

bike the bridge

2018 event a great success!



inside



WIN an
e-bike!

Dorothy
Newman
scholarship

vegan
banana
bread

oral
health
care

and much more...



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If you're living with relapsing MS, there is a treatment that may suit you.

Aubagio is a well-tolerated treatment that effectively delays disability progression and reduces relapses and MRI lesions.

Aubagio, working to help quiet MS.*

A once-daily pill, ask your doctor if Aubagio is right for you.


(teriflunomide) 14 mg tablets

*AUBAGIO has demonstrated a significant and consistent reduction in multiple measures of disease activity in relapsing forms of MS, while its most common adverse events included diarrhoea, rashes/itchy skin, which rarely required treatment discontinuation.

For full information on side effects, please read the Consumer Medicines Information available at www.medsafe.govt.nz.

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SANOFI GENZYME 

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our people.

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a few words from Ingrid.

Our General Manager

*"To improve is to change; to be perfect
is to change often."*

WINSTON S. CHURCHILL

Welcome to our first magazine for 2018. I hope you had a wonderful break over the summer and feel refreshed and renewed for another full and exciting year. This year we will be giving you three magazines, instead of the usual four. We will continue to aim to provide you with interesting stories of people and events, a recipe or two, and information and updates on matters of interest for people with MS. Please let us know if there are other things you would like to see in these pages.

There are lots of changes ahead – some we are very sad about, such as Carol's retirement. Carol has been one of our Field Workers for the past 5 years. She leaves a big gap for us and we are still working to find ways to fill it. Other changes we are excited about – such as growing our team of Hydrotherapy providers. We welcome Physio Rehab Group and Neuro Rehab results to the MS Auckland community, joining Rope Neuro Rehabilitation in providing you with hydrotherapy classes.

Our AGM is coming up on the 11th of April. AGM's aren't generally well attended, but we hope you will join us this year as we farewell long term MS committee member, Graham Wear. We are looking out for new people to join our volunteer committee. It is a great way to get involved in the MS community and to support the work we do.

If you would like more information please just drop me a line and I can talk you through what is involved.

We will be reaching out to you this year as we look at how we can continue to keep up to date on the needs of the community and the role you would like MS Auckland to take in filling that need. Are there services that are not available that you would like to see? Are there other ways in which we can be providing our services to you to best meet your needs? Should we be aiming to grow some of our services, or perhaps remove some to make way for new ones? These are all things we will be exploring and we need your help!

We can't do anything without funding. Once again this year we will be doing fundraising. The first big one is our raffle with the chance to win a smartmotion e-bike, generously donated by our partners Electric Bikes NZ. Find out more about this great raffle on page 12.

Look out for your next magazine in July. In the meantime keep up to date with our monthly e-newsletter. Subscribe via our website – www.msakl.org.nz, or call Becky on 09 845 5921 to join.

With best wishes for a wonderful 2018
Ingrid

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events for your calendar.

March/
June

Upcoming events

There is always a lot happening at MS Auckland. Information on support groups can be found on page 19 and on our hydrotherapy classes on page 18.

Some other events to look out for over the next few months are:

Sunday 26 March, Caffeine and Classics - MS Auckland

will be having a stand at the very popular Caffeine & Classics event on the 25th of March. We will have a BBQ and will be looking at raising funds, selling raffle tickets, and raising MS awareness. The popular event is held at Smales Farm at Northcote on the last Sunday of each month. Motorcycles, Hot Rods, Muscle Cars, Vintage and Classic cars all come out to what has become New Zealand's largest monthly vehicle gathering. Come and join us for the fun. If you can volunteer a few hours in helping with the BBQ, or if you can donate food for the BBQ please contact Neil Woodhams on nbw@xtra.co.nz or phone him on 021 531 654.

Wednesday 11 April, MS Auckland AGM – 5:30pm

This will be held in the meeting room at our old rooms at 5 Mayfield Road, Glenfield. Special guest speaker is retiring Committee member, Graham Wear. Come and join us for a cup of tea and find out more about what we are doing. We are looking for new Committee members to join us. This is a volunteer role. If you have a bit of time to spare and feel passionate about MS and would like to help out, we would love to hear from you. Call Ingrid for more information on 09 845 5921.

Saturday 26 May, Research Day

This popular event returns again this year with a new line up of presenters. Mark this date in your diary. More information will be available soon!



**Sunday
26th March**

Caffeine and Classics

Smales Farm Northcote
on the last Sunday of each
month.

**Wednesday
11th April**

MS Auckland AGM

5.30pm, 5 Mayfield Road,
Glenfield.

**Saturday
26th May**

Research Day

**Sunday
17th June**

Life Buoy for MS

Royal New Zealand Yacht
Squadron, Westhaven Marina.

save the date. *Sunday 17th June.*

Life Buoy for MS returns on Sunday 17 June 2018!

Save this date to attend a charity luncheon and fundraising event for MS Auckland at the Royal New Zealand Yacht Squadron, Westhaven Marina.

Gather your family and friends together for a wonderful afternoon with good food, good company, and great entertainment and prizes, at this superb location. Look out for more information coming your way soon!



farewell from Field Worker, Carol Andrews.



