Office**  
**Administrator**

My name is Rachel McCallum, I was born and raised in West Auckland, Swanson to be exact, I'm the youngest of 3 (I have 2 older brothers that are in their 30's).

After finishing Massey High School, I went on to study Graphic Design at Natcoll Design Technology where I graduated with 2 diplomas. I also had a little part time work in office administration on the side, while studying.

It was at this time that I realised how much I enjoyed an administrative related role and the technical side of computers. In July 2012, I went to study at Unitec doing a Certificate in Business Administration and Computing Level 4, where I further developed my knowledge.

This job at the Multiple Sclerosis Society will be my first official job! I am so excited about it and looking forward to speaking to many of you on the phone and meeting you at events.



**Mark Blackie**  
**Office Manager**

Hi, my name is Mark Blackie and I am excited to be the new Office Manager at Multiple Sclerosis Auckland. I will ensure that the office is running smoothly, preparing the accounts and supporting Therese to raise the profile of our Society.

I was educated on the North Shore, and I am an ex-Rosmini man! I spent 10 years living in North America before returning home to NZ with my wife, our four year old son and our 1 year old daughter.

My Counselling background is in Accounting, Administration and more recently.

In my spare time I enjoy cooking, wine appreciation, tramping and running around after my little ones. Please feel free to contact me if you have anything I can help you with – [mark@msakl.org.nz](mailto:mark@msakl.org.nz)



**Pam Smith**  
**Fundraising and**  
**Marketing**  
**Co-ordinator**

Pam joins our Society with a background in marketing, event coordination and fundraising. She has worked in both the corporate and not for profit sectors.

Working in a small team environment and within the local community is an exciting prospect for Pam. She finds working for a NGO very rewarding and is looking forward to meeting our members and volunteers. If you have any ideas or events that you might want to share with Pam contact her on [pam@msakl.org.nz](mailto:pam@msakl.org.nz)

Born in Christchurch and educated in Wellington, Pam has now adopted North Shore as her home as the lifestyle offered on the 'Shore' supports her sporting interests. Pam is an avid triathlete and competes in various events in New Zealand and overseas. She has recently added kayaking to the long list and aims to do a multisport event this year.

Pam lives with her partner in Northcote and has grown up twins (a son and daughter) who have both left home allowing her to finally be able to do her own thing!

Ref: Dec12

## ROY'S CORNER



*Roy Bartlett our in-house Health advocate, coach and counsellor has been living with MS for over 25 years and has a special interest in how the interconnections between the mind, body and the spirit, and the emotional under-currents arising from stresses, conflicts and traumas influence our physical and mental health. Roy is not a paid member of the Society, but the Society supports Roy's offer of "Counselling Advice".*

Recently I have been requested by a number of people to share a little bit about my background and why I decided to start providing the opportunity for fellow members of the MS Society to begin taking more responsibility for their own health and wellbeing. Although many things have happened to me in my life, probably what is most relevant in responding to this request relates to my experiences of the past ten years

*"In 2002 I became the co-founder of StarJam, an award winning not-for-profit organisation based in Auckland creating national and international performance and limelight opportunities for young people with disabilities. Through performance, StarJam helps provide disabled children with a chance to build their confidence, develop their character, discover new friendships and enjoy the thrill of new hope and new purpose; the benefits of which are also felt by their families, friends, and the wider community.*

*In 2010 I initiated a succession plan to slowly move away from being a key player in the day to day running of the organisation to coincide with StarJam reaching its 10<sup>th</sup> Anniversary in November 2012. In early 2011 I started to use some of the hours that were now becoming available to me to look for new ways that might lead to an improvement in my health. What I discovered was Moativational Medicine™. Moativational Medicine™ is an approach to health and healing created for everyone with an interest in taking more responsibility for their own health, and being able to discover the cause of what ails them rather than just treat the symptoms.*

*Within six months the improvements to my health and wellbeing led me to make two major decisions. The first was to sign up to train with Richard Moat, creator of Moativational Medicine™, and the second, to re-establish a past career as a counsellor /psychotherapist between the mid 1980's to mid 1990's. Having lived with doing the symptoms of MS for 32 years I then decided the best place to start making a positive contribution with my new knowledge and skills was primarily in helping other people with MS with who have an interest in taking more responsibility for their own health and wellbeing".*

Coming back to now .....

### Expanding the Opportunity

This year I have expanded the time I am available for people to book a session with me to two days a week. I will continue to be available at the Mayfield Centre on a Friday, but now I will also be available on a Monday at the Community of Saint Luke's Community Centre, 130 Remuera Road, Remuera. Please continue to contact the MS office to make a booking for an appointment at either venue.

### Introducing fees for service

Also this year, in recognition there is an actual cost involved in providing a 'free' service (room hire, professional supervision, ongoing training, travel expenses, client resources etc), it is now necessary for me to introduce a fee for my services. From 1st March I will be introducing 'sliding scale fees' based on an individual's ability to pay. It is still my intention that nobody be denied the opportunity to meet with me because of financial restraints. Therefore the 'sliding scale fees' are a guideline for those who have the ability to pay, and for those currently experiencing financial hardship, and would find paying the 'sliding scale fees' a barrier, I will be more than willing to accept whatever you feel you can afford, no matter how small that amount might be.

### Payment of fees

The payment of fees will need to be paid directly to me at the end of each session.

### Finally

Although a person who does not actively pursue seeking recognition for my work in the community, it has been acknowledged through the following awards programmes over the past three years;

- 2010: Winner of a New Zealand Herald 'Unsung Community Hero' Award
- 2011: Finalist in the Attitude TV 'Making a Difference' Award
- 2011: Finalist, Senior Category, New Zealander of the Year Awards
- 2011: Winner of a 'Local Hero' Award, New Zealander of the Year Awards
- 2012: Semi-finalist, Senior Category, New Zealander of the Year Awards
- 2013: Semi-finalist, Senior Category, New Zealander of the Year Awards



## Kyristie's Story

*After attending Roy's 1 day workshop "Dissolving the Negative Effects of Stress" in May 2012, Krystie decided to book a session with Roy. This is her story .....*

"Roy has been a key figure in my development this year. I hold what I have learnt, and the pace in which I have learnt it in respect to Roy's ability to work with people and the tools he has learnt, also equally my willingness to look at my life, share and learn. He made it a safe environment to be who I am, through all my levels of development, cry, and share my fears. He had a natural intuition to know when to look into something and when to let it go. I can't think of anything I would improve. Every session blossomed in a different way, teaching me new tools that I now use in my life.

