

## Building awareness of MS



MS awareness  
week

Anne's 42 day  
sailing adventure

Balance

Christmas  
recipe and  
much more...

inside

*From all of us at MS Auckland, have a safe and happy holiday season*



## Shhhh, Aubagio at work\*

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](http://www.medsafe.govt.nz).

**AUBAGIO® (teriflunomide, 14 mg tablets)** is a Prescription Medicine for the treatment of patients with relapsing forms of Multiple Sclerosis to reduce the frequency of clinical relapses and to delay the progression of physical disability. AUBAGIO has risks and benefits. For more information read the Consumer Medicines Information available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Ask your doctor if AUBAGIO is right for you. Use strictly as directed. If symptoms continue, or you have side effects, see your doctor. AUBAGIO is a fully funded medicine. Special authority criteria apply. Normal doctors visit fees apply. References: Aubagio Approved Data Sheet November 2016. Additional references to support the information in this advertisement are available on request. Sanofi New Zealand. Level 8, 56 Cawley Street, Ellerslie, Auckland. GZANZ.AUBA.16.02.0009. February 2017. GEAB12114. TAPS MR5167.

**SANOFI GENZYME** 



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## our people.

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## a few words from Ingrid.

*Our General Manager*

What a year this has been! For me personally it has been a challenging year as I dealt with quite a life changing health issue. I experienced many of the common MS feelings and symptoms – from the shock of the diagnosis, to symptoms of fatigue, numbness and peripheral neuropathy. I don't live with MS but have new compassion for people that do, perhaps that can only come from experience.

I am so fortunate to have a wonderful team of people around me, enabling the work of the society to move forward when I needed to take time out or when I had to slow down. It really shows the strength of team work and I owe a big thanks to our MS Auckland committee, our office staff and Field Workers, our ambassadors, Lorraine Street and Raewyn Henry, and all our fantastic volunteers, for their support and all the good work they do.

We have a great end of year magazine for you. I love the personal stories and this time we have three great stories from Anne and her experience sailing on Tenacious, Megan and her determination to keep up with her active young family with her new Segway, and Kevin with the joy he has found in travelling with his new travelscoot.

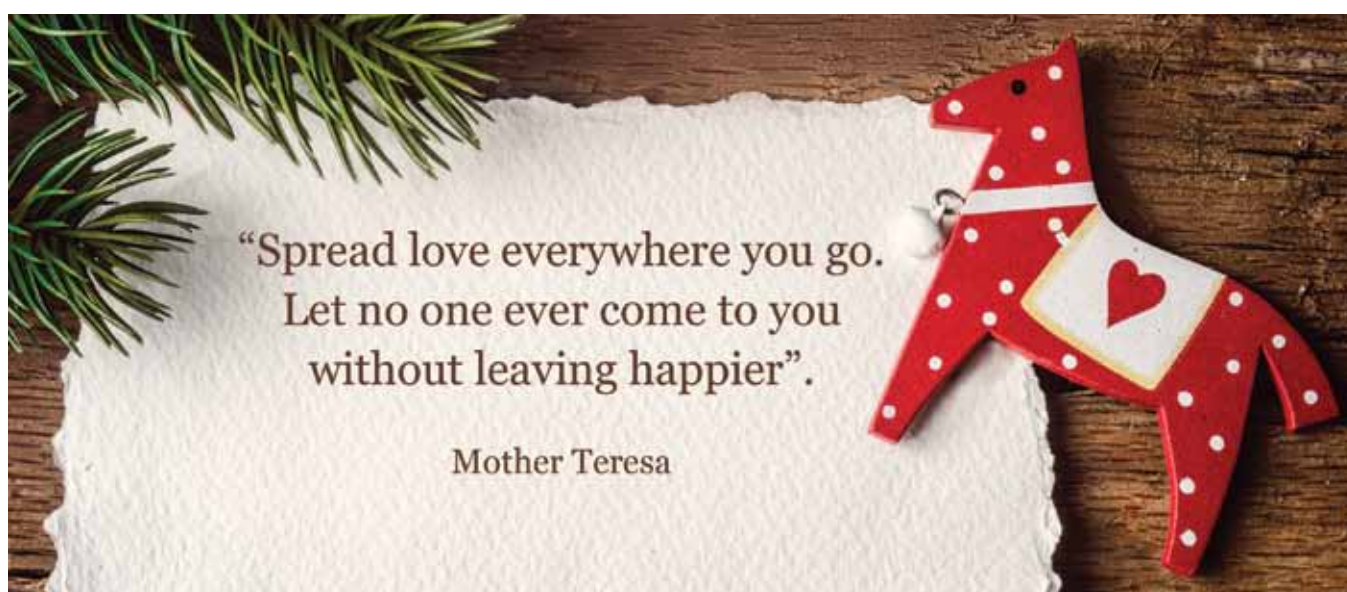
There are some lovely photos from our fundraisers – our annual Street Appeal plus the Comedy night presented

by our own Sam Smith, and the Titirangi Potters event for MS. Unfortunately we still rely so very much on fundraising for our work. We are so grateful to everyone who gives of their time and effort to fundraise on our behalf.

We are excited to be ending the year welcoming a new partner, Zeosoft. Phil, the CEO at Zeosoft, values the work that community organisations like MS Auckland does, and is most generous in giving back. Their all natural and environmentally friendly products we were fortunate enough to sample and found them to be excellent. You can now choose to donate to MS when you purchase their products online. Please read all about it and pass the information on to your family and friends. It's a great way of supporting MS while purchasing top quality soaps and cleansers. I'll be stocking up on Christmas gifts to take to my family in Canada and Mexico over the holidays.

I'm thankful for this year and for all it taught me, and I am excited for the year ahead and for all I still have to learn. I am ending the year stronger and healthier than I started it and am very aware of all I have to be grateful for.

*Wishing you all a joyous holiday  
season and I look forward to  
connecting with you again in 2019.*





# events for your calendar.

December /  
January

## Upcoming events



### Venue

Remuera Club  
(27-33 Ohinerau Street, Remuera)

### Cost

\$25/person includes a buffet lunch  
and coffee and tea.

A cash bar is also available.