After almost 5 years with MS Auckland my husband, Rod, and I are moving on with the next phase of our life - retirement and all the adventures that come with it! This has not been a quick decision for me. Rod has been making noises for quite some time about us leaving work and joining the thousands of Grey Nomads cruising through Australia everyday. I finally said, "okay, let's do it!"

After spending a few weeks with family in Tauranga we will head off on our Australian adventure at the end of March. We have already bought a caravan and just need to buy something to tow it with now. We will spend a couple of months in a motor camp near our son, daughter-in-law and 7 year old grandson in Geraldton, 5 hrs north of Perth, before spending the next 6 months travelling around Western Australia and the Northern Territory. We are thinking of coming back

to NZ for a couple of months at the end of the year, before going to spend time in Tasmania.

Since May 2013, I have had the pleasure of working with an amazing group of people who are passionate about helping those with MS live their lives to their fullest potential. As to our amazing members, you have inspired me with your fortitude, positive attitude and ability to not let MS define who you are.

So, although I am very excited about my next journey, my heart is a little heavy at having to say goodbye. Thank you for the lovely memories that I will carry with me and who knows, perhaps our paths may cross again someday.

Adieu, Carol

from the MS nurses.

We are often told that after an appointment with their neurologist people's expectations are not fully met. To ensure you get the most out of your appointment taking time to prepare for it can be extremely worthwhile.

Your neurologist only has 25min allocated to them for your appointment which is not long to work out how to help you the most.

Going into this appointment with a plan means you have a greater chance of coming away with a sense of satisfaction.

You may want to think about

- Which issues about your MS bother you the most? Make a list then choose the top 2 to discuss at your appointment. People often mention their most worrisome symptom as they are at the door leaving and this doesn't help your neurologist to help you
- Have any blood tests that are due taken prior to your appointment so your neurologist can review them



Fiona and Nazila

- Review your MS medications, if you are running low make a list of what you may need to be re-prescribed
- Give yourself plenty of time to get there and get parked or to walk from public transport
- Feel confident that you know your symptoms best and don't be reluctant to describe them and ask for help
- Consider completing the MSIS29 (opposite page) which gives a quick snapshot of how your MS is effecting you on a daily basis

MS nurses e-mail: msnurse@adhb.govt.nz; phone: 09307 4949 ext. 25885#

MS Impact Scale. (MSIS-29)

The following questions ask for your views about the impact of MS on your day-to-day life **during the past two weeks**. For each statement, please **circle** the **one** number that **best** describes your situation. **Please answer all questions.**

<i>In the past two weeks, how much your MS limited your ability to...</i>	Not at all	A little	Moderately	Quite a bit	Extremely
1. Do physically demanding tasks?	1	2	3	4	5
2. Grip things tightly (e.g. turning on taps)	1	2	3	4	5
3. Carry things?	1	2	3	4	5
<i>In the past two weeks, how much have you been bothered by:</i>	Not at all	Not at all	Moderately	Quite a bit	Extremely
4. Problems with your balance?	1	2	3	4	5
5. Difficulties moving about indoors?	1	2	3	4	5
6. Being clumsy?	1	2	3	4	5
7. Stiffness?	1	2	3	4	5
8. Heavy arms and/or legs?	1	2	3	4	5
9. Tremor of your arms or legs?	1	2	3	4	5
10. Spasms in your limbs?	1	2	3	4	5
11. Your body not doing what you want it to do?	1	2	3	4	5
12. Having to depend on others to do things for you?	1	2	3	4	5
<i>In the past two weeks, how much have you been bothered by:</i>	Not at all	Not at all	Moderately	Quite a bit	Extremely
13. Limitations in your social and leisure activities at home?	1	2	3	4	5
14. Being stuck at home more than you would like to be?	1	2	3	4	5
15. Difficulties using your hands in everyday tasks?	1	2	3	4	5
16. Having to cut down the amount of time you spent on work or other daily activities?	1	2	3	4	5
17. Problems using transport (e.g. car, bus, train, taxi, etc)?	1	2	3	4	5
18. Taking longer to do things?	1	2	3	4	5
19. Difficulty doing things spontaneously (e.g. going out on the spur of the moment)	1	2	3	4	5
20. Needing to go to the toilet urgently?	1	2	3	4	5
21. Feeling unwell?	1	2	3	4	5
22. Problems sleeping?	1	2	3	4	5
23. Feeling mentally fatigued?	1	2	3	4	5
24. Worries related to your MS?	1	2	3	4	5
25. Feeling anxious or tense?	1	2	3	4	5
26. Feeling irritable, impatient, or short tempered?	1	2	3	4	5
27. Problems concentrating?	1	2	3	4	5
28. Lack of confidence?	1	2	3	4	5
29. Feeling depressed?	1	2	3	4	5

Please check that you have circled ONE number for EACH question

from the field.

Getting a Good Night's Sleep

Written by Andrea Kortas-Ray



Picture this: You're really tired, but no matter what you do, you just CANNOT get to sleep! Perhaps you lie there anxious and stressed about not being able to sleep. Perhaps you might finally get to sleep and then your alarm goes off shortly afterwards and you wake up wondering how you're going to survive the day! Maybe you can sleep during the day, but have no such luck at night! No matter what your situation is, insomnia/not being able to sleep is tough! There may be some medical symptoms such as pain, burning or spasms keeping you awake, and I encourage you to see your GP or specialist to develop a plan for managing these symptoms.

