

multiple news

Multiple Sclerosis Auckland Magazine

July 2019 | Issue 44



*Scotty Stevenson and
Jennifer Ward-Lealand CNZM
supporting
Life Buoy for MS 2019*



inside

MS Awareness Week
and Annual Street
Appeal

Carol's vision
becomes a
reality

Doing the
Tongariro
Crossing

Staying
Active with
MS

and much more...

THE DIFFERENCE YOU HAVE BEEN WAITING FOR

“ It becomes part of your body and
not part of what you are pushing.”

- Alan Ludovici | *Designer, Rider, Ethos Creator*

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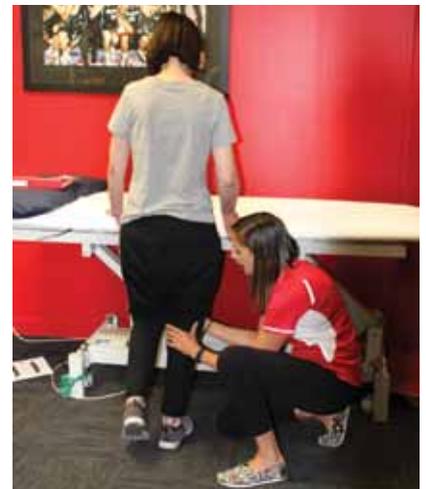
**ALLIED
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in this issue.

- 4. a few words from Ingrid
- 5. upcoming events
- 6. welcome to Priyanka!
MS Awareness Week and
Annual Street Appeal
- 7. volunteerism
- 9. from the MS nurses
- 10. from the MS Community Advisors
- 12. Carol's vision becomes a reality
- 13. hydrotherapy
- 14. Life Buoy for MS 2019
- 16. Tongariro Crossing
- 17. Maria – getting on with life!
- 19. recipe
- 20. crossword
- 21. support groups
- 23. MS Get a Head Start
- 24. staying active with MS
- 26. you are special
- 27. our supporters



Life Buoy for MS 2019!



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our people.

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a few words from Ingrid.

Our General Manager

I'm sure I've commented before how winter is not my favourite season. I do not like the cold! However one good thing about winter is soup! When winter arrives, the soup comes out at my house. I use whatever vegetables are in season and make big pots to last a couple of days. A new favourite is the roasted cauliflower soup on page 19. It has in it a whole head of garlic, giving it a rich, delicious garlic flavour. We need our garlic at this time of year to boost our immune system and help combat those nasty winter colds and flus.

We have another great collection of articles for you. Favourites are often the personal stories. Amit tells us about taking on the challenge of hiking the Tongariro Crossing; Maria tells us about her experiences from her MS diagnosis, to travelling to Moscow for HSCT treatment, to Mastering Mountains grant recipient; and we hear how Carol changed careers after being diagnosed with primary progressive MS and now runs a successful on-line business for people living with a disability.

Our cover story this issue is to say a big thank you to all our wonderful supporters who made Life Buoy for MS another successful event. Fundraising continues to be vital for our organisation to enable us to continue to deliver our services. On average one person in

Auckland is diagnosed each week with MS, often in the prime of their life. MS Auckland services are there for people through all stages of the condition – from being newly diagnosed, to the ups and downs of living a life with MS. We work closely with Fiona and Nazila, the wonderful MS Nurses in the hospital, and deliver the holistic wrap around support in the community for all the family. Our mission is to see all people with MS living well.

We recently welcomed Priyanka to our team. Priyanka comes to us with knowledge, experience and warmth of heart that has seen her quickly embrace her role in the community and the people she serves.

More big news – Field Workers have changed their titles and will now be known as Community Advisors. This might take some getting used to as they have been known as Field Workers for 50 years! There has been some confusion, probably in the last decade, with people who work the fields or collect field samples! The team will still answer to Field Worker and hope that it won't be too long before Community Advisor catches on.

If you have a story you would like to share with our readers, please drop me a line. I would love to hear from you!

MS Auckland AGM – held in April.

A big thank you to our special guest, MS Nurse Fiona d'Young, who gave a superb presentation entitled "Team work makes the dream work: A story of collaboration between MS Auckland and MS Nursing at ADHB" that was very well received.

Lorraine Street, our MS Ambassador, was awarded an Honorary Life Membership. John Street was unfortunately unable to attend the AGM and was awarded his Honorary Life Membership at our Life Buoy for MS event. Committee member, Donald Bowie, gave an update of the strategy and future models that the committee has been working on, receiving feedback from the members. More consultation will be forthcoming.

Elections were held for the Committee with three new members coming on board – Julie Adams, Maxine Pitch and Peter Tutty. Carolin Perkins who served three years on the committee stepped down due to moving to Wanaka, and two very long serving members, Fran Watts and Joan Thomson stepped down.



Lorraine and Neil

events for your calendar.

July to
October

Upcoming events

New classes.

During May and June we trialled two new programmes:

Exercise4Health – in Henderson and Otahuhu

The Henderson programme, which was actually first run at the end of 2018, is going very well and will continue to the end of the year during school terms. The Otahuhu programme we have been unable to attract enough people to, so will be discontinuing this and looking at other options for South Auckland. Any suggestions or ideas would be very much appreciated. Please contact Ingrid at Ingrid@msakl.org.nz.

Exercise4Health Henderson

Every Wednesday 11am to 12 noon

Trust Stadium Gym, 65-67 Central Park Dr, Henderson (Entrance through Gate A)

Next term starts Wednesday 24 July and runs to Wednesday 25 September.

Cost is \$50 (for 10 sessions)

To register please contact Physio Rehab Group on 09 524 0633 or e-mail neuro@physiorehabgroup.co.nz

Chair Yoga

A Chair Yoga session was trialled for 4 weeks on Monday afternoon in Takapuna.

This was a drop in session and cost \$5 per time.

Please check our website www.msakl.org.nz for more details on the Chair Yoga classes over the coming months.

MS Awareness Week,

16 – 22 September 2019.

Keep an eye out on our website for special events coming up for Awareness Week this year.

We will also be keeping you informed via our e-newsletters each month. You can sign up to our monthly newsletters on the homepage of our website www.msakl.org.nz or by giving Becky a call on 09 845 5921.



MS Street Appeal,

20 – 22 September 2019.

Research Day 2019.

Date will be announced soon and will likely be around early November.



Our monthly newsletter is a great way to keep in touch with events coming up. You can sign up on our website www.msakl.org.nz

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5 The Strand, Takapuna

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Monday – Friday 9am to 5pm

Phone number: 09 845 5921

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Liz@msakl.org.nz
Becky@msakl.org.nz

welcome to Priyanka!



The newest member of our team

Priyanka joined us at the end of March to take over from Dianne Bartlett and cover the South and East Auckland area. Priyanka tells us a bit more about herself here:

Hello! Initially, my roots are from the Fiji Islands, but because we migrated here when I was a baby I consider myself a kiwi and New Zealand to be my home.