*Meet old friends and make  
new friends as we celebrate  
the holiday season.*

To book please

*e-mail [events@msakl.org.nz](mailto:events@msakl.org.nz) or  
phone the office on 09 845 5921.*

*This year's Christmas party will also  
be an opportunity to farewell our  
Field Worker, Diane Hampton,  
who has been a part of MS  
Auckland for many years.*



### Tuesday 1 January 2019 – The New Year begins

No event is planned for this day – but we hope wherever you are and whatever the day holds for you, it will be the start of a wonderful New Year.

**Remember that the best way to keep in touch regularly with upcoming special events is through our monthly e-newsletter and our website. Please go to [www.msakl.org.nz](http://www.msakl.org.nz) for more information.**

**WE ARE CLOSING ON FRIDAY THE 21ST OF DECEMBER AND WILL REOPEN ON MONDAY 7TH JANUARY 2019**

MS Auckland office is located at  
5 The Strand, Takapuna

#### Office Hours

Monday – Friday 9am to 5pm

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# from the MS nurses.

## MS and Mental Well-being

At long last we are getting some sunshine and the joy of daylight savings. For most of us the months of winter can be hard going. Cosy fires and warm winter coats and scarves are all well and good, but there is a great deal of evidence that with less sunshine hours can come with a dip in mood.



Fiona and Nazila

Half of all people with MS will experience depression at some time in their life.

This is three times higher than for the general population. Part of this extra risk comes from MS damaging nerves in the brain, and part comes from the experience of living with a complex disease.

Many people have told me how much they admire John Kirwan and his role as an ambassador for mental health. The conversation about depression and anxiety is fortunately now much more in the open in NZ society. If you are unsure if you are experiencing depression or anxiety there are some helpful tools available to you. If you are comfortable with online questionnaires then [www.depression.org.nz](http://www.depression.org.nz) is a sound place to start exploring your mood further. You can take the online test(s) and access a free online program as well as learning more about common triggers and causes of low mood. The website helps to differentiate between feelings of depression and anxiety.

For those among you who prefer an immediate short and sweet method there is a simple two question screening test below that should you answer yes to both may encourage you to speak to someone further about this – maybe your partner, family or GP.

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several Days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3

The depression helpline is another excellent resource it is staffed by trained counsellors and is open 7 days a week 24hrs on 0800 111 757 as is the Anxiety line 0800 ANXIETY (2694 389)

We would encourage you to book an appointment with your GP to talk about your mood if you are concerned. They are the best placed person to help you manage how you are feeling and there are number of options including talking treatments or antidepressants and in many cases a combination of both can be exceedingly effective.

### Signs and symptoms of depression

([www.depression.org.nz](http://www.depression.org.nz))

#### Key signs

- constantly feeling down or hopeless
- having little interest or pleasure in doing things you used to enjoy

#### Other possible signs

- sleeping problems - too much, or too little irritability or restlessness
- feeling tired all the time, or a general loss of energy

- feeling empty and/or lonely
- sleeping problems - too much, or too little
- losing or gaining weight
- feeling bad about yourself or things you have done
- problems with concentration
- reduced sex drive
- thinking about death a lot
- thoughts of harming yourself

### Signs and symptoms of anxiety

([www.depression.org.nz](http://www.depression.org.nz))

- Hot and cold flushes
- Shaking
- Racing heart
- Tight feeling in the chest or chest pains
- Struggling to breathe
- Snowballing worries that get bigger and bigger
- A racing mind full of thoughts
- A constant need to check things are right or clean
- Persistent worrying ideas that seem 'silly or crazy'

**MS nurses e-mail: [msnurse@adhb.govt.nz](mailto:msnurse@adhb.govt.nz);  
phone: 09307 4949 ext. 25885#**

*John Kirwan charmed and inspired an audience from People with Parkinson's and MS Auckland. He spoke on his own journey with depression with honesty and humour. He is truly an inspiration for others.*



Photo Credit: George Andrews

## farewell from our North Shore field worker, Diane Hampton.

On the 7th December I'm retiring from the MS Society after 14 ½ years as a Field Worker. It's the longest period I've ever spent in a job and I find it hard to believe that I have been that long in the position; firstly with the North Shore MS Society and then MS Auckland when the 2 societies amalgamated.

However, it's time to move on to the next stage - I prefer to call it redirection rather than retirement as that sounds better.

I had thought that I would be retiring earlier but had to sort out one of life's hiccoughs first. That done and dusted, other things beckon.

I've decluttered, downsized and got rid of stuff – what an exercise but it feels so good and I'm sure my children are happy that I've done it for them.

A convenient location in Takapuna is now home and handy to everything.

I'm off to Australia in January and February to spend time catching up with family and friends in Adelaide, Canberra and Sydney. This is not a hardship as I lived in Australia for many years and always love going back. There are some creative projects that I want to do, a NZ road trip with my sister and hopefully a trip to New York, San Francisco and Cuba in 2019.

I started work in May 2004 in a very rewarding job supporting people with MS and their families to lead fulfilling lives. It has always been interesting; at times it has been challenging and no 2 days are the same. I have found it a privilege to be involved with PwMS and their families navigating the health system, workplace and 'overcoming the challenges of MS'.



I shall miss the wonderful work colleagues who are so committed to the work of the Society. It is hard to say goodbye to PwMS who have shared their MS journey with me – the good times and the bad times. These are memories that I'll treasure, especially the fellowship amongst the MS Community and I may bump into some of you around the North Shore.

So it's goodbye from me and my warm wishes for the future.

Diane



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**REAL-WORLD EXPERIENCE<sup>1</sup>**

**EXPERIENCE MATTERS<sup>2</sup>**

**ESTABLISHED FAVOURABLE BENEFIT: RISK PROFILE<sup>3</sup>**



**#1 oral DMT** prescribed  
for RRMS worldwide<sup>1</sup>



**>310K patients**  
treated globally<sup>1</sup>



**Talk to your neurologist**  
to see if TECFIDERA<sup>®</sup>  
is suitable for you.

DMT = disease modifying therapy.

TECFIDERA (dimethyl fumarate) 120mg and 240mg capsules are a Prescription Medicine for patients with relapsing remitting multiple sclerosis. TECFIDERA<sup>®</sup> has risks and benefits. For product information check Consumer Medicine Information on [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Ask your doctor if TECFIDERA is right for you. Take strictly as directed. If symptoms persist or you have side effects see your doctor. TECFIDERA is funded medicine – a pharmacy charge and Special Authority criteria will apply. Normal doctors charges apply. Biogen, Auckland.