In this article I have some tips that may help you to get a better night's sleep. I really encourage you to give these a go to see if they work for you! A good night's sleep is so important to our well-being. The majority of products mentioned below can be purchased from most pharmacies and/or department stores.

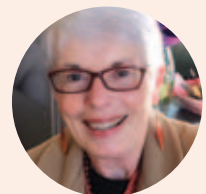
1. Wear ear plugs to block out noise. Try different types to see which ones are comfortable: E.g. foam, wax, silicone. Some ear plugs block out more decibels than others and some are specifically designed for sleeping.
2. Wear a breathable, but dark eye mask to block out light. Have your partner wear one too if he/she is disturbed by you turning on your light in the middle of the night.
3. Try some "white noise" or calming background music that blocks out other more disruptive background noises and helps to calm you. E.g. The constant humming of a loud fan, gentle rain music playing on repeat, the 'Omharmonics' soundtrack, other calming meditation or classical music playing quietly in the background, etc.
4. Use an essential oils diffuser to put a calming scent into the air. The most common calming essential oil is lavender. If you don't have a diffuser, a few drops of essential oils into a container/jug/bowl/mug of boiling water (be careful!) or a lavender misting spray can have the same effect.
5. Use a lavender balm or rub. Rub it into your temples, wrists and under your nose before bed.
6. Routine: Try meditating every night before going to bed and try to go to bed at the same time every night.

7. Try some sleep techniques, progressive relaxation exercises or breathing exercises. Contact your Field Worker if you wish to be sent some exercises that you can try – but this is a good one to “Google!”
8. Try not to eat for 2-3 hours before bed and have your biggest meal in the morning instead of at night. When sleeping, your body needs to be resting, not using energy towards digesting. If you have “hunger pangs” that are keeping you awake, a small snack of carbohydrates with fat, 15-30 minutes before bed is fine. Protein, sugar and caffeine are not ideal as protein is harder to digest and sugar and caffeine will keep you awake.
9. You’ve all heard it before: Try not to look at any electronic screens 1-2 hours before bed! That means no TV either! Keep the bed for sleeping and “marital relations” only!
10. If you share your bed with someone else, purchase a bed with limited partner disturbance. If you and your partner need to have separate blankets on the same bed, due to temperature differences, that’s ok! Getting your temperature right also helps sleep! If you overheat during the night, try sleeping on a cooling mat.
11. Practice good fatigue management strategies during the day. If you need to nap during the day, make them “power naps” and set your alarm so that you don’t oversleep! 10-30 minutes is the ideal length of time for a nap, although research shows that 60-90 minutes can also have benefits. As a general rule of thumb, if you wake up from a nap during the day feeling drowsy, then you have slept for too long! (Reference: American Psychological Association)
12. If you’re lying in bed feeling anxious about not sleeping, try to break this pattern. You could lie in bed doing some relaxation or breathing techniques. Even if you can’t sleep, rest can still be beneficial. Perhaps you may like to turn on the bedside light and calmly read a book. Others find it beneficial to actually get up and go away from your bed to do something relaxing, if you are finding being in bed too stressful. Then once you are feeling relaxed, go back to bed and try again with a fresh start. Try to avoid turning on bright lights if at all possible.
13. If all of the above fails, see your GP to see if a melatonin or sleeping tablet prescription or a sleep study is needed for you. Natural sleep aid supplements or ‘sleep drops’ may help some people too.

Our Field Workers



Dianne



Diane



Andrea

I hope this helps! If you have any other techniques and ideas for getting a good night's sleep we would love to hear about it!

A note from the office.

With our Field Worker, Carol, now retired, and moving on to new adventures (see page 6) we are working hard to find a replacement. We are so thankful that our other three Field Workers, Dianne B., Andrea and Diane H. are all working extra hours to help cover things in the meantime.

If you would like to talk to a Field Worker about anything and not sure who to call, please contact the office reception on 09 845 5921 and we will put you in touch with someone who will contact you.

dove care is special.

Written by Ingrid Minett



Ceramic art

From the moment you walk into Dove House you get a feeling of being lovingly embraced by the beautiful surroundings and the beautiful people within the house. Located on the St Andrew's grounds in Glendowie Auckland, Dove House is so much more than what you would normally associate with the wonderful hospice care and services.

I met with Janine Ewan, the CEO of Clinical Services who gave me a tour around the house and explained to me a little bit more about the services they offer.

They describe themselves as a 'Hospice with a difference'. Their main focus is with people with life threatening illness and they will see people anywhere from their time of diagnosis of their condition onwards. However – good news for people with lifelong conditions such as MS – they welcome people living with chronic conditions to participate in their programmes and activities.

Janine says that they feel an obligation to collaborate and work with other groups in ways that they are able, and one of those ways is in opening up their doors to a wider range of conditions that experience similar needs. Some of those needs include body therapies such as Aromatherapy, and Skin and Nail therapy; Relaxation therapies such as Reiki, yoga and Breathing Well; and counselling and emotional support, including individual, group and family counselling. They also offer a range of short programmes and courses, such as their very well received and empowering 6 week programme entitled 'Return to Wellness'.

All the services at Dove House are free to patients and their families. You can access their services directly or be referred by a health care provider.

