

Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com (301) 337-810
Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850
December 09, 2018

Agenda

3:00pm	Welcome back!
	Brief Introductions/Member Check-ins
3:20pm	Vitamins & Minerals & MS “Often the use of supplements requires users to make reasonable inferences based on limited evidence. However, inferences may seem reasonable and still be incorrect.” <i>Allen Bowling, MD, PHD</i>
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Vitamins, Minerals & Herbs in MS - National Multiple Sclerosis Society (Allen Bowling, MD, PHD, 2018)

https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Vitamins,-Minerals,-and-Herbs-in-MS_-An-Introduction.pdf

Vitamins and Electrolytes – Multiple Sclerosis Association of America (May 29, 2018)

<https://mymsaa.org/publications/msresearch-update-2017/vitamins-electrolytes/>

Lifestyle or Alternative Medicine – Dr. Allen C. Bowling (2015)

<http://neurologycare.net/cam>

The Evidence behind high-dose BiotIn-D for Multiple Sclerosis (Carefirst RX Speciality Pharmacy Blog, 2019JAN24)

<https://www.cfspharmacy.pharmacy/blog/author/cfs-pharmacy?p=3>

Can biotin help treat multiple sclerosis? (Medical News Today, 2017JAN)

<https://www.medicalnewstoday.com/articles/315193.php>

Is Biotin an Effective Treatment for Progressive MS? (Neurology Reviews. 2016 August;24(8):13, 17)

<https://www.mdedge.com/neurologyreviews/article/110956/multiple-sclerosis/biotin-effective-treatment-progressive-ms>

High-dose Biotin Triples Relapse Rate in Primary-Progressive MS (US Pharmacist, June 12, 2018)

<https://www.uspharmacist.com/article/highdose-biotin-triples-relapse-rate-in-primaryprogressive-ms>

Taking Biotin -- Use Caution, It Could Impact MS Lab Results (Multiple Sclerosis News Today, 2017DEC15)

<https://multiplesclerosisnewstoday.com/2017/12/15/biotin-use-be-careful-it-could-impact-lab-results-multiple-sclerosis/>

Next/Upcoming Meetings:

JAN 13th – Meeting (Happy New Year! – bring a treat to share, if you like)

FEB 10th – Meeting

MAR 10th – Meeting (REMINDER: Daylight Saving Time starts today! “Spring ahead”)