I found his ability to respond from his adult one of the things I appreciated most. I found I could follow his example through his way of being, that when I came to understand the theory behind the things happening in my life, it made it more powerful/authentic to follow.

Coming to Roy once a month, (sometimes more) helped me to understand what it is to live a healthy life and his support has helped me maintain focus on the healthy life I am now living. He gave me the space to take what I learnt and explore it on my own, which gave me the confidence to act in my life differently, and I could then bring new examples to our sessions, which I could then see further learning and/or my contribution to others in life. I feel I have learnt to take responsibility for my life and feel I have the ability to create a life I would like regardless of my MS.

I have learned how to be more in each moment/present and respond to what comes my way rather than being too afraid to say something, or making assumptions on something rather than talking about it. Also I have learnt about meeting my own emotional needs on a daily basis so not to be dependent on finding it elsewhere. Most importantly Roy was my mirror, this is something that I have not experienced before and feel it has been vital in allowing me to see the new me.

I wish him well on his journey, and am so grateful that he has crossed my path."



**Ample Parking**

**Park Like Surrounding**

**Peaceful Outlook**



### NEXT MEMBERS LUNCH

At Fairway Lodge  
7 Argus Place, Glenfield (Next to the North Shore Events Centre)

Saturday 16<sup>th</sup> March 2013  
12.00pm – 2.30pm

\$20.00 Members, \$25.00 Non-Members

Come along and meet other Members of the Society (bring your spouse/children or friend/s) and be part of one of our Member's Book Launch "The Good Life" by Sarah O'Neil. Buy her book and Sarah will personally sign your copy.

**GREAT RAFFLES AND PRIZES (as always). \$5.00**

**Cash Bar**

**Please bring cash.**

Seats will fill up fast so please RSVP to Rachel on (09) 845 5921 or email [rachel@msakl.org.nz](mailto:rachel@msakl.org.nz)

## SUPPORT GROUPS

A Support Group is a group of people (with MS) meeting on a regular basis (times/days to suit the group) to simply get-together to chat. It doesn't necessarily have to be all about Multiple Sclerosis, but obviously the Group does have a common factor. It is a time to make new friendships, gossip, laugh, and maybe swap notes on MS updates. The group can be as big or small as dictated by the people meeting. You can meet weekly, monthly or bi-monthly; again this is determined by the group's needs.

Would you like to belong to a Support Group? Support Groups may be found in many areas throughout Auckland and certainly close to where you live. If there isn't one near you, we could perhaps get one started. Would it be worthwhile for us to investigate starting a Support Group for people who are well and managing their MS?

It is important that people let their Field Worker know if they would be interested, what times are suitable, how frequently they would like to meet, the venue, what format they would like the group to take and whether they would like a Field Worker to be present each time or by invitation.

To set up a successful group you need a core of 7 to 8 interested people so you have an average of 5 to 6 people attending which makes the group viable. There is quite a bit of work involved if the Field Worker is the one running the group.

We are pretty pushed for time so a self-directed group with Field Worker input is a better option. These are the thoughts of one Support Group operating in Greenlane.

*"The Coffee Group is self-supporting, where the members have had MS for a number of years and we all share and discuss any issues we may have. This way, if anyone else has had the same issues, they can share how they resolved it, if at all. Our members often talk outside the Group to one another about everything and nothing, some meetings we can be together for a couple of hours and others for one hour. You always come away from the meeting feeling energised."*

*"When we have a newly diagnosed member, I will always say laughter is such a good medicine along with the prescribed. Any new member may prefer the support of a Field Worker to come along and we would welcome this, as we all know what devastating news it can be. 'I feel that we might not talk quite so frankly with the presence of a Field Worker, who are worth their weight in gold in some conversations, may be better on a one to one meeting in other situations'. When we need something clarified, or do actually need help, we communicate to the Field Worker either by phone or email for a speedy reply".*

If you are interested in joining a Support Group in your area, or looking to start a new Group up, please contact the office or your Field Worker to express your interest. These Groups are extremely beneficial and well worth the effort to join in.

## MS AUCKLAND MOVIE FUNDRAISER



In June 1939, President Franklin Delano Roosevelt (Bill Murray) and his wife Eleanor (Olivia Williams) host the King and Queen of England (Samuel West and Olivia Colman) for a weekend at the Roosevelt home at Hyde Park on Hudson, in upstate New York - the first-ever visit of a reigning English monarch

to America. With Britain facing imminent war with Germany, the Royals are desperately looking to FDR for support. But international affairs must be juggled with the complexities of FDR's domestic establishment, as wife, mother, and mistresses all conspire to make the royal weekend an unforgettable one.

- Movie:** Hyde Park on the Hudson
- Venue:** The Bridgeway Theatre
- Date:** Sunday 3 March 2013
- Time:** 3.00pm Drinks  
4.00pm Movie
- Location:** 122 Queen Street, Northcote Point
- Ticket Price:** \$20.00 includes a wine or juice.

To book tickets phone (09) 845 5921 or email Rachel on [rachel@msakl.org.nz](mailto:rachel@msakl.org.nz)

**RAFFLES AVAILABLE: \$5.00**

**Please bring cash.**

## The Benefits of Hydrotherapy (Water Walking)



Have you ever thought about 'exercise' – don't be put off by the word!!! Many of our Members enjoy a weekly session of Hydrotherapy 'Water Walking' in a pool near them. These classes run for an hour and are run by professionally trained Neuro Physiotherapists (Rope). They are addictive, healthy, extremely beneficial and so much fun. Here are a few comments from some of our Members that currently partake in these classes:

*The weekly Water Walking class I attend is something I look forward to each week. With very limited use of my legs, at Water Walking I get a very good workout in a safe controlled environment. Since starting in March my upper body strength and overall fitness has improved. While use of my legs hasn't improved, regular sessions exercising what use I have has helped stop further deterioration.*

*Being new to Auckland meeting and getting to know people and make new friends has been an important part of us settling in here.*

*The loss of this service would be very upsetting to me personally as it is hard to fit into society when you are very limited in what you can physically do. Going to walking groups, gym classes, fitness groups or swimming groups is not an option for me - David*