I went to the Auckland University of Technology and studied science, with biology as my major. After graduation, I went on to pursue postgraduate studies and completed a qualification in Biological Sciences, explicitly focusing on immunology. My interest falls into the areas of microbiology with various bacteria and viruses. I like researching in my own time and have been involved with many studies at my previous workplace.

I consider myself a research enthusiast that loves to research various areas in science. The most exciting field that I have been involved with is stem cells.

They're fascinating, aren't they? If anyone strikes up a conversation about stem cells, I am always all ears.

I enjoy traveling and eating out with my friends and family. I love my office days in Takapuna where I have access to a wide variety of food from cuisines all over the world and the choices are endless. I like to read and keep updated with science news, which so far has been helping me in my role at MS Auckland.

That's me in a nutshell! I am most grateful to Dianne Bartlett, who gave me a wonderful introduction to my new role, and Fiona and Nazila, the MS Nurses, for their expert advice, and all the team at MS Auckland for their welcome and support. I'm enjoying my role here at MS Auckland, and am slowly getting to know all the lovely people in the MS Auckland community. I still have many more people to meet and will look forward to it over the coming months.

MS awareness week and annual street appeal.

This year MS Awareness Week begins on Monday 16 September and ends with our three-day Annual Street Appeal from Friday 20 September through to Sunday 22 September.

While we work throughout the year to heighten awareness around Multiple Sclerosis this particular week shines even more of a spotlight on this complex and unpredictable disease. If you are affected by MS in any way this is a great opportunity to share your story, or simply share the story of others affected by MS, to help people better understand life with MS and raise support for this cause.

There are many other ways to lend your support and in the lead up to MS Awareness Week we will be providing lots of tips and suggestions for you to get involved. Watch this space!

If you would like to make a difference now, why not sign up as a volunteer collector for our Street Appeal Campaign? This is an integral event in our fundraising



calendar and its success is, without doubt, down to our invaluable volunteer collectors. Last year 377 volunteer hours during Street Appeal helped raise \$25,000 – funds that went directly to provide support services to the Auckland MS Community.

We want to go even bigger and better this year but we can't do it without you! If you would like to help out in any way just email us at: streetappeal@msakl.org.nz. We would love to hear from you. Thank you for your support!

volunteerism is currency that appreciates.

Meet Liz Poore with the Mayfield Support Group

Written by Becky Tucker

Our Mayfield Support Group have been drinking coffee and eating cake together for the last 20 years or so. People have come and gone in this time, but what remains apparent still, is the need to get together, chew the fat and laugh!

It is a very welcoming group that gathers once a month at Forrest Hill Plant Barn to, I quote 'talk about everything and anything'. Keen to spend their time positively together, some great friendships have been formed, with a few plant purchases thrown in for those more green-fingered and artificial ones for those not!



Liz, first on the left and the Mayfield Support Group

Incredibly we have some of the original members of the group from over 20 years ago still attending and gaining so much from the group. Liz Poore joined last year, to lend a helping hand to our Field Worker, previously Diane Hampton and now Luminita Apostol. Liz arrives before the group starts to greet everybody and to help those less mobile being dropped off by mobility taxis. Always happy to help, Liz just slots in as if she has been part of the group from the very beginning.

No Mayfield support group is complete without a trip around the garden centre, Liz is there to assist, although Liz admits she can't offer gardening advice, she is a wonderful listener and support person. Liz will be the last one to leave, once knowing everyone is happily on their way home.

Liz, since retiring from teaching in 2005 enjoys volunteering for MS Auckland and other charities. Liz also volunteers at our hydrotherapy classes, so although she has no previous connection with MS, she has come to learn so much during her time volunteering and can empathise with people living with MS. Liz chooses to volunteer as she wants to give back to the community and believes volunteering keeps her active, she explains that she has met so many interesting people and formed many friendships along the way, which I believe is a great reason to volunteer.

Thank you Liz and all our generous volunteers for choosing MS Auckland to support, every bit makes a huge difference, thank you.

important news.

Auckland Transport Total Mobility Cards No Longer Expire!

Good news! If you hold an Auckland Transport Total Mobility Card then you no longer need to renew your card. The cards will no longer expire after two years.

If your card has an expiry date of 30/06/2019 on it you can just ignore this. All taxi companies who accept the Total Mobility Card are aware of the change and will accept your card. However if your card expired before the 30th of June this year, you will need to be assessed for a new card. Contact your MS Community Advisor (Field Worker) to arrange a time for an assessment.

A Total Mobility Card provides you with subsidised travel with selected taxi companies. To learn more about its use and eligibility contact your MS Community Advisor.



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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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from the MS nurses.

Urinary Tract Infections in MS

If you have ever had a urinary tract infection (UTI) also referred to as a bladder infection, the chances are you will remember it. The symptoms can be unpleasant and many people say that it's enough to stop you from wanting to leave the house. In some cases a UTI can make you feel quite unwell.

UTI's are common in MS. It is important that urinary tract infections are detected early and treated appropriately as they can worsen other MS symptoms. For example a UTI is one of the most common causes of worsening of spasms or stiffness; it can trigger a relapse or make thinking difficulties worse. This is why if you speak to your MS nurse about your old symptoms worsening most likely you will be asked if you have signs of an infection. A rise in body temperature from an infection of any kind can affect the function of your nerve cells and cause a 'pseudo relapse' which is not caused by new MS inflammation and will go away when your infection is treated but can still have you feeling pretty miserable.

To check for a UTI, your health professional will ask for a sample of urine. This is tested for bacteria using a small, chemically treated stick (dipstick). This can be done by your GP or practice nurse. The dipstick is dipped into the urine sample and if bacteria are present it will change colour. Urinary tract infections are treated with a course of antibiotics. If symptoms persist you may need to try a different antibiotic. Drinking plenty of liquids to flush out the bladder can help.

Possible UTI Symptoms

You may experience some or all of the symptoms below if you have a UTI.



Fiona d'Young and Nazila Samadi

For some people there can be no symptoms at all. This is called a silent infection. If you have ever had or continue to have silent UTI's please call us and we will help arrange for a supply of urine sample bottles to keep at home and will speak to your GP about teaching you how to use the dipsticks so you can identify an infection faster.

- Frequent urge to urinate
- Painful or burning sensation when urinating
- Painful bladder or abdomen even when not urinating
- Passing a small amount of urine even though there is an urge to pass more
- Milky or cloudy urine that smells unusual
- High temperature.
- Generally tired or washed out most of the time

Avoiding a UTI

Bladder function can be affected by MS lesions on the spinal cord which can cause an over or underactive bladder. It's important that you report bladder symptoms to your MS team so your bladder function can be assessed. Those of you who feel your bladder may not be emptying completely are more likely to experience a UTI and there are many techniques and advice available to help with this. We are lucky to have excellent continence nurses in Auckland who you can be referred on to for specific help in this area. It can feel too personal to discuss for some people but please be courageous and tell someone if you have noticed changes to your bladder function.