**References:** 1. Data on file, Biogen. 2. Desai A *et al.* *Eur J Pharm Med Res* 2016; 3(5): 197–205.  
3. TECFIDERA (dimethyl fumarate) Data Sheet, 2 May 2017.

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# just gotta go!

Incontinence and continence problems happen for many people. However in MS it is more common as the nerve pathways that send messages to the bladder and bowel can be interrupted due to MS lesions.

## *Bladder problems tend to fall into four areas*

- Urgency – the need to ‘go’ with little or no warning
- Frequency – having to ‘go’ more than eight times per day or hesitancy, a lag in time before urine is released.
- Finding emptying the bladder difficult
- Retention – you can empty the bladder, but have a feeling of incompleteness

Bowel problems tend to fall into either constipation or loss of control of bowel opening.

Incontinence and continence issues can be inconvenient, embarrassing and ultimately end up isolating people as they withdraw from social situations.

## **There are measures you can take you can take to try and avoid this**

- Avoid caffeinated and alcoholic beverages
- Empty your bladder at timed intervals
- Pelvic floor exercises to strengthen the muscles

## **In regards to the bowel**

- Ensure you have plenty of fibre i.e. fruit and vegetables
- Drink water
- Avoid supplements that have either constipating or laxative effect e.g. Calcium or Magnesium.



If these self-practices fail to work discuss with your GP or discuss with your Field Worker who is able to refer your local Community Continence Nurse.

Continence underwear and swimwear have come a long way over the years, for both men and women. They are designed for people who have various needs depending on how much protection is required. Here are some websites with products available to purchase:

[www.confitec.nz](http://www.confitec.nz)

[www.dbrief.co.nz/pages/product\\_range](http://www.dbrief.co.nz/pages/product_range)

[www.giggleknickers.co.uk](http://www.giggleknickers.co.uk)

[www.iconundies.com](http://www.iconundies.com)

[www.busybuddys.ie/swimwear/incontinence-swimwear](http://www.busybuddys.ie/swimwear/incontinence-swimwear)

[www.sliponswimsuits.com](http://www.sliponswimsuits.com)

## *Our Field Workers*



*Dianne*



*Diane*



*Andrea*



*Catherine*

## *Contact*

Dianne, South Auckland – contact 021 845 903

Diane, North Shore – contact 021 859 187

Andrea, West Auckland & Rodney – contact 021 959 189

Catherine, Central Auckland – contact 021 959 187

# me and my travelscoot.

Written by Kevin Miller



*Denerau Gardens with friends*

I was diagnosed with Primary Progressive MS in 2000. Wasn't the news that I wanted to hear but it was an explanation why my balance wasn't as it should be and the odd feelings in my feet. The poor balance wasn't helpful with my sailing and regrettably I sold my yacht. I continued to play age group touch football for a while and with Christine had the wonderful experience of walking the Routeburn Track in 2004 whilst I still could.

In 2006 we attended the 1st NZ Jelinek Retreat at Mana on the Coromandel. It was a life changing event for us and we've lived the Overcoming Multiple Sclerosis lifestyle since and I believe it has been a key factor in how we live our life and cope with MS. The plant based diet with seafood is a given and exercise is an important part. Currently I have 2 pilates sessions a week, attend 2 of the excellent hydrotherapy classes organised by the society and most Sundays walk with friends. The highlight of the exercise week is undoubtedly the Saturday Hydro class at Dio. A physical hour in the pool is obviously a benefit but sharing a common experience with a well-motivated group is a strong mental and social experience. And on top of that I work, 3 days a week, by choice, in IT.

My mobility isn't what it might be, my walks are 30 to 40 mins max and I commonly use a stick. On our most recent international travels I have used airport mobility assistance and our experience has been very positive.

We were in Melbourne in May and were getting out of the hotel lift at the same time as another person who happened to be on a great little mobility scooter. I talked with him and turns out he had MS as well and both him and his partner waxed lyrical about his scooter and what it meant for them getting around the city.

Back in Auckland at the MS Research Day I ran into another member with the same scooter and both he and his partner were also very positive about what the scooter did for them. After some research I bought a Travelscoot for myself. Initially there were some negative comments but everyone can now see the benefits, and particularly friends and family who can now share in my travels. It's been great discovering the Travelscoot's capabilities and regrettably how challenging some of our roads and footpaths are. I'm regularly around Westhaven and the Waterfront, Devonport and Hobsonville, Birkenhead and Northcote Points.

Highlight to date however was taking the new toy up to Fiji. After agreement with Air NZ I was able to ride to the gate, leave it with the ground crew and have it available at the gate in Fiji. Airport and airline staff were great at both locations. All I had to do was carry the battery on board and drop the handlebars and seat down and reverse the process on arrival. It fitted into a taxi with cases for 4 to the hotel as well. We stayed at the Westin on Denerau in Fiji. We were able to trip to 6 of the Denerau hotels with the scooter plus visit the hotel vegetable garden and Denerau Marina for dinner with ease and it was all very accessible. The small form factor enabled me to scoot around shops as well. The scooter provided me with a real mobility advantage and most importantly to be good company for Christine and our travelling companions.

You do need to take care with un-even surfaces as it's a 3 wheeler but that's manageable with experience and you do need some residual mobility. I can lift it into my station wagon OK, it's 15 kgs with battery. Range is up to 19 kms, around 3 hours. More details at [www.travelscootnz.co.nz](http://www.travelscootnz.co.nz) which includes good resource material about travelling with the Travelscoot.

*If you have a story you would like to share, please e-mail Ingrid at [Ingrid@msaki.org.nz](mailto:Ingrid@msaki.org.nz).*



*With Granddaughter Emilie*

# Titirangi Potters fundraising for MS.



Titirangi Potters held a very successful fundraiser for MS Auckland on the 26th of August, raising a total of \$3,317. The event was held at the monthly Titirangi market. People purchased a bowl, mug or plate hand made by the Potters, and were able to have it filled with either soup or biscuits. The support of the market goers was fantastic.

We would like to thank the Titirangi Potters for this great effort and for their wonderful support of Multiple Sclerosis.

We are so very grateful for organisations and individuals who fundraise for us. As a small, regional organisation it is very hard for us to compete with the bigger charities when it comes to fundraising. We only receive about 8% of our operating costs from the Ministry of Health and therefore to continue to provide our valued services in the community we rely on the community to help us.

