

# Working with MS Support Group

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

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## Agenda

3:00pm	Welcome! Happy New Year and new decade!!
	Brief Introductions/Member Check-in/Your Gratitudes this Month
3:15pm	<b>Chronically Inflamed?</b> As I see it, every day you do one of two things: build health or produce disease in yourself. -- Adelle Davis
4:00pm	Member Sharings & Support
5:00pm	Adjourn

## Handouts & "News You Can Use":

Understanding and Managing Chronic Inflammation (by A Santos-Longhurst & S Han, MD 2018Jul27)

<https://www.healthline.com/health/chronic-inflammation>

The link of inflammation and neurodegeneration in progressive multiple sclerosis (by F Fernando Pérez-Cerdá, et al. in Multiple Sclerosis and Demyelinating Disorders 2016)

<https://msddjournal.biomedcentral.com/track/pdf/10.1186/s40893-016-0012-0>

Multiple sclerosis, inflammation in the brain, and mood (by S Karceski, MD in American Academy of Neurology 2017)

<https://n.neurology.org/content/neurology/89/13/e169.full.pdf>

Inflammation Can Hijack Brain Repair Cells to Ramp Up Immune Attacks in MS, Researchers Report (NMSS 2019Sept04)

<https://www.nationalmssociety.org/About-the-Society/News/Inflammation-Can-Hijack-Brain-Repair-Cells-to-Ramp>

An anti-inflammatory approach to the dietary management of multiple sclerosis: a condensed review (IL Labuschagne & R Blaauw in SAfrJClinNutri 2018)

[https://medpharm.tandfonline.com/doi/full/10.1080/16070658.2018.1465652#.Xho\\_IEdKhdh](https://medpharm.tandfonline.com/doi/full/10.1080/16070658.2018.1465652#.Xho_IEdKhdh)

Nutrition Facts in Multiple Sclerosis (P Riccio and R Rossano in AmerSocietyNeurochemistry 2015JAN-FEB)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4342365/>

MS Immune cells from the gut reduce brain inflammation (Medical News Today 2019JAN)

<https://www.medicalnewstoday.com/articles/324124.php#1>

Foods that fight inflammation (Harvard Health Newsletter 2014JUN)

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

Reducing Inflammation in Multiple Sclerosis, Naturally (KM Sanders, ND; Multiple Sclerosis Foundation 2016NOV)

<https://msfocus.org/Magazine/Magazine-Items/Posted/Reducing-Inflammation-in-Multiple-Sclerosis.-Natur>

Natural Strategies to Fight MS Inflammation (T Sellman; Multiple Sclerosis News Today 2019JAN03)

<https://multiplesclerosisnewstoday.com/2019/01/03/ms-inflammation-need-to-know-series-natural-strategies/>

Will You Try an Anti-Inflammatory Diet for Your MS (J Lynn, Multiple Sclerosis News Today 2017SEPT06)

<https://multiplesclerosisnewstoday.com/2017/09/06/will-you-try-an-anti-inflammatory-diet-for-your-multiple-sclerosis/>

## Next/Upcoming Meetings:

February 9<sup>th</sup> – Meeting

March 8<sup>th</sup> – Meeting (NB: Daylight Saving Time Starts! Remember to set your clocks *ahead* an hour Saturday night!)

April 12<sup>th</sup> – Meeting (*Tenative; we need to discuss & possibly reschedule as this is Easter Sunday*)

May 10<sup>th</sup> – Meeting (*Tenative; we need to discuss & possibly reschedule as this is Mother's Day*)