*Fiona d'Young and Nazila Samadi
Multiple Sclerosis Nurse Specialists
Auckland City Hospital*

*Email – msnurse@adhb.govt.nz
Phone – 09307 4949 ext. 25885#*

from the MS Community Advisors.

The MS Field Workers have a new job title – MS Community Advisors. The name change won't effect the work they are doing as they continue to work to support all people affected by MS in the community. The aim of the name change is to help clarify their role (Field Workers has been confused with people who collect samples in the field, or with people who go out to the fields to plant crops or pick fruit). Like any change, it may take a while to get used to calling your 'Field Worker' your 'Community Advisor', so don't worry if you get mixed up!

Referrals that you can access from your MS Community Advisor

Written by Andrea Kortas-Ray – MS Community Advisor, West Auckland & Rodney

Recently, it has come to our attention that not everyone is aware of the services that they have access to through their Community Advisor. While we cannot write referrals to specialists for you (that would need to come from your GP), there are a number of services that we can refer you to. Below, I will summarise some of the services that we can refer you to and what each service is for. There are a number of services that you can access free or at a low cost through your local hospital or other community or government agencies.

Hospital Community and Outpatient Services

Through your local DHB, you have access to a number of different allied health services for free, including the following. Note that the waiting list for some of these services can sometimes be several months, but urgency can be noted in referrals, as appropriate:

Occupational Therapy

Community Occupational Therapists (OTs) will look at and assess the occupational performance of patients in association with completing everyday tasks. Occupational performance refers to how people perform activities that make up their everyday lifestyle (including eating, bathing, dressing, grooming, homemaking, toileting and leisure activities). Once this has been assessed they can provide education, advice and rehabilitation programmes to improve people's occupational performance; they can advise and assist with applications for home modifications to improve the environment and make it more accessible; offer cognition screening, fatigue management strategies, life style design and pain management strategies. They also provide assessment and advice in regards to lying down, seating requirements and standard wheelchairs for activities of daily living and they may order assistive equipment to assist with activities of daily living. Where mobility and seating requirements are long-term, complex and require individualised components, they may refer individuals onto a more specialised service such as Mobility Solutions.

Physiotherapy

A Physiotherapist (PT) can help you in several ways to ensure you remain independent. They can assess your walking, balance and transfers and provide appropriate walking aids and basic transfer equipment (E.g. Shower stools, toilet frames, walking frames, gutter frames, etc.) if required. An exercise programme to maintain muscle strength and a stretching programme can also be provided. Physiotherapy can guide you on how to increase your tolerance to activity or educate on fatigue management strategies. Involvement from the Physiotherapist is often for a short-period of time to address your current needs, but they can give you a programme to continue with at home and/or refer you to more long-term activity supports such as Green Prescription programmes. You can also be reassessed at any time as your needs change. Referrals can also be made to other allied health professionals or Orthotics NZ as required.

Through the hospital you can access physiotherapy at an outpatient clinic, if you are able to travel to your local hospital for appointments. Alternatively, a Community Physiotherapist can visit you at home, if it's not possible for you to travel to the hospital or if you have a home-specific goal.

Speech and Language Therapy

Community Speech and Language Therapists (SLTs) provide assessment and intervention for patients with speech, language, social communication, swallowing and voice difficulties and disorders. They will work with patients and their families to assess swallowing and communication, offer advice and put rehabilitation programmes in place. Programmes focus on achieving a desired level of independence, increasing social participation and improving wellbeing. In some cases they will work with families to find suitable compensatory strategies to help individuals to adapt to their changing communication and swallowing abilities, in the best way possible, especially where there is a progressive



neurological condition or chronic health condition at play. Community Speech and Language Therapists can visit people at home or see them in a private hospital/ rest home or in a community clinic. Common speech, language and swallowing disorders that they work with include: aphasia/dysphasia, apraxia, dysarthria and dysphagia (swallowing disorders).

Social Work

Community Social Workers can help patients where there has been a major life change that they need some help with adjusting to (E.g. Grief, loss of a partner or someone close, the need to readjust to life after a major illness or other change such as the loss of a job or adequate housing, etc.) and they will work with an individual, while considering their emotional and health needs. They understand that while going through these life changes, relationships change, communication can be challenging and some people become isolated. They will work with patients to help them to rehabilitate back into their community, whilst considering mood and safety and putting on-going supports in place, such as linking in with community support agencies, hobbies or sports groups, etc.

Dietitian

A Community Dietitian will work with patients and their families to develop strategies to improve oral intake and nutrition. In some cases, this may involve recommending or managing tube feeding, to help an individual to maintain optimal nutrition. They will work with families to create feeding plans that fit in with a person's daily life, to provide adequate nutrition.

Continence Nurse

Community Continence Nurse Specialists will work with patients of any age, who have continence problems or symptoms of bladder or bowel dysfunction, which can include: urinary and faecal incontinence (having 'accidents' or 'leakage'), urgency (inability to 'wait to go'), hesitancy (difficulty starting the 'flow'), increased frequency, having to get up to go to the toilet more than once during the night (nocturia), incomplete emptying, loss of sensation in the bladder or bowel and more. The Continence Nurse Specialists will assess urinary

Your Community Advisors



Andrea
West Auckland and Rodney
Contact 021 959 189



Luminita
North Shore and Central Auckland
Contact 021 959 187



Priyanka
South and East Auckland
Contact 021 959 187

and faecal incontinence, provide bladder retraining programmes, offer advice and education to patients and families/caregivers for managing the bladder and bowel, identify lifestyle factors that may be influencing bladder and bowel problems (E.g. medication, drinking caffeine, etc.) and offer advice on continence products and accessing products, when people meet the criteria. They will also refer on to a Continence Physiotherapist for assessment and treatment, as appropriate and will link in with other allied health professionals.

Your Community Advisor can also provide the following referrals, information and support:

- Referral for a needs assessment through your Needs Assessment and Service Coordination Service (NASC) to help you to access home help (if you meet specific criteria) or assistance with personal cares - this may be through Taikura Trust or your local DHB, depending on your age.
- We can assess you for a Total Mobility card to get you discounted taxi fares (with specific criteria).
- We can provide you with information on a wide range of services in the community, such as private neurological physiotherapy, occupational therapy, counselling, exercise classes and more.
- We can assist you with lottery grant applications for modified/accessible vehicles and/or specific disability-related equipment and can provide you with information on how to go about this.

If you have any questions about referrals, support or what services are available to you in your local community, please contact your MS Community Advisor.

Note: A special thank you to the allied health professionals who assisted with writing this article.

Carol's vision becomes a reality.



Written by Andrea Kortas-Ray



Andrea spoke to Carol Gilson, who shared her experience leading up to her and her husband Lee setting up their business Be Free Kiwi, which sells independent living products. To find their website, visit: www.befree.kiwi.