Dove House is completely independent and receives no government funding. A large part of their funding comes from the Dove Hospice Shops around Auckland. Currently they have 5 shops around Auckland – Glen Innis, St Heliers, Remuera, Epsom, and Panmure – and I understand a 6th shop in Meadowbank is about to open soon. If you have household items you no longer want or need, then perhaps you might consider donating them to a Dove Shop. It's a great place to shop for anything from books and clothing, to art, housewares, and furniture. I bought a lovely little foot stool from a Dove Shop that enjoys much use at our house.

Janine says that their intention is to 'enable and empower people'. They also recognise that sometimes people just need to be held and cared for. She encourages people with MS to come in and see them.

We will be looking for ways in which we can work together with Dove House in the future, and see lots of potential for collaboration.

For more information on Dove House visit their website – www.dovehospice.org.nz, or call them on 09 575 4555.



Janine in the garden for meditation and quiet time

volunteer profile.

Written by Becky Tucker, Volunteer and Admin Assistant

Tania Phoenix

Tania, Tania, Tania, where would we be without the Tania's in our world....

We struck the lotto one morning last year when Tania wandered into our office wondering if we needed any help after spotting our MS Auckland sign outside. The office was buzzing with our Street Appeal coming up and boy, did we want her help, yes please!

Tania immediately got comfy in the office, coffee in hand and set to work. Not someone to do half a job, her commitment was priceless. Tania's happy, positive attitude was infectious, getting stuck in wherever needed, from calling round to fill up rosters to packing and counting boxes which was all hugely appreciated.

Tania has a long history of volunteering, starting from the age of 15 when she would spend her school holidays processing blood for the NZ Blood mobile van. Later on in life she also received an Auckland Council Award for service to the community. Tania has such a strong belief in giving back to the community, so much that if she has a doctor's visit, she will then go and give blood.

Tania's Grandmother was a great role model growing up and taught Tania to help out wherever it is needed. Tania



has proudly bestowed this gift to her son Jerome, who naturally spots others that need help or cheering up.

Tania's partner Steve has MS, so is very much aware of the affects and how important to have the support of a community, like MS Auckland. Tania and Steve met in the UK where Steve lives, Tania describes it as her 'sliding door' moment, (that's another story) they are very much soul mates and hopefully Tania will be joining him in the UK very soon. Until then, we are very lucky to have Tania as our hydrotherapy helper.

Thank you, Tania!

did you know?

Rod Milner Motors are the largest supplier of disability vehicles in NZ and are also big supporters of MS Auckland. For every car purchased by someone from the MS community Rod Milner donates \$500 to MS Auckland. They stock a wide range of quality vehicles and also have finance available and can assist with Lotto applications if needed.

If you are looking at buying a car then do drop in and pay them a visit. And if you purchase a car from them please let them know that you are part of the MS Auckland community for our \$500 donation. Be sure to let us know that you have done this too. We love to know who has made purchases. Last year we receive \$1,000 from car purchases through Rod Milner. All funds go towards supporting our services and very much appreciated.



For more information go to www.rodmilner.co.nz or phone them on (09) 579 9632.





an e-bike with the MS Auckland raffle!

Tickets are on sale until the 2nd of May and only 2,000 tickets will be sold. Great odds!

Thanks to the kind support of our friends at Electric Bikes NZ Ltd. and Smartmotion we have an e-bike valued at \$2,799 to raffle off!

Tickets are just \$5 and come in books of 5 – so you can buy a book for \$25 and have 5 chances of winning this fantastic bike!

Tickets can be purchased from Field Workers or from the office at 5 The Strand, Takapuna. We will have a few other distribution channels as well so contact the office to find your nearest ticket seller.

We are also seeking people who will be willing to help us in selling tickets – either through your work place, social groups, family, etc. All help would be greatly appreciated! Please contact Kirsty at events@msakl.org.nz or on 09 845 5921 if you can help us out.

All proceeds from the raffle will be going directly to the support services offered by MS Auckland for people living with MS.



Chris Speedy from Electric Bikes NZ at Bike the Bridge shows the smartmotion e-bike model they are donating to MS Auckland



Ticket buyer – hoping this is the lucky ticket!



Volunteer helper, Ben, helped sell raffle tickets at Bike the Bridge

Dorothy Newman Scholarship Recipient – Christine Kendrick.

Christine is a teacher and a mother of three children aged 12, 10 and 8. She also lives with MS. Life for Christine is busy! Currently she is teaching reading recovery to 6 year olds. She works Monday to Friday for half a day.

As a teacher though, your work doesn't stop when you leave the classroom. Christine says it was getting a bit much for her working every day. After work Christine would rush home to do household tasks, pick the kids up from school, go to the after school activities, cook dinner, prepare her lessons for the next day and then go to bed to start it all over again the following day. "With teaching you are always bringing things home" she says.

Factoring into this routine was also a Tysabri infusion every 6 weeks.

Last year, Christine's son, now 10 years old, was diagnosed with dyslexia. They engaged a Speld tutor to work with their son. Naturally Christine was keen to learn more about dyslexia and saw a gap in her own learning with her limited knowledge of dyslexia.

Christine found out about the Level 5 Certificate Course in Specific Learning Disabilities (CCSLD) that is available to certified and experienced teachers through SPELD NZ and decided that this was something for her. At the same time she recalls getting an e-mail from her Field Worker about the Dorothy Newman Scholarship, to assist people needing to retrain. She filled in the application and managed to get it in just before the deadline! The good news that she was successful in getting the scholarship arrived in November.

