

## Working with MS Support Group

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Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850  
November 12, 2017

### Agenda

3:00pm	Welcome back!
	Brief Introductions/Member Check-ins
3:20pm	<b>MS, Inflammation, &amp; Diet</b> (Thanks to Amy, today's lead.) "If you are what you eat, then I only want to eat the good stuff." ~ Remy, in <i>Ratatouille</i> "Let food be thy medicine, thy medicine shall be thy food." ~ Hippocrates "An inflammatory dietary pattern is bad for both the brain and cognition." ~ Yian Gu, PhD
4:00pm	Member Sharings & Support
5:00pm	Adjourn

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

Does Your Diet Affect Your MS?

<https://www.webmd.com/multiple-sclerosis/guide/ms-and-diet>

Diet & Nutrition: Eating healthy to take charge of your health

<https://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Diet-Nutrition>

7 Foods to Avoid When You Have Multiple Sclerosis

<https://www.everydayhealth.com/multiple-sclerosis/diet/foods-avoid-with-multiple-sclerosis/#01>

MS: Foods to Avoid

<https://www.healthline.com/health/multiple-sclerosis/foods-to-avoid#Goodnutrition1>

Inflammatory Dietary Pattern Linked to Brain Aging (P. Anderson, Medscape July 17, 2017)

[http://www.medscape.com/viewarticle/883038?src=wnl\\_mdplsnews\\_170721\\_mscpedit\\_wir&uac=78007HZ&impID=1394225&faf=1](http://www.medscape.com/viewarticle/883038?src=wnl_mdplsnews_170721_mscpedit_wir&uac=78007HZ&impID=1394225&faf=1)

How an MS Diagnosis Changed My Relationship With Food

<https://www.google.com/amp/amp.health.com/multiple-sclerosis/multiple-sclerosis-and-diet>

30 Best Anti-Inflammatory Foods: Fight back against inflammation!

<http://www.eatthis.com/anti-inflammatory-foods/>

### Next/Upcoming Meetings:

Dec 10<sup>th</sup> – Meeting

Jan 8<sup>th</sup> – Meeting – Happy New Year!

Feb 11<sup>th</sup> – Meeting