*The benefit of water walking for me is immense; it gets me out the house once a week and I'm sure if I did not have it, I would be either using a walking stick, or close to a wheelchair. I have been going since its inception and I look forward to it big time - Warwick*

*I am very grateful to all the lovely Physios from Rope, it has given me a lot more confidence being in water and the amazing exercises we are learning as well. I hope we can continue as it definitely helps with my strength and mobility - Heather*

*I want to strongly say that the benefits of water walking are tremendous. In addition to the walking there are many other exercises that we do for core and arm strength because of failing legs it is important to keep them strong and healthy. This would not be possible without the physio's help to coordinate the exercises and give advice when needed. We have a very strong group of people and it really is like a family and great for morale, because of its positivity - Maria*

*I find the Water Walking the best exercise I currently do. The fact that Rope Neuro Physio specialises exercises for MS sufferers and understands their abilities and what works for them particularly. It is really one of the few fitness programmes that have worked for me, and that I have been able to sustain in recent years. I have started training for the 2016 Rio Paralympics, sailing and I expect the Water Walking and Nordic Walking to be a vital part of my fitness for this - Richard*

*The weekly Water Walking provides exercise that is manageable and at times provides relief from some of the symptoms that come with MS. There is social interaction with others who know exactly what it means to live with this disease. It also helps maintain motivation to get out and do some exercise when at times, it is the last thing you feel like doing. Without it I think the mental health and physical wellbeing of those of us that participate would suffer - Fiona*

### Margot De Boer – Silk Chiffon Scarves

MARGOT DE BOER - SILK CHIFFON SCARVES - EXCLUSIVE NEW ZEALAND DESIGN - 46 CM X 146 CM



\$39.00 per scarf.

Margot is kindly donating a percentage of the sales of these beautiful scarves to MS Auckland if purchased through the MS Auckland Office.

Please contact Rachel in the MS Auckland Office on (09) 845 5921 or email [rachel@msaki.org.nz](mailto:rachel@msaki.org.nz) if you wish to purchase one. Please specify design you are wanting.



## MEMBER'S STORIES

**The Good Life – Sarah O'Neil**

Seven years ago I was living in the heart of Auckland with my husband Tom, a toddler and a baby on the way and had my world turned upside down when I found out I had this thing called MS. After the initial shock wore off and I realised that what doesn't kill you can only make you stronger, we decided the city and its traffic pollution couldn't be good for my health or that of our young kids and made the big move into the country so we could reap the benefits of its fresh air and more relaxed lifestyle.

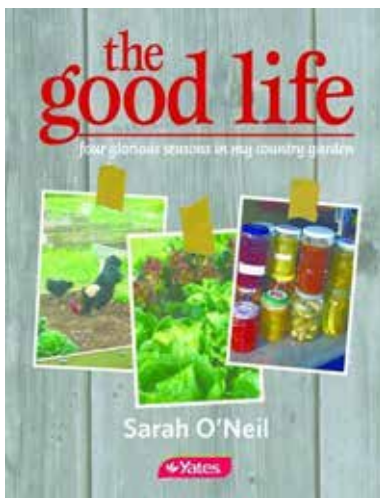
Having a whole lot of land, it only seemed natural to start a small veggie garden to provide us with fresh veggies. I knew where they had come from and what hadn't been sprayed onto them. But unexpectedly the garden gave me so much more. I found the time spent in the garden improved my health and wellbeing as well as the benefits from eating food so fresh.

My fatigue was always my biggest bugbear, and once the kids went to school, going out and getting a "real" job seemed impossible as I couldn't predict the fatigue. So I continued to garden, and the garden grew and grew. At this time I also discovered a love of writing as the good people at Yates ran a gardening blogging competition on their website and I felt compelled to enter. It took a couple of attempts at the competition to come up with a win, but in the meantime the love of writing was growing as fast as my garden was.

Yates recognised all the work I had put into the blogging and introduced me to their publishers and suggested the blogs be turned into a book, which was something I had never imagined was ever a possibility. But here I am with my very own book: *The Good Life*, four glorious seasons in my country garden; which is due out in all good bookstores from the 8<sup>th</sup> March 2013.

Having MS hasn't held me back, it's just given me a new way to do life and I couldn't be happier.

**Sarah will be speaking at our next Member's Lunch on 16<sup>th</sup> March. You will be able to buy her book and get her to personally sign it.**

**The Good Life: Four Glorious Seasons in My Country Garden By Sarah O'Neil.**

One day Sarah and her husband Tom – Hubby the Un-Gardener – literally saw the sign and decided to make a lifestyle change, from urban dwellers to lifestyle-block lovers. In one move they went from an inner-city Auckland suburb with a 24-square-metre triangle lawn to a 3-acre property on the outskirts of Pukekohe.

The first thing Sarah did was build a large garden and soon enough being self-sufficient became a family affair. With the support of Hubby the Un-Gardener, Joeyosaurus and Tim the Helper and a lot of love and laughter, Sarah has brought her dream garden to life.

*The Good Life* is a funny and inspiring slice-of-life gardening book that looks at the ups and downs of gardening throughout the year. The book is full of practical advice, as well as delicious recipes, interwoven with the story of Sarah's transformation from city-slicker to country girl.

## Anne Schofield – Jelinek MS Retreat – Gawler Foundation October 2012



*In October last year I was lucky enough to attend an MS retreat facilitated by George Jelinek and staff of the Gawler Foundation in the Yarra Valley near Melbourne. The centre is in extensive grounds and mainly runs retreats for people with cancer. I attended a similar retreat in New Zealand at Mana back in 2006 so I was not new to the Jelinek approach but I felt the need to update and get back on track.*

The timing of the retreat was perfect as my husband was working in Melbourne that week. We flew out on the Saturday taking a daytime flight that was not as tiring as an evening one. On the Monday morning Tim drove me to the hotel where I was picked up by a bus arranged by the Gawler Foundation. This is a good service as getting to the Yarra Valley is very expensive by taxi and difficult by public transport. There were twelve of us on the bus and we were very quiet on the way to the centre. This was very different to the return journey!