Carol was born in England and grew up in Portsmouth. After leaving school, she trained at the University of Warwick to obtain a teaching degree, which she used to secure her dream job teaching at a local special school in 1996. In 1998, she met her soon-to-be husband, Lee, and by 2003 was married with two children. In 2006, Carol and her family made the big move over to Auckland, where they continued to practise things they loved doing, such as swimming and karate, and Carol secured a job working at an Auckland special school. They loved their new life in Auckland and embraced the Kiwi way of life and the big outdoors.

Carol led a busy life, teaching in a demanding job alongside training in and instructing karate. Over time, she started noticing that her stances in karate were not as they should be and she was finding that she became injured, off balance, overheated and fatigued more easily, which eventually led her to getting a diagnosis of primary progressive multiple sclerosis.

At the time, Carol was working 3 days per week as a classroom teacher and 2 days per week as the school's IT support. As Carol experienced a physical decline which led to the need to use a powerchair fulltime, Carol was able to continue working at the school, by shifting to working fulltime in IT, rather than hands-on teaching. She was very thankful to have the full support of her workplace.

Carol and Lee bought a specialised car so that Carol could continue to get out and about and Carol got a mobility assistance dog called Walter. These gave her a level of independence which allowed her to visit some of the school's satellite classes to teach students IT. She continued to instruct karate and still does!

Carol realised that she needed one day off per week to rest, but was finding that she needed something more to stimulate her mentally, while sitting at home. Carol had been complaining for a couple of years to her husband Lee about the lack of practical bags available for wheelchairs and from this came the idea of setting up their business - Be Free Kiwi!

Carol and Lee recognised that there was a gap in the New Zealand market for specific disability-related equipment and aids. They also noticed that prices are marked up exorbitantly for anything related to disability. They had a vision to set up a business, making products readily available to the New Zealand market at affordable and fair prices, to help people to increase their independence, dignity and freedom. With Lee's experience in social marketing and website design, and Carol's experience in the special education sector and ability to identify gaps in the market, they were all set. Within 48 hours, it was complete - a company name, domain name, social media handles, logo and being registered with Companies House!

Be Free Kiwi has been running for nearly a year and sells a range of products, from wheelchair bags to continence products, all natural skin care for sensitivities, specialised eating and drinking aids, daily living aids, consumables, sensory products and more. Carol is very resourceful when it comes to sourcing cheaper products and she is always open to suggestions for items that she can sell.

As an extra service, Carol and Lee own a specialised wheelchair, allowing Carol to access and enjoy the beach, and they have this available to hire out to families, to allow them to enjoy New Zealand's beautiful beaches! To find out more about hiring this wheelchair visit www.befree.kiwi. There, you can also find Carol's blog, where she writes about all sorts of topics related to disability and access issues. Carol also has a Be Free Kiwi Facebook page, and Twitter account with lots of adorable photos of Walter.

hydrotherapy.

The hydrotherapy sessions across Auckland each week are our longest running and most popular exercise classes. If you haven't tried it yet, what's stopping you? You can have two free trials before committing yourself to a regular routine. I can almost guarantee that you will really enjoy it and that you will soon become a regular.

How much does it cost?

The cost of the one hour class is heavily subsidised, however there is a payment fee of \$30/quarter. This entitles you to attend as many sessions in as many of the pools listed below that you would like.

How do I sign up?

If you are new to Hydrotherapy and have MS then you will need to first contact your Community Advisor (see names and contact details on page 11), or the Community Advisor listed below for each of the pools. They will provide you with more information and also let the Physio know to expect you at your first session. Please note when you attend any pool for the first time it is important to let the Community Advisor know so that the physio can be informed. If you do not have MS, then you must contact the Physio that leads the pool session before attending. (See their contact details below). The cost is the same at \$30/quarter; however there are no free sessions. You can come to a session to observe if you like before signing up. People who have had a Stroke or have Parkinsons or other neurological conditions are most welcome to join our Hydrotherapy programme, provided the class is not full.

How do I pay?

The easiest way to pay is by direct payment into our bank account. Our bank account is: ASB 12 3047 0088939 00. Use your surname and Hydro as the reference. Alternatively you can phone Liz or Becky in the office on 09 845 5921 to pay by credit card.

How do I contact the Physios?

Epsom Girls Pool:	Contact Rope Neuro Rehabilitation on 623 8433
Manurewa Leisure:	Contact Physio Rehab Group on 524 0633
Millennium Pool:	Contact Neuro Rehab results on 480 6464
Lloyd Elsmore or Diocesan Girls:	Contact MS Auckland on 09 845 5921

Who do I contact for more information?

Contact the Community Advisor or phone Liz at the MS office on 845 5921.

2019 Weekly Sessions

Tuesday

Lloyd Elsmore Pool

Sir Lloyd Drive
Pakuranga

11.00am - 12.00 noon

Contact:

Priyanka Kumar
09 845 5921 Ext 220
priyanka@msakl.org.nz

Wednesday

Millennium Pool

17 Antares Place
Rosedale

10.30am - 11.30am

Contact:

Luminita Apostol
09 845 5921 ext 222
luminita@msakl.org.nz

Wednesday

Manurewa Leisure

Sykes Road
Manurewa

11.00am - 12.00 noon

Contact:

Priyanka Kumar
09 845 5921 Ext 220
priyanka@msakl.org.nz

Thursday

Epsom Girls

Silver Road
Epsom

10.30am - 11.30am

Contact:

Luminita Apostol
09 845 5921 ext 222
luminita@msakl.org.nz

Saturday

Diocesan Girls

Clyde Street
Epsom

10.00am - 11.00am

Contact:

Luminita Apostol
09 845 5921 ext 222
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Life Buoy for MS 2019.



Wow! We enjoyed a fabulous afternoon on Sunday the 5th of May at the Royal NZ Yacht Squadron where we held our big annual fundraising event Life Buoy for MS.

Scotty Stevenson (looking much leaner than last year and no longer fitting his nick name 'Sumo') once again volunteered to MC the afternoon. With his superb style and wit he entertained the guests and kept the afternoon running smoothly from start to finish.

Jennifer Ward-Lealand was our very special guest speaker. She had everyone in the room in awe of her numerous talents, and not just acting and singing talents. As a relatively recent learner of Te Reo Maori, Jennifer is now a seemingly fluent speaker. Our only regret on the day is that we didn't video Jennifer's talk as it is something we would love to share and listen to again and again.

This event would not be possible without our kind sponsors. Harcourts Cooper & Co have been one of the main sponsors of Life Buoy for MS since its inception. Martin Cooper once again led the live auction for us, bringing in a whopping total of \$30,000 from 7 live auction items.

Our other two sponsors returning again this year were Care on Call home care services (www.careoncall.co.nz) and JUCY (www.jucy.co.nz), with JUCY also donating a three day campervan hire that was hotly contested at our silent auction.

Pascoes once again donated a magnificent white gold diamond ring valued at over \$5,000. This was once again put up as our pledge item and brought in \$20,945, thanks to our very generous guests.