If you would like to have a fundraiser for MS, please contact Ingrid in the office (e-mail [Ingrid@msakl.org.nz](mailto:Ingrid@msakl.org.nz) or phone 09 845 5921). We would be most happy to help out in any way we can.

## volunteer profile. — *Hamish Mair* Written by Becky Tucker

Hamish Mair is a true gent. He is somebody you would want by your side in a crisis. He is the calm in the storm.

Hamish first volunteered for MS Auckland in 2001 for our annual Street Appeal Collection. Being so very helpful he soon became our 'go to' office aid for many years in our North Shore office where countless mail outs were sent, all with gusto. In 2014 Hamish moved to South Auckland. He was still keen to help us out and got in touch with our South Auckland Fieldworker, Dianne Bartlett. Hamish was soon put to good use and over the years Hamish has enjoyed the more 'hands-on' roles as a community friend, support group volunteer and hydrotherapy volunteer, going above and beyond for every role.

I met Hamish at the Manurewa hydrotherapy group. What a wonderful, supportive group this is! To paint a better picture, Hamish is somebody not to 'blow his own trumpet' so I chatted and sat back to watch the group. I learned that Hamish is ever watchful and very subtle with his help, he does it quietly and unobtrusively. If someone wobbles, Hamish is there with a steady hand. Hamish seems to sense what is required before needed. All this is done in a kind, thoughtful way, which I believe is Hamish's persona through and through.



*Hamish, Dianne and Sandra*

Hamish has a strong connection with MS Auckland, as his step-son had MS and sadly passed away at the young age of 33. Hamish explains that giving something back to MS Auckland has really helped him over the years. He understands some of the struggles people with MS have and sees people for who they are, looking beyond any disability. This outlook on life has gained Hamish many rich experiences and many, many friends in life at the same time enriching our MS Community, which we are very grateful for.

If your interested in volunteering for MS Auckland please contact Becky – [becky@msakl.org.nz](mailto:becky@msakl.org.nz) or 09 845 5921.



# Megan realises her dream!

On Sunday the 23rd of September, after months of fundraising, Megan picked up her Segway, opening the door for what she hopes will be to a more inclusive life with her active family.

A Segway is a self-balancing electric powered transportation device. It wasn't designed for people with disabilities but some people who are challenged with walking, including people with MS, are finding the Segway to be a great alternative to a wheelchair or scooter.

Megan has Secondary Progressive MS and has been walking with a stick for about 6 years now. She wants to keep upright for as long as she can. Megan saw a fellow MS person with a Segway 6 years ago and kept the idea in her mind of one day owning one. This year, after much research into the best options for her, she made the decision to actively fundraise through a Give-a-little page and other fun fundraising events to enable her to purchase one.

With three young daughters (aged 12 and 10 year old twins), Megan is determined not to miss out on life. The Segway will enable her to get to the netball courts and around the playing fields, and will help her keep up with the family on beach walks and outings.

Megan was just 27 and working as a recruitment consultant in the UK when she was diagnosed with relapsing remitting MS. Her neurologist told her to get on and have her family as soon as she could. She was engaged at the time to her now husband, Paul. Megan loved travelling and had done long trips through South East Asia and Africa. She had plans to trek through Nepal and India with Paul before making their way to New Zealand to get married and settle down. They had just packed up 10 years of life in the UK, shipped their valuables back to NZ and had their backpacks packed and ready to go for their travels when Megan suffered her second MS attack. Megan's MS attacks were painful and lasted a long time.

*My arm was in so much pain that I just wanted to cut it off!*

Travel plans were changed. After six weeks when Megan was feeling stronger, they did a 6 week trip to Thailand and then came to New Zealand.



*I love travelling and am so pleased that I did it while I could.*

Back in New Zealand Megan trained as a Homeopath. She then ran a private clinic, aiming to specialise in pregnancy, while also continuing with part time recruitment work. Mia was born in 2005 and then three years later Alexandra and Paige were born. The second pregnancy was much more difficult than the first one. With 3 young children to look after, Megan found that it took all her time and energy. Megan struggled with dealing with her MS and seeing other mothers walking with their prams or doing the shopping.

*I would burst into tears when I saw how easy these things were for others. Everything was hard for me.*

Megan considers herself very fortunate that shortly after her twins were born she was referred to a free psychological support service that was then available for people with MS.

*The very best thing that was offered to me in my 17 year journey with MS was the psychological support I received. I went for an assessment and then had a psychologist referred to me. He did home visits to me for a year. He didn't talk about my childhood or past. Instead he taught me mindfulness, appreciation and gratitude. It was life changing.*

Her new Segway will also hopefully be life changing for Megan. Wishing you all the best, Megan! We are so excited and so very happy for you and all the new opportunities that your Segway will offer you.

# Anne's 42 day sailing adventure.



*Ann steering Tenacious*



*Ann and Tim on watch*

On May 28th of this year Anne and her husband Tim flew to Antigua in the Caribbean to board the Jubilee Sailing Trust ship, 'Tenacious' and begin a 42 day sailing adventure across the Atlantic. On the 6th of July they arrived at their final destination, Southampton, England. I sat down over coffee with Anne to find out more about this daring woman.

Anne learnt to sail as an adult and boating was something they did with their two children when they were living in England. The Jubilee Sailing Trust is based in England and Anne found out about it from an advertisement. The first ship the Trust built was named 'Lord Nelson'. Between 1996 and 1997 Anne did three voyages on Lord Nelson as part of the 'able-bodied' crew.

Anne has had a most interesting life. Together with her husband they worked as volunteers in Papua New Guinea for two years. They found settling back in England difficult. Anne went to work in Macau and Tim did a trip to New Zealand and fell in love with the country. Anne followed shortly afterwards in 2003. Then in 2005, when living in New Zealand, Anne was diagnosed with MS.

Her MS diagnosis certainly hasn't slowed her down. She has issues with fatigue and balance, but otherwise is doing well.

*"I follow the Jelinek diet very closely", Anne said.*

*"How can you be on the water for 42 days when you struggle with balance?" I asked.*

I struggle enough walking on a boat without also dealing with balance issues.

*"Tenacious and Lord Nelson were both built for people with disabilities. I used an elbow crutch on the boat and everywhere there are hand holds. Also everyone helps everyone else. There is great camaraderie on the boat."*

Anne was very excited when she read in our magazines last year that the Jubilee Sailing Trust and their sailing ship 'Tenacious' were in Auckland. She knew first-hand what a great experience it was. She saw this as an opportunity for another great sailing experience, only this time as part of the 'disabled' crew. So she went on a 6 day voyage out of Auckland. This experience encouraged her and her husband to sign up for the longer voyage across the Atlantic. Anne was the only one on the 42 day transatlantic trip with MS.

