

## Working with MS Support Group\*

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

May 19, 2019

### Agenda

3:00pm	Welcome! (Remember – set clocks forward for Daylight Saving Time!)
	Brief Introductions/Member Check-in
3:15pm	<b>The “eyes” have it! – Your eyes and MS</b> “When it comes to seeing opportunities in the midst of unhopeful situations, the positive brain, (not the pair of eyes) is the sense organ for the sight.” - Israelmore Ayivor
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & “News You Can Use”:

Four-Year Study Confirms That Imaging the Eye with OCT Provides Window to MS Progression in the Brain and a Way to Track the Effects of Therapies (NMSS January 4, 2016)

<https://www.nationalmssociety.org/About-the-Society/News/Four-Year-Study-Confirms-That-Imaging-the-Eye-with>

Vision Problems in MS (*Multiple Sclerosis News Today*, date unknown)

<https://multiplesclerosisnewstoday.com/multiple-sclerosis-symptoms/vision-problems-in-ms/>

Vision Problems in MS (NMSS pamphlet; 09/2015)

<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/BrochureVision-Problems.pdf>

Optic neuritis (video)

[https://youtu.be/4\\_A4ejMnbGY](https://youtu.be/4_A4ejMnbGY)

diplopia & nystagmus (video)

<http://www.youtube.com/embed/0cGJiqBn2DM>

Multiple Sclerosis and Vision: Are You Ready for the Challenge? (Brad and Robynn Mann; blog 09/03/2013)

<https://www.everydayhealth.com/columns/brad-robynn-mann-sleeping-with-ms/multiple-sclerosis-related-vision-difficulties-are-you-ready-for-the-challenge/>

Colour vision loss may be an early sign of disability (Msology; 01/23/2014)

<http://msology.ca/colour-vision-loss-may-be-an-early-sign-of-disability>

Neuro-Ophthalmologic Manifestations of Multiple Sclerosis (Medscape article intended for healthcare professionals)

<https://emedicine.medscape.com/article/1214270-overview>

Vision Exercises to Regain Balance (North Cumbria University Hospitals NHS Trust, UK; handout)

<http://www.neuh.nhs.uk/for-gps/clinical-information/cawthorne.pdf>

### Next/Upcoming Meetings:

June 9<sup>th</sup> – Meeting

July 14<sup>th</sup> – Meeting

**August – NO MEETING**/Take a break from the summer heat

September 8<sup>th</sup> – Meeting

\* "Working with MS" is a group of persons with Multiple Sclerosis (MS) or its symptoms who seek to offer each other, and others with MS, support, encouragement, and ways to approach challenges to working with MS. We are NOT health care professionals, counselors, physicians, attorneys, employment counselors, or representatives of public service agencies. Information provided at this site is purely informational and does NOT represent a recommendation of any kind, nor medical, legal, or other professional advice, and should be used only after and/or in consultation with the appropriate provider(s) (e.g., physicians, counselors, lawyers). Any opinions expressed on these pages are purely the opinion of the person who has authored it and does not represent the opinion of "Working with MS" or its members or sponsor(s).