Once at the Gawler Centre we settled into our rooms. Most accommodate two but I slept in a large room with four other women. Most rooms have ensuites and are wheelchair user friendly. There is accommodation for 38 and there were 35 of us on my retreat. Most of the attendees were alone but some had partners or family members with them. Being alone was not a problem as everyone was friendly and wanting to share experiences and to learn and benefit as much as they could from the retreat. Some attendees were newly diagnosed and some like me had more years of experience living with MS. One thing we did have in common was that we were open minded and looking for a life style that would help us overcome MS.

The days began with meditation in the sanctuary which is a very peaceful room dedicated to meditation. These sessions were led by the different facilitators who all had slightly different approaches but we mainly learnt 'mindfulness' meditation techniques, which I

found suited me. I still practice this daily (well almost daily). Sessions during the day included information on recent research into MS including that on Vitamin D and current medications. We spent most of one day discussing food, and the low saturated fat diet recommended by George Jelinek based on Roy Swank's research. We especially learnt about different kinds of fats and oils; which were best and how they should be cooked to avoid converting them to a saturated form. There were also sessions on Emotional wellbeing. These two sessions were more difficult but I think we all benefitted from them. The facilitator encouraged us to explore our journey so far with MS, and introduced us to strategies to help us find a balance in our lives.

The food at the Gawler Centre is plant based whole food. I began each day with porridge, fruit and soy yoghurt. Lunch was usually a substantial salad with bread and some days a soup, and dinner was based on veggies with either rice or a different grain. I certainly didn't go hungry. We were treated to a cookery demonstration one afternoon when one of the cooks showed us how to prepare some of the dishes. I bought the cook book *Eat Well: Be Well* which was published by the centre. I strongly recommend anyone who is aiming to adopt this diet to get a copy of this book as it has a good range of recipes that would keep you going for quite a while. The MS Auckland Library also has copies available to borrow.

The lunch break was two hours when I had a rest in my room or found a peaceful spot to sit in the beautiful grounds. Some members of the group went for longer walks during the lunch break and saw more of the grounds and the kangaroos that live there.

There were also sessions in the evenings. The first evening a harpist came to entertain us. This was very special as he played in the sanctuary where the vibrations of the harp could be felt through the floor. On the last evening we had a very enjoyable session – Laughter Yoga. Of course, by then we knew each other and had few inhibitions so we participated with gusto! Well you have to have been there!

I am now in contact with the retreat group via Facebook. We continue to learn from and support each other. I thoroughly recommend people with Multiple Sclerosis and their supporters who are interested in Jelinek's approach to overcoming MS to attend an MS retreat. Sadly George is not coming to New Zealand this year (2013) but if you can, then get to the Gawler Foundation Melbourne - do it!





## OUR SUPPORTERS AND SPONSORS



### Thank you Blue Illusion

Blue Illusion Boutique Botany held a special event for their clients and members of the MS Society to an 'after hours' sale.

They had a lovely night for the event. It was a huge success and a portion of the sales was donated to MS Auckland. There were lots of happy clients and a few new ones who are active in the MS Society. The event ran for 3 hours and due to its huge success, they were able to raise \$740.00 for MS Auckland. Thanks so much Blue Illusion in Botany. Your support is appreciated.

## GRANTS RECEIVED IN JANUARY 2013

Our sincere thanks go to the following organisations for the grants MS Auckland have received in January 2013. These grants allow us to continue providing services to our Members:

- Independent Living Services (ILS) formally known as DRC
- Movement and Disorder Trust

## SUPPORTERS OF OUR EVENTS

The last few months have been busy with the lead up to Christmas and we would like to thank the following sponsors for their support of our events in the last couple of months.

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| • The Commons (Takapuna)          | • The Classic Yacht Charitable Trust |
| • Jerry Clayton BMW (Takapuna)    | • Quest (Newmarket)                  |
| • Phoenix Rose (Takapuna)         | • Florienne Florist (Takapuna)       |
| • Hype Hair Spa (Albany)          | • Paper Plus (Takapuna)              |
| • Seafood School (Auckland)       | • The Last Place Store (Takapuna)    |
| • Jump Entertainment              | • Pedman Spicer Nails (Takapuna)     |
| • Snow by Samantha Snow (Milford) | • Forme Spa                          |
| • K Kurtovich Products            | • City Cake Company (Takapuna)       |
| • Chocolate Obsession (Takapuna)  |                                      |

## OUR THANKS TO THE FOLLOWING ORGANISATIONS FOR THEIR SUPPORT



### Tai Chi with Alison

#### Strength, Balance & Fitness ...



Alison has been teaching Tai Chi & 'Falls Prevention' courses for the past 8 years and her style of teaching enhances the development of strength, balance and fitness.

Tai Chi is a stress-free exercise anyone can do to develop greater strength, mobility, balance and mind body coordination.

Tai Chi is practiced by older adults to build fitness and confidence to continue to enjoy an independent life.

Tai Chi 'Falls Prevention Courses' are endorsed by ACC. Research shows a 47% reduction in falls.



If you are over 65 there is a 30% chance of falling in the next year, and over 80 there is a 50% chance of falling.

#### Falls Prevention Courses:

**Wednesday: 10am-11am**  
Leicester Hall, 20 Findlay St, Ellerslie

**Thursday: 12pm-1pm**  
Onehunga Library Centre, 85 Church St

**Courses run for 16 weeks, places are limited so call now to enrol.**

#### Tai Chi Classes:

**Monday: 11am-12pm**  
Leicester Hall, 20 Findlay St, Ellerslie

**Tuesday: 6pm-7pm**  
The Steiner House, 104 Michaels Ave, Ellerslie

**Wednesday: 11am-12pm**  
Leicester Hall, 20 Findlay St, Ellerslie  
(To set up a class in your area contact Alison)

Previous participants report:  
'I am feeling more confident'  
'I am more mobile'  
'My breathing is better'  
'Tai Chi is an exercise I can do!'

**Contact Alison on 021 528 744**



## HEALTH ARTICLES

A selection of interesting articles from around the world.

Please Note: Articles in this section are not necessarily the opinion of MS Auckland.

# Intensive Nutrition Is How You Restore Health & Vitality by Dr Terry Wahls

Source: *New Pathways: The Multiple Sclerosis Resource Centre's Bi-Monthly Magazine. Issue 76*

Terry Wahls MD is the renowned American doctor who successfully recovered from MS through a combination of nutrition and neuro stimulation. Diagnosed in 2000, with symptoms going back to the 1980's, her MS became secondary progressive in 2003 and she was in a wheelchair. After inventing her own intensive nutritional and lifestyle management programme, she is now cycling, jogging and back to work giving lectures, running clinical trials and an MS Clinic. The following are the main points from her *Getting Well* webinar on October 30<sup>th</sup>.