Life Buoy came together due to the hard work and commitment of our wonderful volunteer committee, which included our two ambassadors, Lorraine Street and Raewyn Henry, our long term volunteer, Joan Thomson, and two other brilliant supporters, Christina Cairns and Celia Snedden. Together with Liz Callinan and Ingrid Minett from the office the Committee brought the event together, including the gathering of 31 fabulous prizes which were put up for auction.

The smooth running of the day was helped by our team of volunteers, Andy, James, Curt, Sam and Cassidy, who together with our long term volunteer Andrew and his daughter Gabrielle helping on the day.

The event will provide MS Auckland with \$65,000 which will go directly to providing services for people affected by MS. The success of events such as Life Buoy rely so much on the generosity and kindness of a large number of people – sponsors, donors, volunteers and guests.

Our wholehearted and deepest gratitude to you all!

Harcourts Cooper & Co

jucy

Care On Call
Quality Care In Your Home



The winners of the Waitangi boat race tell us about their experience...

One of the live auction items at Life Buoy was a sailing experience for two aboard the Classic Yacht, Waitangi, skippered by Larry Paul. This item was generously donated by the Classic Yacht Charitable Trust and was won by Christina and Barry. A few weeks later they found themselves racing on Auckland Harbour. Below Christina writes about their memorable experience:

When we won the bid for the Waitangi auction prize, Larry immediately came over to our table and introduced himself with his big smile. He took our details and we knew that minute that it was going to be a phenomenal informative boating experience for us.

As predicted by Larry, it was perfect weather for this special occasion allowing us to have our feet wet when tacking. I had never experienced sailing in such a vessel (being 22 tonne) and the hoisting of a topsail. My main fascination



was the constant steering on the helm by the helmsman, Andy Shen. Andy gave me a brief trial and I quickly found out that it was not a lightweight job to control the yacht.

With a total crew of 14 people (who are all volunteers) we raced against other Classic yacht contenders, some of which were sister ships also patronised by the Classic Yacht Charitable Trust, including Thelma, Ranger, Ariki, Innesmara and Francis. Overall, the humour and skill of Larry and Andy made it one of my most memorable experiences. We thoroughly enjoyed our experience and would certainly recommend it, although not for the faint-hearted, as the boats can get very close at times when tacking!



Tongariro Crossing - challenging, but incredibly satisfying.

Written by Amit Abhyankar

Challenging but incredibly satisfying, that is how I would describe the Tongariro Crossing. It is a journey with amazing views, and some very challenging climbs, that I would recommend to everyone.

October 2018, I received my second MRI of the year, 6 months after being on Tysabri. It showed no further damage to my brain. This got me thinking of how I can give my body the best shot possible, now that this medication is helping.

First was with a goal to be fit and doing the half marathon in October 2019 with a short term goal of completing the Tongariro crossing in April.



To kick things off, I started walking at lunch time, first 2 then 3 then 5 km daily. This was followed by a swim most evenings. Altering my diet to bring home cooked lunches, as opposed to having burgers, kebabs and other takeaways every day. Sharvari, my wife, who is very supportive of my journey to fitness joined in and we soon replaced evening swims with climbing Mt Eden for some incline training. We would climb up and down the mountain 3 times every evening. All of this started to pay off, and by February, I had lost about 15 kilos and started to feel fitter, healthier and mentally a lot better about myself.

There were 8 of us in our group to attempt the hike. On the bus from the National Park Village to the start of the climb, I felt happy to be attempting the hike. The hike started at minus 2 degrees and clear skies at just past 8am. Just as you think you can see the end of the climb, you arrive at moorland of sorts, and then the next climb starts. You lose count of the steps, and admire the raw beauty of New Zealand. The last bit known as the Devils Staircase is an incline climb, a steep cliff on one side and a mountain on the other. This to me was the most challenging part of the entire climb. Past that, we arrived at the red crater, had some packed lunch and rested our legs. Then it is a downhill walk from there with panoramic views across the plateau. The Emerald lakes are amazing and very beautiful. My left leg locked towards the end of the walk, but all the training prior combined with the amazing support from Sharvari and the group got me home.



Throughout the day, as we progressed through climb after climb, then back down, we experienced sunny skies, fog, snow, hail and rain towards the end. We took the 4pm bus back to our accommodation and had a celebratory drink in the evening for our achievements.

If you attempt this walk, and I highly recommend you do, be well stocked with food and water, take lots of breaks and admire the beauty of New Zealand - untouched, unspoilt, pristine New Zealand.

Would I do this again? Absolutely!

Maria – getting on with life!

Written by Ingrid Minett

I met up with Maria Sunde on a rainy Auckland day at the site of their future home in Oratia, West Auckland. I went with the intention of finding out more about the Mastering Mountains Grant she has recently received and the adventure she has chosen, but what I learned about this very determined woman was so much more. Here, in a nutshell is her story:

Background – Before her MS diagnosis

Maria is a very active, outdoors person. She has done 33 marathons over the past 40 years, as well as enjoying cycling and swimming. She has 3 children who all grew up to share her love of tramping and the outdoors.

For many years Maria noticed an issue with her right leg. Because of her active running, it was assumed that it was a sporting injury. Over the years she went to numerous physios, massage specialists, acupuncturists, podiatrists, and so on in attempt to fix the problem. “I spent thousands trying to get it sorted” says Maria.

An orthopaedic surgeon eventually diagnosed a ripped ligament in one of her toes, which he claimed caused the drag. She underwent surgery, and a year later, when it still wasn't right, she was told 'the ligament had collapsed', and she had a second operation on her toe. By this time she couldn't run at all, but continued with her swimming and gym workouts.

During a holiday in Northland people started really noticing her dragging leg. “People thought I had a stroke”. Her husband, Rex, worked with someone who suggested she see a neurologist. An MRI and a lumbar puncture later and Maria was told she had Primary Progressive MS and there was nothing they could do for her. “I was told I would get progressively worse and end up in a wheelchair”.

After her MS diagnosis and her trip to Moscow for HSCT

Not one to give up, Maria did everything she could for herself, including following the Jelinek diet, meditating, seeing a neuro physiotherapist, and exercising. Then she saw the Sunday documentary on HSCT – Hematopoietic Stem Cell Transplantation. She became very interested and her Community Advisor helped her to gather lots of information to learn more about it.

Maria wrote to Moscow and, with the support of her family, applied to undergo HSCT in Moscow. They closed their wine business which Maria had been running. Fortunately, her husband was employed

in another business and their children were all independent adults. She was told the waiting list was 2 years, but due to a cancellation she ended up flying to Moscow for treatment in February of 2018.



Maria speaks very positively about her experience in Moscow. All up, including treatment and flights and hotel accommodation for her husband, it cost them around \$125,000. At 60 years of age, she was one of the oldest people there with most others being in their 30's or 40's.

Her progress since coming home has as predicted by Moscow: stable. She still experiences pain in her leg which her neurologist says is due to damage done before treatment, but her MS has not progressed. Her greatest hope is that as a result of the treatment it will give her more time to be outdoors and participate in all the activities that she enjoys so much. Because of her age she is realistic and is delighted just to halt the progress of the disease. She would have been in a wheelchair by now if she had not undergone HSCT.