*"I don't know what direction my MS will take. I do feel it progressing. Who knows what the future holds? This was an opportunity for me to be out on the water again."*

The 42 days on the boat was not a luxury cruise! It was hard work. But it was also a wonderful challenge, which is great for building confidence, boosting self-esteem and making memories that will last a lifetime. Anne is still glowing when she talks about it. They are already planning their next sailing trip which will be on the 'Soren Larsen'. They will meet up with her in Hobart for the Wooden Boat Festival, and then be part of the crew to sail her back up to Sydney.

Anne certainly isn't one to let her MS stop her!

***For more information on the Jubilee Sailing Trust go to [JST.org.nz](http://JST.org.nz)***

# MS Auckland awareness

MS Awareness Week officially kicked off on Monday the 3rd of September this year and finished with a two day Street Appeal collection at the end of the week.

We were extremely fortunate this year to have the support of Hunch, a creative design team in Auckland, to assist us with a campaign to increase public awareness of MS.



It just so happens that Hunch's Creative Director, Matt, has a mother with MS and therefore has an understanding and an empathy towards the condition. One thing Matt thought Hunch could do was to develop a better public understanding of MS by focusing on just one symptom that many people might experience over the course of their MS journey. People with MS can experience a myriad of symptoms, and as we know, no two people are likely to have the same experience of their MS. This makes MS confusing for people and difficult to understand. So Hunch chose to just focus on numbness of the hands. Creative images of 3 objects were used – a can opener, a fork and mascara – with words 'MS can make simple things hard'.

The images were used for street posters, wall posters and post cards. They were colourful and powerful and became a great conversation piece.

Hunch also came up with a game – the Claw. You often see the 'claw' machines at fairs or gaming stores. They are usually filled with fluffy toys. People put a coin in the machine and then manoeuvre a crane to get the claw to pick up a toy and drop it down a hole which they then win. The machine was renamed the MS Simulator and decorated with MS colours and messages. A video of a person with MS talking about the symptom of not feeling their hands played in the background and the machine was filled with everyday objects. It was with The Hits radio station for a week for the staff to try and then moved to Albany Mall for the public to give it a go at no cost. Children were attracted to it, and good conversations with parents and young people took place to explain what the machine was demonstrating.

Three brief videos were also produced where 3 people told their story on how this symptom of not feeling their hands challenged them in their day to day life, and how they adapted. The videos were used on our Give-a-little page in the hope of also attracting a bit of revenue. The videos can now be seen on our website [www.msakl.org.nz](http://www.msakl.org.nz). Donations can also be made at any time through our website.





# week and street appeal.

Street Appeal collections were unfortunately down from previous years. A combination of few sites being available to us and fewer volunteers were two of the key reasons for this. However we still brought in almost \$25,000 and hopefully increased public understanding of MS.

A big thank you to the wonderful team at Hunch and all the volunteers, community groups and schools that came out to assist us with the MS Awareness and Street Appeal for 2018!



*Vic Park Students*



*Dani at Meadowbank*



*Andrea and little helper*



*Wendy and Margot at Pak n Save Papakura*



*Remuera Rotary*



*Fran and friends at Meadowbank*



*Greenlane with David Seymour*



*Bev and friends from Papatoetoe Lions*



*Pakeke social club at Pak n Save Pukekohe*

# a night of comedy to kick off MS awareness week.



*Sam Smith*

Sam Smith, our wonderful comedian who lives with MS, organised another great night of comedy at the Comedy Classic, to kick off Awareness Week. Last year was the first time Sam had done this, and it was so successful he did it again, gathering together 5 of his comedy mates for another entertaining show.

Huge thanks to our sponsors – Harcourts Cooper & Co. and JUCY – and of course the comedians who all donated their time and gave the audience a wonderful night to remember.

The comedians were:

Sam Smith  
Paul Ego  
Justine Smith  
Rhys Mathewson  
Aaron Beard  
Donna Brookbanks

A raffle was also held on the evening with the net profit for the evening's event coming to almost \$5,300.



*Paul Ego*



*Rhys Mathewson*



# MS Auckland welcomes Zeosoft.



The Zeosoft range can be found at  
[www.zeosoft.co.nz](http://www.zeosoft.co.nz)

We are so excited to have become one of the community partners for Zeosoft natural skincare products. For us choosing an organisation to partner with meant finding one whose values and core principles matched ours. Zeosoft ticked all the boxes.

Zeosoft provides a range of 100% natural cleansers, made with unique New Zealand minerals. The active mineral is Soft Zeolite which is only found in the geothermal areas of New Zealand.



The Magic Mud range can be found at  
[www.magicmud.co.nz](http://www.magicmud.co.nz)

Soft Zeolite has special properties that cleanse and detoxify the skin plus removes odours. Combined with natural ingredients and essential oils, they create a skin cleansing range like no other.

There are two ranges – Zeosoft natural, which provides skin cleansers, face scrubs and body bars, and Magic Mud – which provides products to lift off dirt, grease, oil, paint, chemicals and smells from hands, clothes, BBQs, Men and more!

And best of all, all Zeosoft products contain no nasties, including no parabens, no colourants, no artificial fragrances, and no microbeads – just all natural ingredients! The products are also 'Environmentally Positive' as they continue to remove contaminants when washed away. A number of the people in the office have been fortunate to try samples of the products and we are all sold on them!

You can now support MS every time you purchase a Zeosoft product on line. Up to 40% of the sale will go to support MS community services.

**NOTE: Be sure to put in MS into the promotion/coupon box as the organisation you support when you make your purchase so we can track the sale.**



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# balance.

Written by Laura Haime,  
Physio Rehab Group

## *What is balance?*

Balance is thought of in three different parts – input, processing and output. Input comprises vision, the inner ear (vestibular apparatus) and proprioception. Visual information is taken from the eyes to the brain to provide information about the environment. The inner ear provides information about the position of the head, and proprioceptors found within muscles and joints feed back information about where limbs are in space. Once all of this information is gathered, it is taken to a variety of different parts of the brain, but mainly a part at the back of the brain called the cerebellum. The cerebellum acts as a processing plant, receiving information to figure out where your body is and what it is doing, and sending messages back out to the muscles and joints to make postural adjustments in order to maintain balance.