The on-line training course starts in March and runs all year. Christine will continue teaching one day a week this year while she re-trains.

When she finishes her training her aim is to stop teaching and become a Speld tutor. She hopes that tutoring will give her more control of her hours and enable her to better manage a work and family life balance.



"If I didn't have MS" says Christine, "I may have continued in my teaching profession". She is excited about the course and the new opportunities it will offer her. She is also very grateful to MS for their support and encourages other people with MS who are considering re-training to apply.

About the Dorothy L. Newman Scholarship

The Dorothy L Newman Scholarship assists people who have been diagnosed as having MS and as a result are unable to continue in their present employment, who need to change their employment and undergo a course of retraining in order to do so.

Applications are open solely to people with MS needing to retrain for paid employment. Applicants will be required to explain in a statement in their application the reasons why they chose their course of study, how they intend to use their qualification on successful completion of their course and the likelihood of employment following the course.

Applications for the Dorothy Newman Scholarship are open 1 September and close 31st October annually.

Please note: This year a second round of The Dorothy L Newman Scholarship will be open in April and close at the end of May.

For more information contact your Field Worker or the MS Auckland office.

what a day...



Record numbers turned out to participate in Bike the Bridge this year and MS Auckland was very proud to once again be the charity partner. This year Bike Auckland joined us as the second charity partner – a very fitting choice as Bike Auckland works to make cycling in Auckland safe and fun for all.

Event organiser Callum McNair holds a special place for MS Auckland in his heart, as his wife, Pip is affected by the condition. Pip and all the family are very grateful for the help and support they have received from MS Auckland over the years. Callum is also passionate about cycling. He sees cycling as one of the many solutions for the future of transport solutions for Auckland. Not everyone, of course is able to be on a bike, but Callum is working hard to encourage those who are able to give it a go. And what a great place to make a start – by cycling over the Harbour Bridge! It was wonderful to see members of the MS community come out and give it a go. The weather was perfect and the whole day was just superb!

Callum states, "The change in date to February saw more people than ever take to their wheels to ride the Auckland Harbour Bridge. This year's event touched more than ever, which was great, but it is also good to help MS by raising awareness of a condition that also touches so many".



bike the bridge 2018!

A number of people donated to MS Auckland through the registration process, for which we are so very grateful. All funds raised at the event go directly into supporting the services for people living with MS.

Many thanks to our kind partners at Dole New Zealand for donating all the bananas! They were very well received by the riders when they arrived back at Smales Farm for the finish of the event.



how MS can affect your oral health.

People with MS are at higher risk for dental disease, but certain tools and techniques can help them take proper care of their teeth.

By Shira Isenberg, RD, MPH

Medically Reviewed by Samuel Mackenzie, MD, PhD

This article was taken from www.everydayhealth.com



Because multiple sclerosis (MS) is a neurological disorder, many people may not realize that it can affect oral health as well. Yet MS can impact the teeth, gums, and mouth in both direct and indirect ways. With some careful planning and adjustments to their routines, people with MS can still maintain healthy oral hygiene.

Challenges to Good Dental Hygiene

For people with MS, the basics of oral self-care — brushing twice a day and flossing daily — can be difficult. Muscle weakness, spasticity, or lack of coordination can make it challenging to hold a toothbrush. Fatigue or loss of balance may make it difficult to even stand at the sink.

“Multiple sclerosis affects motor function and motor coordination,” says Payam Kashani, DDS, of Gentle Family Dental in Queens, New York. “People lose the ability to control muscles very well.”

“To have good oral hygiene, you need good manual dexterity to brush and floss properly. People with MS are not able to do that well,” Dr. Kashani says.

Pain in and around the mouth can also interfere with regular brushing and flossing. In a study published in the *Journal of Oral Maxillofacial Surgery* in February 2013, close to 90 percent of study subjects, all of whom had MS, had some form of facial or mouth-related symptom (including numbness or pain). The longer someone has had MS, the more common these symptoms.

While visual disturbances were the most common symptom noted in the study, about 8 percent of subjects experienced trigeminal neuralgia, a type of severe jaw pain brought on by inflammation of the trigeminal nerve. Brushing your teeth can trigger pain caused by trigeminal neuralgia or by a rarer form of pain known as glossopharyngeal neuralgia, which occurs around the tongue, tonsils, jaw, or ear.

Vital for Health

A study by Spanish researchers published in March 2012 shows that people who have MS have high rates of dental caries (tooth decay) and periodontal (gum) disease. These problems can impact overall health in a number of ways.

“In the last 10 years, good oral hygiene has been shown to be very important,” says Kashani. “Studies have demonstrated links between periodontal disease caused by poor oral hygiene and heart disease, diabetes, and other types of disease that are modulated by inflammatory processes.”

In addition, when the mouth, gums, and teeth are not in good condition, eating and digesting healthy, nutritious foods becomes more challenging.

Poor oral hygiene may lead to infection, which can worsen MS symptoms. Furthermore, tooth loss impacts not just chewing ability, but also a person’s smile and appearance, which play a role in self-esteem.

The Effect of Medications on the Mouth

Medications used to treat MS symptoms often have consequences for oral health. One common side effect is dry mouth.

