

# Working with MS Support Group

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

April 10, 2016

## Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	<b>Garbage In, MS Out? (MS Diet &amp; Nutrition)</b> "Food is a drug and your body is a chemistry lab." Aliza Ben-Zacharia, ANP, DNP, MSCN
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & "News You Can Use":

NMSS: Diet & Nutrition

<http://www.nationalmssociety.org/Living-Well-With-MS/Health-Wellness/Diet-Nutrition> (article)

Nutrition & MS: <https://youtu.be/qJIHGKW1YM> (video)

Vitamin D & MS: <http://www.youtube.com/embed/8eItLNQMOV0> (video)

Vitamin D research: <https://www.youtube.com/embed/8eItLNQMOV0> (video)

Healthy Eating & MS (MSCanDo.org; written by Aliza Ben-Zacharia, ANP, DNP, MSCN )

<http://www.mscondo.org/living-with-multiple-sclerosis/can-do-library/ms-education/healthy-eating-multiple-sclerosis>

Holistic Tips to Healthy Eating and Exercise ( MSCanDo.org – video Jul 29, 2015)

<https://www.youtube.com/watch?v=qDMbq2DihO0&feature=youtu.be>

Can Diet Affect Multiple Sclerosis? (Medscape Medical News - September 25, 2014)

<http://www.medscape.com/viewarticle/832287>

MS: Foods to Avoid ( November 12, 2015)

<http://www.healthline.com/health/multiple-sclerosis/foods-to-avoid#GoodNutrition1>

High Sodium Intake Linked to Increased MS Exacerbations (Medscape Medical News - September 03, 2014)

<http://www.medscape.com/viewarticle/830959>

The Benefits of Treating MS with Vitamin D (MS Research Australia)

<https://www.youtube.com/embed/8eItLNQMOV0> (video)

Support for Causal Role of Low Vitamin D in MS (Medscape Medical News - September 07, 2015)

<http://www.medscape.com/viewarticle/850605>

High-Dose Vitamin D Shows Promising Effects in MS (Medscape Medical News - January 07, 2016)

<http://www.medscape.com/viewarticle/856871>

### Next/Upcoming Meetings:

May 8<sup>th</sup> – Meeting – Happy Mother's Day!

June 12<sup>th</sup> – Meeting

July 10<sup>th</sup> – Meeting

August – NO MEETING (Summer Break – escape the heat! And don't forget to have fun!)