## Intensive Nutrition Is the Way to Treat MS

- Intensive nutrition is how you restore health and vitality. Nutrition is the bedrock.
- I have radically changed the way I think about health and disease based on my own experience and the scientific research I have done. This is how health care will be in 30 years time.
- Not so long ago, I totally accepted the conventional wisdom that once certain abilities had gone due to the MS disease process, you would never get them back but, through intensive nutrition and neuro-stimulation, I have got those abilities back. It took me 9 months. It's great to have my life back!

## The Importance of Bacteria

- We are an ecosystem of trillions of bacteria. Each of us is host to 100 trillion bacteria, yeast and parasites living in our bowels and skin. We depend on these 100 trillion to do many of our biological functions and optimal health.
- This is the hot topic of basic science research. Whether your health is good or bad depends to a great extent on the bacteria etc in your gut.
- Killing off beneficial bacteria would be devastating to your health and vitality. Anything that kills them puts a strain on our biology.

- Bacteria contribute to the proper working of the human body.
- Doctors don't know the link between bacteria and health and vitality
- We need these bacteria to process the food we eat and to activate some of the nutrients in our food.
- Animals – including humans – which live in germ-free environments, are sick.
- Be careful with products that kill off all bacteria e.g. hand sanitisers. These contain toxins which interfere with the biology of our cells. Anything that kills bacteria puts a strain on our biology. You are shifting the mix against health-promoting bacteria to disease-promoting bacteria.

## Taking Probiotics

- It is possible to get beneficial bacteria from yogurt as these contain some of the strains of lactobacillus. But many yogurts are pasteurized, which kills the good bacteria.
- But anyone with MS should not be eating any yogurt or milk products whatsoever because they contain casein, which is very disease-promoting and inflammation-promoting. In our protocol we have no yogurt whatsoever.
- One of the best ways to get beneficial bacteria is by eating fermented foods, e.g. pickled cabbage, sauerkraut, kimchi (a traditional fermented Korean dish made of vegetables with a variety of seasonings).
- Fermented foods are packed full of health-promoting bacteria. Go to the refrigerated section of your health food store and see what fermented foods they have – look for 'live' or 'cultured'. Traditionally, fermented foods were used by various cultures to store food and keep it from going off.



- I don't recommend taking a probiotic supplement – food is more important. Probiotic capsules contain dried bacteria with combinations of strains. But compared to the hundred trillion of bacteria in your bowels, probiotic supplements don't contain very much. Although they have their place – for example probiotics can be helpful after taking a course of antibiotics.
- Getting rid of processed foods in your diet is much more important than taking a probiotic supplement.
- You aren't going to change things in your gut if you go on eating processed food.
- You also need to eat prebiotics – especially fibre. Soluble fibre fertilises lactobacillus and bifido bacterial species. Hunter gatherer diets contained 85% of soluble fibre compared to 15% in the typical Western diet.
- Eat at least 9 cups of vegetables everyday – you've got to have a lot of fibre in your diet. If that's not enough, add flax seed.
- If you eat a plate of greens everyday this turns into vitamin K1. The bacteria that live in the small bowel will process this to make new forms of vitamin K – including K2, K3 and K4. It is these bacterial forms of vitamin K that are far more potent in health than K1, including making myelin.

### Don't Get Constipated!

- If you have any problems with constipation (and even if you don't) grind flax seeds in a coffee grinder and add to smoothies. They have to be freshly ground to be effective, just before use. Ground flax seeds are a great way to get soluble fibre. Chia seeds are also good for constipation.

### How To Get Rid of Inflammation

- Food is the bedrock to either keep the inflammation going or to kill it off.
- The best way to lower inflammation in the body is to: Cut out sugar, eat more vegetables, cut out gluten and dairy, cut out food sensitivities. The most common food allergies are gluten and dairy.
- Gluten is linked to thyroid disorders. Few people know the connection between gluten and thyroid problems. If you have any thyroid problems, give up gluten completely. It takes the brain 7 years to get repaired after giving up gluten.

### Sugar, White Flour, Processed Foods

- You've got to flush them out of your system and instead eat real food.
- Real foods fertilise healthy bacteria in your bowels. Starve out sugar-loving bacteria.
- No matter what anti-inflammatory drugs you may be taking, if you don't address the dietary causes of inflammation, it's hard to get the fire out.

- If you continue to eat a pro-inflammatory diet, it's like pouring gasoline on the fire.
- Don't eat genetically-modified foods. Plants make their own insecticide; if you interfere with plant genes, it sets up a pesticide factory in your own bowels. So use non-GMO, organic foods. Grow your own!
- Use seaweed in your cooking – e.g. dulse. Adds flavour and very healthy.

### Obesity

- You cannot be completely healthy and also obese; obesity is not good for you. Eating for optimal health, eating the Wahls diet, people get steadily trimmer and trimmer and they feel great.. A person is a far greater risk for a host of health problems if their weight goes up – including auto-immune illnesses, high blood pressure and diabetes. Give up the carbs and the processed foods.

### Gum Health and MS

- If there is blood when you brush your teeth or floss, it shows there is low-level inflammation and infection along the gum line. You need to deal with that as if you have this you are at greater risk of auto-immune problems, heart disease and stroke. That's why we address gum health in our MS clinic.
- Fluoride is toxic. So is mercury. Use dentists who use fluoride and mercury free dentistry.
- Avoid having root canals as an infected tooth can never be completely sterilised and there will always be low-level infection that can activate the immune system.

### Recovering From MS

- It took you several years to get ill and so it will take several years to recover from MS. Don't expect overnight miracles.

### Research

- We have very exciting preliminary data from our trials on progressive MS using the Wahls Protocol (nutrition and neuro-stimulation).





## A Conversation with Dr David Wheldon

*After viewing a video posted on YouTube about Dr Wheldon's work researching the link between MS and infection, Therese decided to contact him. Below is the email conversation. Dr Wheldon has sent through a series of articles on his findings and research.*

**If you are interested in viewing these articles please contact the MS Auckland Office and we are able to email them to you.**

### **Therese's email**

Hello Dr. Wheldon,

I am the General Manager for Multiple Sclerosis Auckland in New Zealand. I have watched your YouTube video <http://youtu.be/EpMvDe8-qsm> with interest and have read a lot about your studies.

