

Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com


(301) 337-8106

<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

September 13, 2015

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	MS spiders, ghosts and skeletons "Double, double toil and trouble; Fire burn and cauldron bubble." William Shakespeare  "The leading cause of paralysis was stroke (29%), followed by spinal cord injury (23%) and multiple sclerosis (17%)." The Christopher & Dana Reeve Foundation
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & "News You Can Use":

The Spinal Cord and MS (Dr. Gross)

<http://www.healthcentral.com/multiple-sclerosis/c/6639/25072/cord-ms>

Spinal Stenosis (from spinehealth.com)

<http://www.spine-health.com/video/cervical-spinal-stenosis-video>

NINDS Paresthesia Information Page

<http://www.ninds.nih.gov/disorders/paresthesia/paresthesia.htm>

Paroxysmal Symptoms

<https://www.mstrust.org.uk/a-z/paroxysmal-symptoms>

5 Ways to keep your spine healthy and happy

<http://www.spine-health.com/blog/five-ways-keep-your-spine-healthy-and-happy>

7 Tips for a healthy spine

<http://www.everydayhealth.com/back-pain/healthy-spine-tips.aspx>

Next/Upcoming Meetings:

Nov. 8th – Meeting

Dec. 13th – Meeting

Jan. 10th – Meeting – Happy New Year!