Maria encourages young people with MS to look at HSCT. She would like to see New Zealand promoting the treatment and making it available for people to have it done here.

Maria's Mastering Mountains Challenge

The treatment took a financial toll, so Maria looked to the Mastering Mountains grant with the plan to do the Alps to Ocean trail – a 6 day cycle trail in the south island (www.alps2ocean.com).

She was successful with her application and will have some of the costs for preparing and taking part in the adventure funded. She will be training over the coming months with the plan to be ready to do the trail on an e-bike in early 2020.

Maria is looking forward to the adventure and also hopes that she will be able to show others with MS that with determination, dedication and perseverance, anything is possible. “We do not need to withdraw, but rather get on with life!”

For more information on the Mastering Mountains grant please speak to your MS Community Advisor (Field Worker).



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

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. Tell your doctor straight away, if you believe your MS is getting worse after you have stopped treatment with Gilenya, because it could be serious. 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 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-00501 February 2019 TAPS MR5588 essence NV9064A MS

recipe.

Roasted Cauliflower Soup

Winter is soup time in our household. I just love a big bowl of hot soup on a cold day.

This soup recipe is one of many of my favourites. It's delicious and healthy. It's also gluten free, oil free, and vegan.

You'll need about an hour from start to finish (30 minutes prep and 30 minutes to cook). It can serve 4 as a starter, or as a main dish, add some nice sourdough bread and it will feed two hungry adults, with perhaps a wee bit left over for lunch the next day.

Ingredients:

- 1 head Cauliflower (about 4 cups)
- 1 head Garlic
- 1 med sized Potato (or Kumara for a sweeter tasting soup)
- ½ brown Onion
- 3 cups Vegetable Broth and 1 cup water (or 4 cups broth)
- 1 Tbs Curry Powder
- ½ tsp Cumin
- ½ tsp Onion Powder
- ½ tsp Garlic Powder
- ¼ tsp Salt (or more to taste)
- ¼ tsp Black Pepper
- 1/8 tsp Ground Thyme



Directions:

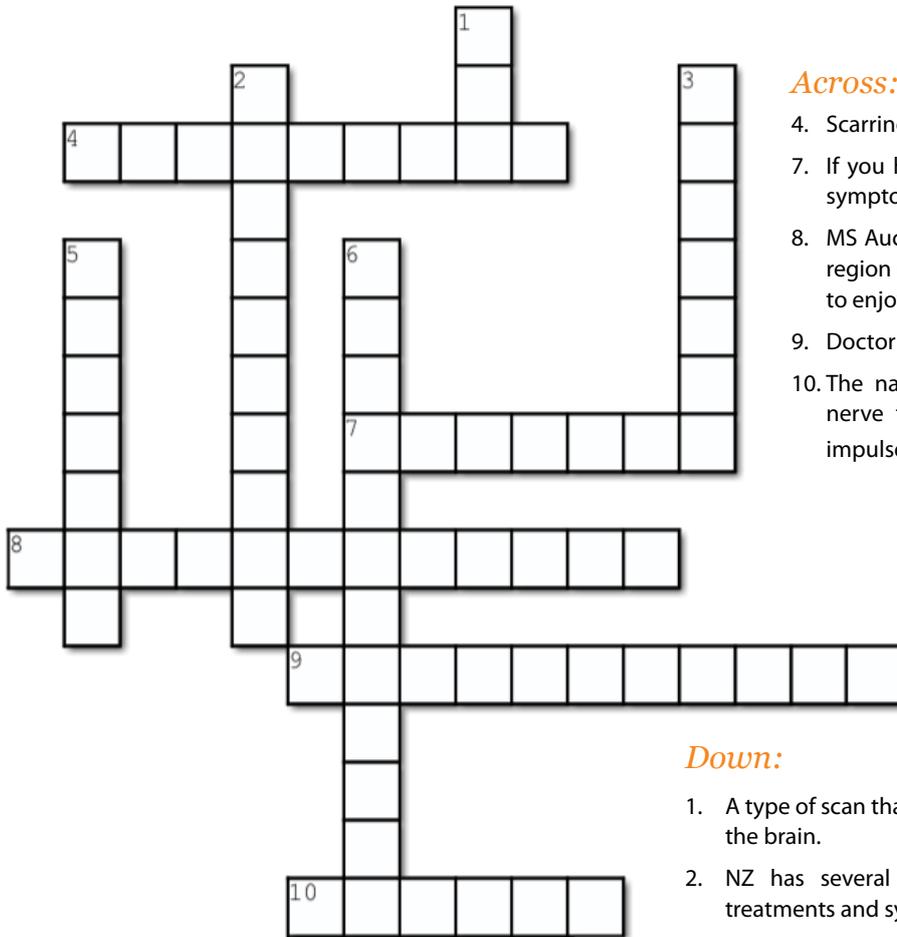
1. Cut cauliflower into equal sized florets. Save the smaller crumbles - don't throw those away!
2. Cut the top ½ inch or so off the entire head of garlic, exposing all of the individual cloves. Place cut side down on a parchment-lined baking sheet.
3. Rough chop the onion and add to a large ziplock bag, along with the cauliflower. Add curry powder and cumin and shake to distribute.
4. Arrange the veggies on the baking sheet and roast in a 220 C oven for 25-30 minutes.
5. Place the roasted veggies into a large soup pot. Carefully squeeze the garlic cloves out of their skins and add to soup pot.
6. Add broth, water, the potato (or kumara), which has been peeled and cubed, and the remaining spices to the soup pot and bring to a boil. Reduce heat to a simmer and cover for 5-10 minutes or until the potato is tender. Adjust seasoning if necessary.
7. Puree the soup with either your blender or an immersion blender until smooth and creamy.
8. Garnish with toasted croutons, the cauliflower crumbles, chopped green onions, or parsley.

Enjoy!



it's all relative...

Using the clues complete the crossword below. All words are related to MS.



Across:

4. Scarring of the tissue is known as _____.
7. If you have RRMS and you have an attack and your symptoms flare up it's called a _____.
8. MS Auckland has 15 of these happening around the region each month where people come get together to enjoy a coffee or a friendly chat. (2 words)
9. Doctor that diagnoses MS.
10. The name for the insulating sheath around many nerve fibers, which increases the speed at which impulses are conducted.

Down:

1. A type of scan that provides detailed pictures of soft tissues like the brain.
2. NZ has several funded and unfunded disease modifying treatments and symptom management _____.
3. Common symptom in MS usually described as tiredness, although it is different from feeling tired or sleepy.
5. This new drug was approved by Medsafe for RRMS and PPMS but is currently not funded by PHARMAC.
6. Water exercise sessions held in pools across Auckland each week.

Answers to Crossword found on page 26.

fundraisers.

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.

www.zeosoft.co.nz
www.magicmud.co.nz

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.

Thank you to everyone who has been purchasing items!



support groups.