I am producing a newsletter and want to include relevant information. Do you have any other updates? How is your wife?

Do you have a lot of medical support out there yet? I know that the drug companies would be very anti it as they don't benefit financially. Are there any other patients that have had success that you are aware of?

Anymore updates, stats or data you can offer would be brilliant.

Are you coming to NZ any time soon????

Cheers,

Therese Russel

### **Sarah's (David Wheldon's Wife) Response**

Hello Therese,

I am Sarah Longlands, David Wheldon's wife. David is planning on writing to you in a few days but I thought I would write myself in the meantime, since he forwarded me your email.

You ask how I am. Well, May this year it will be ten years since I was given my diagnosis of rapidly advancing SPMS. This rapid advancement continued until August of 2003 then since starting the antibiotic formula I have had no new symptoms and a vast pull back of my existing symptoms. as per the Catalyst programme. My right arm, from being nearly paralyzed is now fully able to work all day, although it does tend to tire towards the evening, which is to be expected, really, with all the new pathways.

My walking, likewise, is far from perfect and I certainly can't run, which is a shame since I used to be a cross-country runner in my teens. The main thing is, though, that I can resume my profession a fine-artist and my brain is totally clear and bright.

You can see some of my recent work on my website: [www.avenues-of-sight.com](http://www.avenues-of-sight.com)

One more thing, not made clear in the programme was that David has now treated many people, most of whom have seen at least some improvement, some are better beyond their dreams.

Best wishes,

Sarah



**David Wheldon's Response.**

Therese,

Good to hear from you.

Briefly, the association of MS and chronic infection with *Chlamydia pneumoniae* was first made at Vanderbilt University, Nashville, Tennessee by Dr Charles Stratton and his colleagues. Professor Ram Sriram, a Neurologist at Vanderbilt, treats MS patients with antibiotics.

My own interest began in 2003 when Sarah, my wife, was given a diagnosis of SPMS in a very aggressive form. (This is on my website.) We began treatment. After a stormy beginning she made a good recovery. Her right arm, which was paralysed for six months, is now back at full strength and dexterity. Her walking remains somewhat impaired; the new pathways are, as you might expect, less efficient than the original ones. It is almost ten years since Sarah began treatment and in that time she has had no new MS symptoms.

I have since treated about 60 other patients, working alone without secretarial or nursing support. As many patients live some distance away objective follow-up is difficult, as is assessment of compliance. Feedback from SPMS patients indicates that deterioration is halted in the majority, and many of these attain some improvement in their abilities. The earlier treatment is started the better. It has to be said that a minority do not improve: perhaps in these persons the disease has become truly auto-immune. I see few people with early RRMS because these patients are offered DMDs. In the few I have treated none have reported subsequent relapses, but given the unpredictable nature of RRMS one shouldn't read too much into this.

A very kind lady who lives locally allows me to see patients at her house. She herself had SPMS and her house is adapted to the needs of wheelchair users. (Incidentally she was confined to a wheelchair for outside mobility: after treatment she can walk a couple of kilometres and play mild badminton.) I do not charge patients for advice or treatment; the last thing I wish is to be accused of profiting from the illness of vulnerable persons. So it is a very homespun kind of operation. I have retired from the NHS; the hospital where I used to work will not allow me to see patients on their premises.

You may know of the website [www.cpnhelp.org](http://www.cpnhelp.org). This is a forum for persons with chronic infection with *C. pneumoniae*. Quite a number have MS. There is a section of that website which details patients' stories: [http://www.cpnhelp.org/patient\\_stories](http://www.cpnhelp.org/patient_stories): you may find this interesting.

Antipathy from the establishment is pretty much universal in neurologists, though I know of one Harvard neurologist who underwent a Damascene conversion on seeing the improved MRIs of one of his patients. I think there are two reasons for neurological antipathy. Some come across as professionally affronted. Also, most MS research is funded by makers of monoclonal antibodies and other costly drugs. Off-patent antibiotics and antioxidants make no profit for anyone. There is another reason: if MS is caused by an infection, the last thing one needs to be doing is to impair the immune system. One can see evidence for this in that alemtuzumab did nothing to prevent the rate of deterioration in patients with SPMS. I myself saw a patient last week who had mild RRMS which became aggressive a few months after alemtuzumab had been started. (I enclose a letter Dr Stratton and I wrote to the *Lancet*. It was not accepted, but it still makes interesting reading.)

I'm attaching two papers published in peer-reviewed journals; two small essays by myself (unpublished) and the unpublished letter to the *Lancet*.

The last thing I should say is that *C. pneumoniae* is a very, very difficult organism to culture, so Dr Stratton tells me. The elementary bodies are present in the CSF in very small numbers: I discuss the evidence here: <http://www.davidwheldon.co.uk/peer-review.html>

I do hope that this will be helpful to you,

With warm regards,

David

## Christchurch Medic Leads Trial Studying MS



A Christchurch neurologist is leading part of the world's first clinical trial into whether oral vitamin D may prevent multiple sclerosis (MS). The trial is being conducted in both Australia and New Zealand and will include 240 people with early MS.

Dr Deborah Mason will oversee the New Zealanders taking part in the study while Professor Bruce Taylor, also a former Christchurch neurologist now based in Hobart, Australia, is one of the principal researchers heading the trial in Australia.

Dr Mason says MS prevalence in New Zealand is high compared to many other parts of the world and appears to be increasing particular in females.

Researchers believe New Zealanders may be particularly susceptible to MS because of our low latitude which results in low levels of vitamin D.



"This is particularly true for people living in Canterbury, Otago and Southland. We are uniquely placed to perform this research here and it has particular relevance given our high MS rates," Dr Mason says.

"It will be the world's first randomised controlled interventional study using vitamin D in people with MS to see

how it might influence this disease." Research Australia has pledged \$3.5 million towards the study.

"This trial may not only find a very modestly priced treatment for early MS it may also give us a lot of information about the effect of vitamin D in MS and may be a precursor to intervention in at risk groups prior to developing disease. It also has synergies with other research being done in NZ in children and others as vitamin D is a hot topic of research currently."

Dr Mason says the timing of the study has also worked in perfectly as it correlates with other research she has been doing including the NZ MS Incidence Study for the MS Society.