## *How does MS affect balance?*

MS can affect each of the different parts of balance. Issues such as double vision and blurring can provide incorrect or confusing feedback to the cerebellum. Lesions may be found on the nerves connecting the inner ear and proprioceptors to the cerebellum, affecting the signals provided there. Similarly, MS lesions may affect the nerves that send information from the cerebellum to the muscles and joints. Other symptoms, such as difficulties with coordination, tremors, muscle weakness, stiffness and spasms may affect how the body responds to the postural adjustments sent out by the cerebellum. Fatigue, relapses and a rise in temperature may also affect the ability to balance. However, not everything that affects balance is related to MS. Balance naturally worsens with age, just as muscles weaken. Things such as inner ear infections and side effects of medication may also affect balance.

## *What can be done?*

The good news is there is a lot that can be done to improve balance. Strengthening weak muscles is a good place to start. Remember, it is very important to get clearance from a doctor prior to starting any sort of exercise. A physiotherapist is able to assess and tailor an exercise program to individual needs. Not everyone is the same, and what affects one person's balance might not affect another. Training specific aspects of balance that are found difficult is also important, remembering that practicing balance can be dangerous, so ensuring someone is close by for support is important. Getting regular vision checks and medication reviews may also have a positive impact on balance. Ensuring correct equipment is used may also be beneficial. Walking sticks or frames may be used to widen your base of support, thus providing a stable base in which to move. Splints for things such as foot drop can also be helpful, allowing a correct walking pattern to ensure falls are avoided. Rearranging furniture around the home and removing slippery rugs may also be a good place to start.



## *How can a physiotherapist help?*

Neuro@PRG (part of the Physio Rehab Group) provides an in home or in clinic, Auckland-wide physiotherapy service to people with neurological conditions. Our physiotherapists can provide comprehensive balance assessments, looking into all aspects of the balance picture. We can determine the most appropriate way to exercise in order to maintain or improve balance, and provide individualised goals and exercise programs. Physiotherapists are also able to refer for orthotics, and to other members of the Allied Health team should further assessments be required. They can provide ideas for home modifications, and even provide a safe environment in which to practice specific aspects of balance.

For more information please contact us at [neuro@physiorehabgroup.co.nz](mailto:neuro@physiorehabgroup.co.nz) or on 09 524 0633.



# hydrotherapy.



Photo left: the Manurewa Pool group

Photo right: Enjoying some social time after class – a regular activity for most pool groups, and a great reward after the pool workout.

It has been a wonderful year for our Hydrotherapy sessions again across all 6 pools. We had our challenges at the Westwave pool, with unexpected pool closures and other disruptions so we will be looking at what we can do about this for next year. The pools will all close either the first or second week of December and notice will be given to all regular pool attendees. If you are unsure please contact your Field Worker or the office. Hydrotherapy will start up again with the start of the school term in 2019.

A big thank you to the Hydrotherapy instructors who continue to make the classes fun and challenging for the participants – Laura (Manurewa Pool), Abigale and Laura (Lloyd Epsom Pool), Tom (Dio Pool), Lauren (Epsom Pool), Lisa (Westwave) and Janine (Millennium Pool). We would also like to thank our amazing volunteers who come out each week to help and are a vital part of the smooth running of the sessions.

Hydrotherapy 2019 - The cost next year will remain at \$120 for the full year. This entitles you to attend as many sessions per week that you would like. It can be paid at the beginning of the year in full, or you may opt to set up regular monthly payments of \$10. You may also pay quarterly if you are not sure if you will be able to participate all year. Remember if you are new to Hydrotherapy you can have your first two sessions free. *For more information on joining Hydrotherapy classes next year please contact an MS Field Worker or the MS office.*

## 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:

#### Catherine Glover

09 845 5921 Ext 222  
catherine@msakl.org.nz

### Saturday

#### Diocesan Girls

Clyde Street  
Epsom

10.00am - 11.00am

#### Contact:

#### Catherine Glover

09 845 5921 Ext 222  
catherine@msakl.org.nz

# weighted therapy blankets.



We were very pleased to offer the MS community the opportunity to win a Weighted Therapy Blanket from Somna. The lucky winner is Davina from West Auckland. Davina is hoping that the blanket will help her husband Gary who has MS and suffers from insomnia. Congratulations Davina and Gary!

Somna's weighted blankets and complementary products are brand new to the New Zealand market and have been used extensively in Europe for the past ten years to beat insomnia and aid a variety of conditions. A 2015 study presented at the World Sleep Congress of the World Sleep Federation, reported that users found it was easier to settle down to sleep and that they slept better. In some cases, medication was reduced or even stopped completely.

While they look like a regular duvet, one side contains a chain that is available in varying weights. The weight, pressure and embracing effect helps to enhance body awareness and allows the user to feel calm. The pleasant weight and pressure promote the release of several of the body's own hormones, which have an anxiety-reducing and calming effect on both the blood pressure and pulse. Greater body awareness reduces tension in the body and this in turn improves breathing and increases a sense of calm.

As well as helping with sleep difficulties, weighted therapy has been shown to benefit people who are affected by multiple sclerosis, dementia, mental health conditions, neurological illnesses, brain injury, stroke, spasticity, and autism. Having a natural non-invasive solution like the Somna range can be the ideal solution or complementary therapy for many people.

Somna products are manufactured in Sweden and are certified to both environmental and quality standards. Allied Medical has recently been appointed the exclusive New Zealand distributor for these products.



*For more information visit  
[www.alliedmedical.co.nz](http://www.alliedmedical.co.nz)  
or call 0800 31 61 81.*



# support groups.

Have you been to one of our MS Support Groups yet? There are 15 different groups running in different cafes across Auckland each month. Support Groups are free to attend for anyone with MS and their partner, parent, sibling, friend or child. People generally purchase a coffee or tea and sometimes a bite to eat and enjoy each other's company. It's a great way to meet people, share information, ask questions, learn what's happening at MS Auckland, and make new friends. If attending for the first time it is good to let the contact person listed for the support group know so they can look out for you and introduce you to others. If you would like to start up a new support group let your Field Worker know and they can perhaps help in getting something set up.