“Dry mouth usually goes along with tooth decay that is very difficult to treat,” says Kashani. “It can progress very quickly to the nerve, and if you don’t catch it in time, the patient can lose the tooth.”

Dry mouth can also lead to halitosis, or bad breath. Steroids, which are often used to treat MS relapses, suppress the immune system, so people taking them don’t heal very well. “The body needs to be able to

deal with gum disease properly,” says Kashani. “In immunosuppressed patients, gum disease progresses faster. They tend to lose teeth more quickly.”

Depression is a potential side effect of medications for MS — and it is generally common among people with MS. People suffering from depression tend to not take appropriate care of themselves, including their oral health.

Making Adjustments to Your Routine

The first step to good oral hygiene with MS is ensuring proper and regular brushing and flossing. Here are several ways to overcome typical MS challenges.

For poor motor coordination or difficulty with grip:

- Wrap foam around the toothbrush handle to make it easier to hold.
- Try an electric toothbrush, but avoid those with circular brush heads, advises Dr. Kashani. “They require a specific technique that dentists use in the office.” He recommends the Sonicare line of toothbrushes.
- Ask for help from a family member or personal aide.

For pain:

- Very soft toothbrushes may be more comfortable. “Technique is what makes toothbrushing effective, not the stiffness of the brush,” says Kashani.
- Talk to your healthcare provider about medication to relieve oral or facial pain.

For fatigue:

- Sit down to brush.
- Floss in bed.

To counteract dry mouth, Dr. Kashani recommends a mouth rinse such as alcohol-free Biotène Dry Mouth Oral Rinse. “Their mouth rinse is very effective. It contains some protective enzymes that would normally be available in saliva,” he says.

Alcohol-based mouthwashes for bad breath are not appropriate for people with MS. “Alcohol tends to dry out the mouth even more,” says Kashani.

For people who cannot brush and floss effectively in spite of adaptations, one or more of the following may be recommended:

- Toothpastes with prescription-strength fluoride. “These are used twice a day like regular toothpaste,” says Kashani.
- Daily fluoride treatments at home.

- Tooth remineralization products (such as Recaldent, sold by dentists as a paste and also an ingredient in Trident Xtra Care chewing gum).

Seeing the Dentist

The dentist plays an integral role on the healthcare team of a person with MS, and regular dental appointments are crucial. “If the patient is able to take care of oral hygiene well at home, one visit every six months is fine,” says Kashani. “When oral care at home is compromised, they’re advised to come in more frequently.”



When making your appointment, consider the following:

- It’s a good idea to inform the dentist that you have MS.
- Let the dentist know about any MS-related oral symptoms you have.
- If sitting in a dentist’s chair is uncomfortable for you, ask for an appointment of shorter duration.
- Fatigue tends to worsen as the day wears on, so book an appointment earlier in the day.
- If possible, schedule dental cleanings and checkups during periods of remission from MS symptoms

hydrotherapy.

The hydrotherapy classes continue to be MS Auckland's most popular service after the Field Worker service. Many people over the years have enjoyed the benefits gained from taking part in regular water exercises through the hydrotherapy programme. The very generous support over the years from two benefactors who supported the programme, allowed MS Auckland to offer the classes to people with MS at the highly subsidised rate of just \$5 per class.



This year some changes had to be made to the way things have been run, due mainly to funding cuts. The benefactors who have been extremely generous over the years finished their time with us and moved on to other very worthwhile projects to support. The goal was to continue to provide the popular hydrotherapy sessions in all 6 pools without increasing participant cost. MS Auckland is pleased to have achieved this.

We welcome two new providers to MS Auckland hydrotherapy, along with the return of Rope Neuro Rehabilitation. Our contracted providers for the hydrotherapy classes are now as follows:

- Rope Neuro Rehabilitation who have been with us from the start and have led the classes in all 6 pools will be continuing to provide their popular classes at Epsom Pool and Lloyd Elsmore Pool. Contact 623-8433.
- Physio Rehab Group will now be leading the classes at the Manurewa Pool, Westwave Aquatics, and the Saturday classes at Diocesan Girls pool. Contact 524 0633.
- Neuro Rehab Results will be leading the classes at Millennium Pool. Contact 480 6464.

The payment system has also been streamlined to reduce the administration required to run the classes, and hopefully also to make it easier for people who participate. Payment now can be done yearly (\$120), half yearly (\$60), or quarterly (\$30). Payment allows entry into any hydro session below as many times as desired. If you have questions on how to pay for the classes please contact the office on 09 845 5921.

For further information on the hydrotherapy classes please contact the Field Worker listed below for each pool, or contact the contracted provider for the pool group you are interested in joining.

2018 Weekly Sessions

Tuesday

Lloyd Elsmore Pool

Sir Lloyd Drive
Pakuranga

11.00am - 12.00 noon

Contact:

Dianne Bartlett

09 845 5921 Ext 220
dianne@msakl.org.nz

Wednesday

Millennium Pool

17 Antares Place
Rosedale

10.30am - 11.30am

Contact:

Diane Hampton

09 845 5921 Ext 219
diane@msakl.org.nz

Wednesday

Manurewa Leisure

Sykes Road
Manurewa

11.00am - 12.00 noon

Contact:

Dianne Bartlett

09 845 5921 Ext 220
dianne@msakl.org.nz

Wednesday

Westwave Aquatics

20 Alderman Drive
Henderson

11.30am - 12.30 noon

Contact:

Andrea Kortas-Ray

09 845 5921 Ext 221
andrea@msakl.org.nz

Thursday

Epsom Girls

Silver Road
Epsom

10.30am - 11.30am

Contact:

Andrea Kortas-Ray

09 845 5921 Ext 221
andrea@msakl.org.nz

Saturday

Diocesan Girls

Clyde Street
Epsom

10.00am - 11.00am

Contact:

Andrea Kortas-Ray

09 845 5921 Ext 221
andrea@msakl.org.nz

support groups.