There are MS Support Groups operating in venues all across Auckland every week. These groups are open to anyone with MS, their partner, parent, friend, carer, sibling, or child. There are many benefits to coming along to support groups. People tend to feel less isolated when they meet others and are able to talk openly and honestly about their feelings. They get practical advice from others who have gone through things that they are experiencing, and they can compare notes about resources, doctors, or alternative options.

You may want to go to one or two support groups to find one that is most compatible for you. Talk to your Community Advisor (listed in the contact details below) if you are unsure which one to go to or if you are going to one for the first time. They will make sure that you are met and welcomed to the group.

If you are interested in starting up a Support Group in your area, or would like to look at a different type of Support Group than what we currently have on offer (perhaps an evening group, Mum and tots group, etc) your Community Advisor would love to hear from you and work with you to help make that happen.

Location	Contact	Date/ Time
South / East Auckland		
Beachlands Support Group Pepper Jacks Café	Priyanka Kumar 021 845 903	Fridays 11.30am
Pukekohe Café Group Different Venues	Priyanka Kumar 021 845 903	First Thursday / Month 11.30am
Botany Café Group Robert Harris Café (Botany Town Centre)	Priyanka Kumar 021 845 903	Third Thursday / Month 11.30am
Manukau Café Group Friendship House (Manukau)	Priyanka Kumar 021 845 903	Last Tuesday / Month 10.30am
Men's Group Robert Harris Café (Botany Town Centre)	Priyanka Kumar 021 845 903	Last Saturday of each Month 10.00am
Central		
Mt Wellington Café Group Coffee Club on Lunn Avenue	Luminita Apostol 021 959 187	Second Saturday / Month 11.00am
Stonefields Café Group Stonebake Café (Lunn Avenue, Mt Wellington)	Luminita Apostol 021 959 187	Third Wednesday / Month 10.30am
Onehunga Group Urban Verge Cafe (653 Manukau Rd, Royal Oak)	Luminita Apostol 021 959 187	Third 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 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)	Andrea Kortas-Ray 021 959 189	Third Wednesday / Month 10.30am
North Auckland		
Mayfield Coffee Morning Kings Plant Barn (1 Forrest Hill Road, Milford)	Luminita Apostol 021 959 187	First Thursday / Month 10.30am
Shore Lunch Group Palmer's Planet Café (cnr Hugh Green Drive/Greville Rd, Albany)	Luminita Apostol 021 959 187	Last Wednesday / Bimonthly 12.00 noon
North Shore Café Group Vauxhalle Café (Milford Mall)	Luminita Apostol 021 959 187	First Saturday / Month 12.30pm



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

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

OCREVUS[®]
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[®] (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 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
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MS get a head start.

A life changing program that empowers individuals with MS

When someone is diagnosed with MS, no one provides a manual on how to live or how to optimally manage the condition. An area that research has highlighted as one of the most unmet needs of those living with MS is around exercise.

There is a staggering 80% of individuals living with MS that are completely inactive let alone participating in any regular exercise. This is having a devastating impact not only on their overall health and wellbeing but also significantly on their MS. What is also really concerning is that this figure has not changed for the last 25 years, even though there is significant research to support the positive effects of exercise on MS.

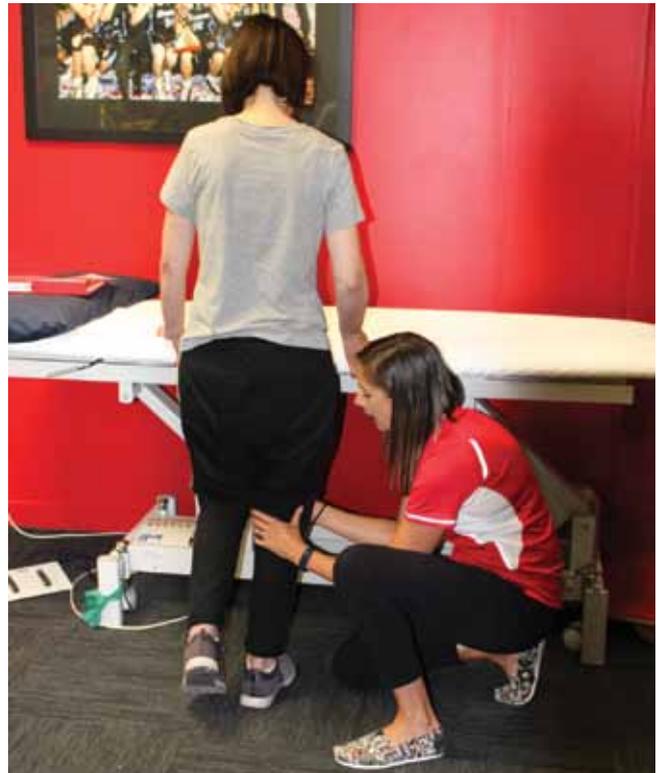
There are several fundamental reasons why individuals with MS do not participate in regular exercise and these include:

- Fatigue
- Heat sensitivity
- Fear of making things worse
- Limited understanding of the positive impact of exercise
- Poor referral rate to experienced therapists
- Limited guidelines around the correct exercise approach

Researchers and clinicians treating MS have started to discuss whether the presentation of an individual with MS is truly due to the primary impairments of the demyelination process on their central nervous system (CNS) or if it's actually due to secondary impairments. With a population that is so inactive the impact of secondary immobility consequences is extremely high. This combined with CNS neurodegenerative processes results in a vicious cycle of reduced mobility and decreased physical activity.

Individuals with MS should be provided with information from diagnosis on how to proactively manage fatigue and other symptoms, as well as being provided with specific input on how to proactively exercise to maintain neurological function and overall health. It is important to understand that exercise will NOT cause a relapse and will make the individuals quality of life better NOT worse.

This is the reason that MS Get a Head Start was developed and launched internationally this year. MS Get a Head



Start is an innovative six week high intensity exercise and education program designed to promote health behaviour change and empower self-management.

The program pulls together the latest research and has been trialed in Australia and New Zealand over the last 7 years. The MS Get a Head Start program has shown dramatic changes not only on physical outcomes but also perceived quality of life and self-efficacy over managing chronic disease.

The MS Get a Head Start program is currently provided by Connect Neuro Physiotherapy in Auckland, however you can find your nearest provider by searching on the MS Get a Head Start website.

The MS Get a Head Start website also delivers the health professional online training program. This 10 hour + online program delivers all the education, research and information for a health professional to become an accredited provider of the program.

MS Get a Head Start provides individuals with the power of HOPE, that a better can be possible.

For more information please visit: www.ms-ghs.com

staying active with MS.

RESEARCH

*The following article was taken from the MS Trust site in the UK:
<https://www.ms-trust.org.uk/life-ms/exercise/staying-active-ms>*

In the past, people with multiple sclerosis were advised to avoid exertion. It was felt that since many people with MS experienced fatigue and found their symptoms worsened when hot, it was best to avoid activities that could be seen as tiring. It turns out that this was not good advice. Regular, moderate exercise is now known to be an important part of maintaining good health and wellbeing for people with MS. There is evidence that it can help with many MS symptoms, and also with general quality of life.