Location	Contact	Date/ Time
<b>South / East Auckland</b>		
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 Robert Harris Café (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
Men's Group Robert Harris Café (Botany Town Centre)	Dianne Bartlett 021 845 903	Saturday / Month 10.00am
<b>Central</b>		
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)	Catherine Glover 021 959 187	Third Wednesday / Month 10.30am
Onehunga Group Urban Verge Cafe (653 Manukau Rd, Royal Oak)	Catherine Glover 021 959 187	Third Tuesday / Month 10.30am
<b>West Auckland &amp; Rodney</b>		
Kumeu Café Group Different Venues	Andrea Kortas-Ray 021 959 189	First Tuesday / Month 10.30am
Henderson Garden Café Group Columbus Coffee Café (inside Mitre 10 Mega, 186 Lincoln Rd)	Andrea Kortas-Ray 021 959 189	First Thursday / Month 11.00am
New Lynn Café Group Columbus Coffee Café (inside Mitre 10 Mega, New Lynn)	Andrea Kortas-Ray 021 959 189	Second Tuesday / Month 10.30am
North Café Groupies Kings Plant Barn (Silverdale)	Diane Hampton 021 859 187	Third Wednesday / Month 10.30am
<b>North Auckland</b>		
Mayfield Coffee Morning Kings Plant Barn (1 Forrest Hill Road, Milford)	Diane Hampton 021 859 187	First Thursday / Month 10.30am
Shore Lunch Group Palmer's 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



# Only think about your MS once daily

Relapsing multiple sclerosis may be there every morning, but that doesn't mean it has to always be on your mind.

With a treatment routine as simple as one pill a day, Gilenya can let you focus on the life you want.

**Ask your doctor  
about Gilenya.**

🔍 **'Multiple Sclerosis NZ'**

Reference: 1. GILENYA Consumer Medicine Information available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz)

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 not take Gilenya if you have certain heart conditions or if you are taking some medicines that affect heart rate - check with your doctor. 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, 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](http://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-00347 08/2018 TAPS MR5588 essence NV8834A MS

# recipe.

## *Christmas stuffed peppers*

Stuffed peppers are so easy to make. Although these are called Christmas stuffed peppers, they can be served any time of the year, not just for Christmas. Peppers are available all year round, as they are often grown in hot houses, but the main season is from January to April.

I chose red and green peppers when I made this for a Christmas party. It looked stunning and got plenty of compliments for both looks and taste!

You can choose to fill it with lentils or rice, or a combination. I chose lentils for mine and then also served some brown rice on the side.

### *Ingredients:*

- 6 bell peppers, tops cut off + cleaned inside
- 3 garlic cloves
- 1 small onion, diced
- 2 cups chestnut mushrooms, chopped roughly
- 1 can chopped tomatoes
- 2 cups cooked lentils or rice
- 1 teaspoon each of thyme + cumin
- salt + pepper
- 2 large handfuls of kale
- 1/2 cup dried cranberries
- 1/2 cup walnuts



### *Method:*

1. Preheat oven to 375 °C.
2. Prepare peppers + cook rice or lentils if not already cooked.
3. Fry onions, garlic + mushrooms until fragrant + softened. Add tomatoes, lentils, seasonings, kale, cranberries + walnuts + gently simmer for 5 more minutes.
4. Spoon the mixture into the hollow peppers and replace the lids. Bake for 40-50 minutes.
5. Remove from the oven and serve immediately on ANY day of the year!





# Get on with life, we'll see you in 6 months.

OCREVUS only needs to be given every six months after the first dose.<sup>1</sup> If you're one of the 4000 New Zealanders affected by MS, ask your doctor if OCREVUS is right for you.

**OCREVUS**<sup>®</sup>  
ocrelizumab



*Living your life your way with MS*

1. Ocrevus (ocrelizumab) Consumer Medicine Information February 2018 <http://medsafe.govt.nz/consumers/educational-material.asp>

Ocrevus is **not funded** by PHARMAC for relapsing or primary progressive multiple sclerosis. You will need to pay the full cost of this medicine. A prescription charge and normal doctor's fees may apply.

**Ocrevus**<sup>®</sup> (ocrelizumab), 300mg vial, is a **Prescription Medicine** used to treat relapsing forms of multiple sclerosis (RMS) and primary progressive multiple sclerosis (PPMS). **Do not use Ocrevus if:** you have had an allergic reaction to Ocrevus or any of the ingredients. **Tell your doctor if:** you have an infection, or a history of a recurring or long-term infection such as hepatitis B; you are taking or have previously taken medicines which may affect your immune system, such as other medicines for MS; you intend to have or have had immunisation with any vaccine; you are allergic to any other medicines or any other substances such as foods, preservatives or dyes; you are pregnant or intend to become pregnant; you are breast feeding or plan to breast feed. **Tell your doctor immediately or go to your nearest Accident and Emergency Centre if you notice any of the following:** swelling of your face, lips, tongue or throat with difficulty breathing; swelling of other parts of your body; shortness of breath, wheezing or trouble breathing; skin problems including rash, itchiness or hives; fever, flushing or chills; cough, throat irritation or pain; feeling tired; headache; dizziness or light headedness; feeling sick (nausea); fast heartbeat. **Tell your doctor, nurse or pharmacist if you notice any of the following common side effects:** signs of an infection such as fever or chills, cold sore, shingles or genital sores; stuffy nose or chest; thick mucus in the nose, throat or chest; persistent cough; difficulty sleeping (insomnia); diarrhoea, vomiting and/or stomach cramps (gastroenteritis). **Ocrevus** has risks and benefits. Ask your doctor if Ocrevus is right for you. Use strictly as directed. If symptoms continue or you have side effects, see your healthcare professional. For further information on Ocrevus, please talk to your health professional or visit [www.medsafe.govt.nz](http://www.medsafe.govt.nz) for Ocrevus Consumer Medicine Information.

Consumer Panel based on CMI dated 28 February 2018. Roche Products (New Zealand) Limited, Auckland. Phone: 0800 656 464. [www.roche.co.nz](http://www.roche.co.nz)  
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# have the last word.

Written by Robyn O'Connor, Donor Relations Fundraiser



Three months ago we learned of the passing of the great Aretha Franklin. Within days the media reported that she had died without leaving a Will specifying the apportioning of her estate and assets to her loved ones. So her grieving family and friends must now engage in an expensive and stressful court case to win their share of Aretha's estate.

When a person dies without leaving a Will that person is said to have died intestate. In New Zealand, Section 77 of the Administration Act 1969 sets out who is entitled to benefit from an estate where there is no Will. This information is readily available from your lawyer, NZ Law, or similar websites.