MS Support Groups meet throughout Auckland. They are free and open to anyone with MS to come along. It is a great way to meet other people who truly understand what you are going through and to share the type of practical insights that can only come from first-hand experience. If you are interested in starting up a support group, please talk to your Field Worker.

Location	Contact	Date/ Time
South / East Auckland		
Beachlands Support Group Pepper Jacks Café	Dianne Bartlett 021 845 903	Fridays / Six Weekly 11.30am
Pukekohe Café Group Different Venues	Dianne Bartlett 021 845 903	First Thursday / Month 11.30am
Botany Café Group Whitcoulls Coffee Lounge (Botany Town Centre)	Dianne Bartlett 021 845 903	Third Thursday / Month 11.30am
Manukau Café Group Friendship House (Manukau)	Dianne Bartlett 021 845 903	Last Tuesday / Month 10.30am
Central		
City Evening Group Scarecrow Café	Dianne Bartlett 021 845 903	Wednesday / Six Weekly 6.00pm
Mt Wellington Café Group Coffee Club on Lunn Avenue	Maria Greenfield 021 131 6613	Second Saturday / Month 11.00am
Stonefields Café Group Stonebake Café (Lunn Avenue, Mt Wellington)	Dianne Bartlett 021 845 903	Third Wednesday / Month 10.30am
Onehunga Group Frolic Café (Manukau Rd, Royal Oak)	Dianne Bartlett 021 845 903	Second Tuesday / Month 10.30am
West Auckland & Rodney		
Kumeu Café Group Different Venues	Andrea Kortas-Ray 021 959 189	First Tuesday / Month 10.30am
Henderson Garden Café Group Espresso Garden Café (inside Mitre 10 Mega, 186 Lincoln Rd)	Andrea Kortas-Ray 021 959 189	First Thursday / Month 11.00am
North Café Groupies Kings Plant Barn (Silverdale)	Diane Hampton 021 859 187	Third Wednesday / Month 10.30am
North Auckland		
Mayfield Coffee Morning Kings Plant Barn (1 Forrest Hill Road, Milford)	Diane Hampton 021 859 187	First Thursday / Month 10.30am
Shore Lunch Group Palmers Planet Café (cnr Hugh Green Drive/Greville Rd, Albany)	Diane Hampton 021 859 187	Last Wednesday / Bimonthly 12.00 noon
North Shore Café Group Kings Plant Barn (1 Forrest Hill Road, Milford)	Diane Hampton 021 859 187	First Saturday / Month 12.30pm

Vegan Banana Bread



I am not much of a baker, and certainly not in the summer time, when using the oven only adds to the heat in the house! However I do love some good home baking and with the hottest days of summer now behind us I start thinking of muffins and loaves and lovely morning teas. I love bananas. It is such a simple and easy fruit to eat – just peel and enjoy!

Bananas are loaded with essential vitamins and minerals such as potassium, calcium, magnesium, iron, folate, niacin, riboflavin, and B6. The potassium and magnesium in bananas may help protect you from muscle cramps. Bananas are also rich in pectin, a soluble dietary fiber great for digestion. You just can't go wrong from eating a banana a day!

Bananas are also great for cooking with. This recipe for a vegan friendly banana bread is one of my favourites. I seem to modify it slightly each time I make it, depending on what I have on hand, and it seems to come out great every time. Enjoy!

Ingredients

- 1 1/3 cups (320 g) mashed very ripe banana (about 4 medium or 3 large)
- 2 tablespoons (15 g) ground flaxseed
- 1/3 cup (80 mL) plant-based milk (almond or soy milk is best)
- 1/3 cup (80 mL) oil (melted coconut oil, or any mild oil)
- 2 tablespoons (30 mL) pure maple syrup (or coconut sugar, but the maple syrup keeps the loaf moist. I find the bananas give enough sweetness though and sometimes add only 1 Tablespoon of the maple syrup)
- 2 teaspoons (10 mL) pure vanilla extract

For the dry ingredients

- 1/4 cup plus 2 tablespoons (60 g) coconut sugar, or regular cane sugar
- 1/2 cup (50 g) rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon fine sea salt
- 1 1/2 cups (210 g) spelt flour (white or wholemeal, but the white spelt makes for a lighter, fluffier loaf)

Directions

1. Preheat the oven to 180°C. Lightly spray a 9x5-inch loaf pan with oil and set aside.
2. In a large bowl, mash the banana until almost smooth. Make sure you have 1 1/3 cups, or as close to as possible.
3. Stir the first 5 ingredients (ground flax, milk, oil, maple syrup, and vanilla) into the banana until combined.
4. Stir the dry ingredients (sugar, oats, baking soda, baking powder, salt, and flour) into the above mixture, one by one, in the order listed. Stop stirring when there are no flour patches at the bottom of the bowl.
5. Spoon the dough into the loaf pan and spread out evenly. If you wish you can gently press into the dough some chopped banana, nuts or chocolate chips for a nice special topping.
6. Bake the loaf, uncovered, for 45 to 55 minutes until lightly golden and firm on top. The top of the loaf should slowly spring back when touched.
7. Place the loaf pan on a cooling rack for 30 minutes. Then, slide a knife around the loaf to loosen it and gently remove it from the pan, placing it directly onto the cooling rack until completely cooled.
8. Slice once cooled and enjoy! The loaf will keep in the fridge tightly wrapped for 3 to 4 days, or it can be frozen for 4 to 6 weeks.

