

# Working with MS Support Group

[WorkingWithMS.DC.MD.VA@gmail.com](mailto:WorkingWithMS.DC.MD.VA@gmail.com)

(301) 337-8106

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

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

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## Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	<b>Time to Catch Your Breath!</b> “I now know that no breath is to be taken for granted.” Rebecca Wells “Remember that breath walking - as with any meditation technique - should not be pursued with a grim determination to 'get it right.' The point is to cultivate openness, relaxation and awareness, which can include awareness of your undisciplined, wandering mind.” Andrew Weil
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & “News You Can Use”:

NMSS: Breathing Problems

<http://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms/Respiration-Breathing-Problems>

Does your cough last a long time? It might have something to do with your MS:

<http://blog.nationalmssociety.org/2011/12/does-your-cough-last-long-time-it-might.html>

Gasping for Breath: When MS Attacks Your Lung

<http://www.everydayhealth.com/multiple-sclerosis/symptoms/gasping-for-breath-when-ms-attacks-your-lungs>

Breathing problems in MS - the unseen entity

<http://multiple-sclerosis-research.blogspot.com/2015/03/breathing-problems-in-ms-unseen-entity.html>

Breathing problems

<https://multiplesclerosis.net/symptoms/breathing-problems/>

Breathing/Respiratory Issues

<http://www.healthcarejourney.com/breathingrespiratory.html>

Fatigue and Sleep-Disordered Breathing in Multiple Sclerosis: A Clinically Relevant Association?

<http://www.hindawi.com/journals/msi/2013/286581/>

Fatigued? A Sleep Disorder Could be to Blame

<http://www.everydayhealth.com/multiple-sclerosis/symptoms/fatigued-sleep-disorder-could-be-to-blame>

### Next/Upcoming Meetings:

Feb. 14<sup>th</sup> – Meeting – Happy Valentine's Day!

Mar. 13<sup>th</sup> – Meeting – Day Light Saving Time (set your clock ahead/forward one hour!)

Apr. 10<sup>th</sup> – Meeting