For example, if you have not written a Will and pre-decease a spouse or partner and children or other descendants the estate will be apportioned as follows -

*The spouse or partner will receive the personal chattels plus \$155,000 (with interest) and one third of anything that is left.*

*The children receive the remaining two thirds. If any of them have died, their children receive their share and so on for each generation. (Source: NZ Law)*

Seem fair? Perhaps. But is it what you want?

For example, the adult children could decide they want their share of your estate now – potentially forcing your partner to sell the home which they may have expected to live in for many years. An up-to-date Will can ensure they have the enjoyment of your shared home until they are ready to move.

Are there other family and friends that you want to provide for? If you do not agree with the prescribed apportionment then you need a Will to specify exactly who you want to benefit from your Will.

And if you have no living family, and there are no other claims upon your estate, then the entirety of your estate passes to the State.

Recently I learned of a man in his 70s who does not have a Will. He expects to live a long life like his own father and works hard to keep fit and healthy. His situation is complicated by a previous marriage, children of that marriage, and the combined assets of him and his new partner. Blended families are both common and complex. Without a Will he will leave his loved ones a mess.

Some, maybe many of us will not leave much evidence of our existence when we pass away. I enjoy knowing that my Will is a legal document that will endure. My Will is a statement of the people and causes that are most important to me. When all trace of me is gone, my descendants can read my Will and have a little insight into my values. Some of you may have found Wills of your ancestors and been intrigued by that insight into their lifestyle and values.

When you write or update your Will, please consider including a gift to MS Auckland. Just 1% or 2% is unlikely to deprive your family but will make a big difference to protect MS Auckland in an uncertain world.



# should we be testing the benefits of exercise earlier in the course of MS?



The following article has been taken from the MS Trust UK Research Update. Go to <https://www.mstrust.org.uk/> for more information.

Where do ideas for new research come from? Well, not so much from “Eureka” moments but more often from an unexpected and apparently random observation or a hunch which slowly develops through discussion with colleagues, background reading and preliminary tests. A recent example with exercise cropped up in the most recent batch of MS research papers.

It is well-established that starting a disease modifying drug early in the course of relapsing MS gives greater benefits from fewer relapses and fewer new lesions, ultimately leading to less long term disability. A group of Danish researchers wondered whether the same principle could be applied to exercise.

Exercise therapy, which covers a range of different approaches such as endurance, resistance or aerobic training, has been extensively studied in MS and has been shown to have significant beneficial effects on a variety of symptoms such as fatigue, walking, balance and depression.

The researchers analysed studies of exercise therapy and found that none have looked at the effects of treatment any earlier than three years after diagnosis. Studies typically include people with an EDSS of at least 3, equivalent to mild to moderate disability in several functional systems. This means that the vast majority of studies have evaluated exercise therapy once someone’s MS is well established.

The researchers suggest that there may be an early “window of opportunity”, starting with the first episode of neurological symptoms and continuing into the first few years after diagnosis, where exercise therapy may have the potential to modify the course of MS. They point out that recent studies have shown that exercise therapy can have a direct effect on the brain, including improvements in brain volume and cognition. They propose that studies should investigate exercise therapy as an add-on to disease modifying drugs in the early stages of MS.

Riemenschneider M, et al. **Is there an overlooked “window of opportunity” in MS exercise therapy? Perspectives for early MS rehabilitation.**

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Mult Scler. 2018 Jun;24(7):886-894. Abstract: <https://www.ncbi.nlm.nih.gov/m/pubmed/29889008/>



# our supporters.

MS Auckland is grateful to all organisations, families and individuals who support our work.

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Stevenson Village Trust  
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*Special thanks also to our wonderful volunteers  
who give us their time, expertise and support.*

# remember us with a gift in your Will.

Most gifts are made by ordinary hardworking people who would like to give lasting support to causes that are important in their lives. A gift to MS Auckland in your Will can be as much or as little as you want.

If you would like further information on writing a Will or leaving a gift to Multiple Sclerosis Auckland, or for a confidential no-obligation chat about how your gift can make a difference, please contact Robyn or Mark in the office on 09 845 5921.



***For more information visit [www.msakl.org.nz](http://www.msakl.org.nz)***

# MORE THAN A DECADE TREATING RELAPSING-REMITTING MS<sup>1</sup>



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TYSABRI (natalizumab) is a Prescription Medicine containing 300 mg of natalizumab in 15 mL solution for intravenous infusion. Approved Use: TYSABRI is used as monotherapy for the treatment of patients with relapsing remitting multiple sclerosis (MS) to delay the progression of physical disability and to reduce the frequency of relapse. Do not take TYSABRI if you have any allergy to natalizumab or any ingredients listed in the Consumer Medicine Information, if you have a history of, or current, progressive multifocal leucoencephalopathy (PML), have suppressed immune function or are taking medicines that modify the activity of the immune system. Like all medicines, TYSABRI has risks and benefits. Ask your doctor if TYSABRI is right for you. Use strictly as directed. If your symptoms continue or you have side effects, see your doctor, MS nurse or other health professional. Side Effects: urinary tract infection, nasopharyngitis, urticaria, headache, dizziness, vomiting, nausea, arthralgia, rigors, pyrexia, fatigue, hypersensitivity, liver injury. Further Information: For further information see the TYSABRI Consumer Medicine Information (CMI) available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz) or by calling 0800 852 289.

Individual treatment response to TYSABRI between individual patients may vary. The content of this ad does not constitute medical advice. Prescribers are cautioned to use their own professional judgement and consult any other necessary or appropriate sources prior to making clinical judgements for individual patients. For patients, this ad does not replace advice from healthcare providers. Patients should consult their treating healthcare professional with any questions on the use of TYSABRI. Any adverse events or product complaints can be reported directly to Biogen by calling 0800 852 289. Alternatively, you can email Biogen at [medinfo-aunz@biogen.com](mailto:medinfo-aunz@biogen.com) if you have a Medical Enquiry, at [TPCAustralia@biogen.com](mailto:TPCAustralia@biogen.com) if you have a product complaint, or at [PVAsiaPacific@biogen.com](mailto:PVAsiaPacific@biogen.com) if you are reporting an adverse event.

References: 1. TYSABRI (natalizumab) Approved Data Sheet, March 2018. 2. Biogen Data on File.



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