This recipe comes from the Oh She Glows website. You can find more delicious recipes there at ohsheglows.com

Consumer Information Gilenya® (fingolimod) 0.5mg is a prescription medicine available as capsules for the treatment of patients with relapsing multiple sclerosis to reduce the frequency of relapses and to delay the progression of disability. Gilenya is a fully funded medicine under Special Authority Criteria. Normal doctor visit fees and prescription charges apply. Out-patient monitoring will be necessary for administering the first dose. You should avoid becoming pregnant while taking Gilenya and for two months after you stop taking it. It is important not to stop taking this medicine without your doctor's advice. Gilenya has risks and benefits. Cautions are infections, vaccinations, visual disturbances, decrease in heart rate, signs of liver disorders, sudden onset of severe headache, nausea, and vomiting, or any abnormal skin growths or changes (e.g. pearly nodules, patches, or open sores or unusual moles). Talk to your doctor right away if you experience any of these, or experience worsening of your MS symptoms. Side effects can include headache, liver enzyme increased, diarrhoea, cough, influenza, sinusitis, and back pain. Refer to consumer medicine information at the website www.medsafe.govt.nz for full details. Ask your doctor if Gilenya is right for you. Use strictly as directed. If symptoms continue or you need further information or you have side effects see your doctor. Gilenya is the registered trademark of Novartis AG. Novartis New Zealand Ltd, Auckland NZ-00109 07/2017 TAPS MR4974 essence NV8472 MSMAG Reference: 1. Gilenya Consumer Medicine Information available at www.medsafe.govt.nz
Model is for illustrative purposes only

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animal models of Multiple Sclerosis – are they useful?

The following article was taken from the MStranlate website – www.mstranlate.com.au

MStranlate is an independent, curated Multiple Sclerosis information source. MS Auckland has worked with MStranlate on projects. Their contribution in bringing together MS researchers, people with MS and the media is invaluable to the MS community. They can also be found on facebook at <https://www.facebook.com/MStranlate/>

Animal models of multiple sclerosis are not perfect. I think that is an important first point to make. As we still don't know what causes multiple sclerosis, we can't replicate the disease exactly in animals. Instead, we aim to re-create many of the characteristics that we see in MS (such as chronic inflammation, autoimmune attack of myelin, etc.) in an animal setting.

The most widely used animal model for multiple sclerosis is experimental autoimmune encephalomyelitis (EAE). EAE can be investigated in many different animals, however, a large majority of the studies use mice as the organism of choice. Similarly, there are many different ways of inducing or causing the disease in mice. The most common method involves injecting mice with parts of myelin proteins, mixed with something to provide additional stimulation to the immune system (called an adjuvant). Other techniques that are used to create an MS-like disease involve injecting the mice with toxins or viruses known to cause damage to myelin.

There is no doubt that the use of animals in medical research is a controversial topic. It was heavily publicised in the news earlier in 2017, when it was released that a university in Ireland had used approximately 24,000 rodents in 2016 alone. This prompted some protesters to suggest that "if the animals don't suffer, why don't they [the researchers] volunteer themselves?"

It is important to realise that any research projects that involves the use of animals must be approved after submitting a thorough application to an ethics board. This requires justification of the numbers of animals being used, as well as how they will be treated during the study and what will happen to them at the completion of the experiments. Having been involved in research for a number of years, I can say from my personal experiences that scientists who do this sort of



work do not particularly enjoy it, and only do it when they believe it is truly necessary for their experiments.

Keeping all of this in mind, it begs the question, are the use of animal models in multiple sclerosis research worthwhile? There is no doubt that we have learned a lot of useful things about a number of aspects of multiple sclerosis from studies performed in mice. As well as this, a number of the currently available therapies, such as Gilenya, Tysabri and Copaxone, all started by showing benefits in treating EAE.

In saying that, it is also important to keep in mind that many findings or novel treatment options that are discovered in mouse models of multiple sclerosis do not end up being useful or successful in human trials. As mentioned earlier, these models just seek to mimic multiple sclerosis, they aren't exactly the same and these differences can lead to conflicting results. For this reason, it is incredibly important that we always keep the results of animal studies in perspective.

In the end, I think the subject of the use of animals in medical research is always going to divide the community. Everyone is entitled to their own opinion and there is certainly no right or wrong answer on this issue. Regardless of your feelings about the ethical nature of these studies, it is critical that we report the findings of this research in an accurate way and put into context what it may mean for people with multiple sclerosis in the future.

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References: 1. TECFIDERA (dimethyl fumarate) Data Sheet, 2 May 2017. 2. Biogen. Data on File.

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