How can exercise help with my MS symptoms?

There have been many studies to look at the benefits of different kinds of exercise for people with MS. It can be hard to compare these studies, but they have in general shown exercise to be valuable for people with MS.

Moderate exercise has been shown to improve strength, mobility and bowel and bladder function for people with mild to moderate MS. Exercise is also helpful in helping maintain a healthy weight. This reduces your chances of acquiring co-morbidities, and can also reduce the impact of some MS symptoms, such as pain and fatigue.

Exercising is good for the mind and brain, not just the body. In general, exercise has been found to be neuroprotective, to improve symptoms of depression, improve cognitive processing speed, visuospatial memory, executive function and cognitive flexibility. These boosts can last for several days after exercising.

Aerobic training

Aerobic exercises are dynamic exercises where you raise your heart rate by moving quickly. This might mean running, dancing or playing a team sport like football or netball. Aerobic exercise is particularly good for cardiovascular health. Moderate intensity aerobic exercise has been shown to quickly improve the blood pressure and proportion of healthy fats in the blood. It also reduces the amount of fat stored in the body, and can help with weight loss.



Depending on the type of exercise, aerobic activity has been shown to improve the aerobic capacity, functional mobility, visuospatial memory, brain volume, fatigue, and quality of life of people with MS.

Dynamic workouts lead to improvements in balance and co-ordination. There can be further benefits in that the deeper breathing that you do with this kind of activity can also strengthen your core muscles and posture. Aerobic exercise improves walking ability, particularly in conjunction with resistance training to strengthen the legs.

High Intensity Interval Training, or HIIT, involves aerobic training in very short bursts, and has been shown to be as

effective in fitness and weight loss as other aerobic exercising. The theory is that you exercise as hard as you can for four minutes, take a short break and repeat several times, focusing on a different exercise each time. For people with MS, exercising in short bursts may help to avoid overheating. Shorter workouts are also easier to fit into busy lives. Try to maintain regular aerobic activity, as the positive benefits reduce soon after you cease exercising.

Strength training

Also known as progressive resistance training, strength training might involve exercises where you lift weights, use your body weight to work against (such as sit-ups or push-ups), or pull against an elastic band. The aim is to build and strengthen your muscles.

Moderate strength training exercise helps with balance and posture, and also helps combat fatigue. Muscles that are not used regularly become weakened and then require more energy to carry out tasks. This can lead to a cycle of decline, as an already weak muscle that is not used will become weakened further, a process known as atrophy. Strength training improves general fatigue, cognitive fatigue, and also increases the connectivity between brain regions in people with MS. It is thought that increased brain connectivity may protect against fatigue and future cognitive decline.

The positive effects of resistance training last for several weeks after stopping.

Endurance training

Endurance training is training the aerobic system, improving your cardiovascular resilience and also making muscles more efficient. It would involve regular, steady aerobic exercise, such as cycling, swimming or jogging. You would typically start with shorter distances and build up to longer periods of exercise. Over time, endurance training improves your ability to recover from exertion, although care must be taken not to over-exert yourself too quickly.

Endurance training has been shown to provide benefits in walking ability in people with MS. When people with MS were studied doing a combination of endurance training with leg resistance training they found improvements in mobility, balance and co-ordination.

As with other forms of exercise, stopping endurance training generally results in the benefit being lost over time.

MS Auckland offers subsidised exercise programmes throughout the region. Please see page 13 for our Hydrotherapy classes, and page 5 for our exercise and chair yoga classes.



Geneva
Healthcare

Geneva Elevator provides a specialised recruitment consultancy service to those living with disability and or long term health conditions.

Our role is to guide our clients through the employment process whether it be creating a CV, developing Interview Skills and Techniques, Supporting online applications for advertised roles or talking to employers about opportunities that align to their future aspirations.

Importantly we stay engaged for a minimum of 12 months to ensure our clients have the support to sustain their new roles and assistance to help both employers and employees with ongoing training and development.

Our service is free to those living in the Auckland region, should you want to find out more please give us a call on 0508 353 828 or e-mail enquires@genevaelevator.co.nz.

you are special.



What's so special about leaving a gift in your Will to MS Auckland?

You are special because your thoughtfulness will benefit people with MS.

You have probably been touched by MS – perhaps you, or a loved one, friend, colleague or neighbour has MS. You have seen the challenges and the impact of MS on an individual and on their families.

You value the compassionate, practical support of MS Auckland Community Advisors (Fieldworkers) to anticipate and assist with those challenges.

You want to know that people living with MS will have every opportunity to live life to the fullest, and know that MS Auckland can play an important part in making this happen.

Despite the best efforts of the staff and Committee of MS Auckland we are not always able to bring in all the income we need within the year through grants, donations or fundraising, to provide the community support that people so value. For those times it is good to have a reserve to call on in order for us to be able to continue to operate.

Gifts in Wills (bequests) to Multiple Sclerosis Auckland are usually saved for future needs. Some may be apportioned to meet current requirements or perhaps fund a new initiative, but if there is no immediate need, the gift you leave in your Will is invested until it is needed.

We live in an uncertain world where a relatively small charity, such as MS Auckland, can be vulnerable. Your bequest will help future-proof MS Auckland by protecting the provision of quality support and services to people with MS in the future.

Please consider including a gift in your Will to MS Auckland. Just 1% of your estate is unlikely to deprive your loved ones but will help to support people with MS in Auckland.

For more information on leaving a gift in your will please phone the office on 09 845 5921 and ask to speak to Robyn or Mark.

Answers to Crossword on page 20

Across: 4. Sclerosis; 7. Relapse; 8. Support Group; 9. Neurologist; 10 Myelin

Down: 1. MRI; 2. Medication; 3. Fatigue; 5. Ocrevus; 6. Hydrotherapy

our supporters.

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

AJ Scott Fund	Lottery Grants Board
Allied Medical Ltd	Lou and Iris Fisher Charitable Trust
Auckland Council	Louisa and Patrick Emmett Murphy Foundation
Biogen	Lynch & Associates
Blue Sky Community Trust	Milestone Foundation
Blue Waters Community Trust	Ministry of Social Development
Care on Call	Mt Wellington Foundation
COGS	North and South Trust
Constellation Communities Trust	North Shore Presbyterian Hospital Trust
Dragon Community Trust	Novartis Pharmaceuticals
Electric Bikes NZ/Smartmotion	Perpetual Guardian
Foundation North	Pub Charity Limited
Four Winds Foundation	Rehabilitation Welfare Trust
Harcourts Cooper & Co	Rob Webber & Associates
Hugo Foundation	Roche
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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.



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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 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 if you have a Medical Enquiry, at TPCAustralia@biogen.com if you have a product complaint, or at PVAsiaPacific@biogen.com if you are reporting an adverse event.

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