"The society's study has focused on developing a database of people with MS and has provided the platform to approach suitable candidates to invite them into the Vitamin D study, which is scheduled to begin in January," she says.

Dr Mason says MS can be extremely debilitating and affects more women than men, often in their 20's or 30s during what typically should be the most productive years of their lives.

"Other research has found 92 percent of people with MS have a strong work history but within five years of developing the disease up to 50 percent are no longer working".

Dr Mason is a consultant Neurologist with Canterbury District Health Board based in Christchurch Hospital's Neurology Department.

## National Incidence of Demyelinating Disorders Study

Researchers at the University of Otago's Christchurch School of Medicine and Health Sciences and Christchurch Hospital have launched the most definitive study on Multiple Sclerosis (MS) ever attempted in New Zealand. This is a two-year study and they currently have 100 patients including 23 males and 77 females from around the country. An email was sent to the MS Auckland Office from the MS Study Group updating us of the progress.

They have reached a milestone of recruiting their 100<sup>th</sup> patient. The study breaks down patients into two categories. The categories are those patients with Clinically Isolated Syndrome and those with MS. Of the 100 patients currently involved in the study across DHB's, Auckland and Waitemata make up 17% of those participating in the study. They are currently doing their first 6 monthly telephone follow-ups with these patients and have been overwhelmed by the response from patients and everybody contacted has been keen to participate in the study and would like to thank everyone for their support.

If you would like more information on this study please do not hesitate to contact the Study Group on **0800 677 839**.

## World-First Website brings info to People with MS

Source: *MS Life: Queensland's Premier Magazine for People living with MS Summer 2013.*

A world-first website aimed at helping people living with MS manage their illness has been established.. The website is called [www.makingsenseofmsresearch.org.au](http://www.makingsenseofmsresearch.org.au) and was recently launched in Australia. The website is a great health information tool for people with MS, their family, members and carers.

Funded by MS Research Australia and MS Australia – ACT / NSW / VIC, the website uses summaries of scientifically rigorous Cochrane Reviews to create a place that people affected with MS can go to seek, unbiased, first-class information on medications and treatments. The good news is this website is a first of its kind for the MS community.

This kind of information is normally only available to doctors, so to have it accessible to people living with the disease every day is a great step forward!

What sets this website apart from other similar web resources is that it has distilled the scientific language of clinical trials into something everyone can understand. It also has different levels of detail about each treatment, a section that helps you understand how MS research relates specifically to you and a list of questions you might ask your doctor. Put simply, it's a really useful resource for people with Multiple Sclerosis.

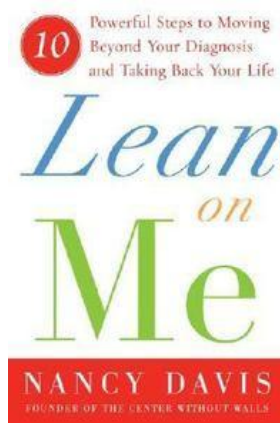
For more information please browse the website [www.makingsenseofmsresearch.org.au](http://www.makingsenseofmsresearch.org.au)



## MS AUCKLAND LIBRARY BOOK REVIEW

Available to borrow from our Library.

**Lean On Me: Powerful Steps to Moving Beyond Your Diagnosis and Taking Back Your Life.** By Nancy Davis



At the young age of 33, Nancy Davis was diagnosed with Multiple Sclerosis. The finality of the neurologist's prognosis was devastating: within a year she would be confined to her bed and, at best, able to push the buttons on her television's remote control. Rather than accept a hopeless prognosis, Nancy learned about her illness and, in turn, created a new life for herself with a new health regimen and an expanded range of therapeutic options.

In *Lean on Me*, Nancy shares her deeply personal story and provides a step-by-step guide for taking charge of your own health care in the face of life-threatening disease. Each step offers readers the strategies and strength to carry on when they are feeling overwhelmed and the concrete tools for actively seeking and receiving the best treatment. In the face of a medical crisis, *Lean on Me* shows how to navigate the healthcare waters, find hope, take positive action, and celebrate progress—and supplies authoritative information that can save your life or the life of a loved one.

## INTERESTING VIEWING

The following two You Tube clips that are interesting and well worth watching:

Living with Multiple Sclerosis: Hope for Stem Cell Therapies – Nan Luke  
<http://youtu.be/9UKSGNctDc8>

Dr Phil – Multiple Sclerosis <http://youtu.be/LknwXKdWYc>



## MARCH 2013 CALENDAR OF EVENTS

<b>1</b>	West Auckland Water Walking	11.00am West Wave Aquatic Centre, Henderson
<b>2</b>	North Shore Café Group	12.30pm, Kings Plant Barn, Glenfield
<b>3</b>	<b>MOVIE FUNDRAISER</b>	<b>3pm, Bridgeway Theatre, Northcote</b>
<b>5</b>	Eastern Water Walking	10.30am, Jellicoe Pools, Onehunga
<b>6</b>	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool
<b>7</b>	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre
	BB's Café Group	11.00am, BB's Café, Waitakere Mega Centre, Henderson
	Mayfield Coffee Group	10.30am, Kings Plant Barn, Glenfield <b>(NEW VENUE)</b>
	Pukekohe Café Group	11.30am, Contact office for location.
<b>8</b>	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
<b>9</b>	Greenlane Café Group	11.00am, Zinc Café, Greenlane
<b>12</b>	Eastern Water Walking	10.30am Jellicoe Pools, Onehunga.
<b>13</b>	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool
<b>14</b>	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre.
<b>15</b>	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
<b>16</b>	<b>MEMBERS LUNCH</b>	<b>12 noon, Fairway Lodge, Glenfield</b>
<b>19</b>	Eastern Water Walking	10.30am, Jellicoe Pools, Onehunga.
	Hibiscus Coast Buddies	10.30am, Whangaparaoa Library, Pohutukawa Room
<b>20</b>	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool
<b>21</b>	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre.
	Botany Café Group	Whitcoulls Coffee Lounge, Botany Downs Town Centre
<b>22</b>	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
<b>26</b>	Eastern Water Walking	10.30am, Jellicoe Pools, Onehunga
	Manukau Café Group	10.30am Friendship House, Putney Way, Manukau
<b>27</b>	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool
<b>28</b>	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre
<b>29</b>	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson



## APRIL 2013 CALENDAR OF EVENTS

<b>2</b>	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
<b>3</b>	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool.
<b>4</b>	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre.
	Mayfield Coffee Group	10.30am, Kings Plant Barn, Glenfield ( <b>NEW VENUE</b> )
	BB's Café Group	11.00am, BB's Café, Waitakere Mega Centre, Henderson
	Pukekohe Café Group	11.30am, Contact office for location.
<b>5</b>	<b>The Big Event</b>	<b>ASB Showgrounds, Greenlane</b>
	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
<b>6</b>	<b>The Big Event</b>	<b>ASB Showgrounds, Greenlane</b>
	<b>Stress Management Workshop</b>	<b>Contact Office for Details</b>
	North Shore Café Group	12.30pm, Kings Plant Barn, Glenfield
<b>7</b>	<b>Ladies Lunch</b>	
<b>9</b>	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
<b>10</b>	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool.
<b>12</b>	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
<b>13</b>	Greenlane Café Group	11.00am, Zinc Café, Greenlane
<b>16</b>	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
	Hibiscus Coast Buddies	10.30am, Whangaparaoa Library, Pohutukawa Room
<b>17</b>	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool.
<b>18</b>	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre.
	Botany Café Group	Whitcoulls Coffee Lounge, Botany Downs Town Centre
<b>19</b>	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
<b>20</b>	<b>AGM Auckland</b>	
<b>23</b>	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
<b>24</b>	Mairangi Bay Water Walking	10.45am, Millennium Institute of Sport
	Papatoetoe Water Walking	11.00am, Papatoetoe Pool.
<b>25</b>	Epsom Aqua Exercise Group	10.30am, Epsom Girls Grammar Aquatic Centre.
<b>26</b>	West Auckland Water Walking	11.00am, West Wave Aquatic Centre, Henderson
<b>30</b>	Eastern Water Walking	10.30am, Glen Innes Pool Complex.
	Manukau Café Group	10.30am Friendship House, Putney Way, Manukau



## MS GROUPS

MS Groups are a great way for members to get together for friendship and support, whether it is simply for a chat or for some light exercise, make it your goal to go along to a group. All people with MS are welcome to attend any of the above groups in any area. If you have an idea for a group, would like to start one or would like more information on these groups, please contact the MS Auckland Office on (09) 845 5921 or email [info@msakl.org.nz](mailto:info@msakl.org.nz)

### Hydrotherapy – Physios

#### MAIRANGI BAY WATER WALKING

*Wednesdays 10.45am to 11.45am*

At the Millennium Institute of Sport. Contact the office for more information.

#### EPSOM AQUA EXERCISE GROUP

*Thursdays 10.30am to 11.30am*

At Epsom Girls Grammar Aquatic Centre. Contact the office for more information.

#### EASTERN WATER WALKING

*Tuesdays 10.30am to 11.30am*

At Jellicoe Pools, Onehunga. Contact the office for more information

#### BEACHLANDS AQUA EXERCISE

Contact Margaret Strachan (09) 536 6663

#### AUT PHYSIOTHERAPY SESSIONS

These individual Physiotherapy sessions are held at AUT, Akoranga Campus, Northcote. Contact the clinic for details (09) 921 9161

#### WEST AUCKLAND WATER WALKING

*Fridays 11.00am to 12.00pm*

At West Wave Aquatic Centre, 20 Alderman Drive, Henderson. Contact the office for more information.

#### PAPATOETOE WATER WALKING

*Wednesdays 11.00am to Midday.*

At the Papatoetoe Pool, Sutton Cres. Contact Gordon Baker (09) 275 5729

### Support Groups

#### HIBISCUS COAST BUDDIES

*3<sup>rd</sup> Tuesday of each month, 10.30am till Midday*

At the Pohutukawa Room in the Whangaparaoa Library. All welcome. Call Georga for more information on (09) 845-5921.

#### NORTH SHORE CAFÉ GROUP

*1<sup>st</sup> Saturday of each month 12.30pm*

Kings Plant Barn, 11 Porana Road, Glenfield. Contact Christine Ball on (09) 444 6945

#### GREENLANE CAFÉ GROUP

*2<sup>nd</sup> Saturday of each month, 11.00am*

Zinc Café, 205 Great South Road, Greenlane (by Post Office and Kiwi Bank). Contact the office for more information.

#### PT CHEVALIER SUPPORT GROUP

*2<sup>nd</sup> Wednesday bimonthly, 10.30 – 12.30*

Contact the office for more information

#### BB's CAFÉ GROUP

*Meet the 1<sup>st</sup> Thursday of each month at 11.am.*

BB's Café is located at the Waitakere Mega Centre, 5 Vitasovich Avenue, Henderson. If you are interested please call Georga on (09) 845-5921

#### BOTANY CAFÉ GROUP

*3<sup>rd</sup> Thursday of each month.*

At Whitcoulls Coffee Lounge, Botany Downs Town Centre. Contact Elaine Jones (09) 533 4160

#### MUMS, DADS and KIDS GROUP

*Saturdays each month*

At a mutually agreed time and place. Contact the office for more information.

#### MAYFIELD COFFEE MORNING

*1<sup>st</sup> Thursday of each month, 10.30am.*

Kings Plant Barn, 11 Porana Road, Glenfield. Contact the office for more information. **NEW VENUE**

#### SHORE LUNCH GROUP

*Meets every 2<sup>nd</sup> month, midday.*

At various cafés around the North Shore. Contact the office for more information.

#### KUMEU CAFÉ GROUP

*Alternating 1<sup>st</sup> Monday, Tuesday or Wednesday of each month, 10.30am*

Meet at various cafés around the Kumeu area. For more information call Georga on (09) 845-5921

#### WAIHEKE GROUP

*Meets several Sundays per year.*

Contact the office for more information.

#### BEACHLANDS SUPPORT GROUP

*Meets six weekly at different venues.* Contact Linda Reid on (09) 536 6215

#### MANUKAU CAFÉ GROUP

*Last Tuesday of each month, 10.30am*

Friendship House, Putney Way, Manukau. Contact Yvonne Fleming (09) 269 7283

#### PUKEKOHE CAFÉ GROUP

*1<sup>st</sup> Thursday of each month at 11.30am*

Contact Sarah Toft (09) 232 2796