

GIVING

hope

*"The most certain way to succeed is always to just try one more time."  
—Thomas Edison*

## Understanding MS-Related Pain

Living with multiple sclerosis (MS) often means dealing with a range of symptoms, with pain being one of the most challenging. In this newsletter, we'll explore the different types of pain that MS patients may experience and how they can affect your daily life. From the nerve-related sensations of neuropathic pain to the physical discomfort caused by musculoskeletal issues, understanding these pain types is the first step toward effective management.

We encourage you to speak with your MS provider to find the best strategies for relieving your symptoms.

### Neuropathic Pain

Neuropathic pain in multiple sclerosis (MS) results from nerve damage within the central nervous system, causing the brain to misinterpret sensory signals. This can manifest as:

- Tightening
- Burning
- Itching
- Stabbing
- Tingling
- Electric-shock-like sensations

### Musculoskeletal Pain

Musculoskeletal pain pertains to issues involving muscles or bones and may arise due to:

- Weakness
- Stiffness
- Coordination problems
- Altered gait due to leg weakness can lead to discomfort, particularly in the back and hips.
- Spasticity, a direct consequence of MS, can cause muscle tightness affecting movement and potentially result in pain in the ankles, knees, hips, and back.

*Please consult your MS provider for effective symptom management.*



**Saunders**  
MEDICAL CENTER

*Be Well.*

# Multiple Sclerosis Clinic Updates

**Telehealth Visits:** You will receive a link via text or email to join a secure video call at the time of your appointment. Ensure that your device's camera is accessible. If you do not receive the link within 5-10 minutes of your appointment time, please contact our office at 402-443-1456.

**Laboratory Tests:** For continuity of care, please have your labs performed at Saunders Medical Center. If you have had lab work done at another facility, bring a copy of the results with you.

**Results & Recommendations:** Your provider will send a letter with lab results and recommendations once all tests are processed (which may take up to two weeks). For urgent matters, you will be contacted directly.

**MS Support Groups:** If you are interested in starting or participating in an MS support group, please reach out to our office for more information.

**Quarterly Newsletter:** Our latest newsletter is available on the Saunders Medical Center website and the Wahoo MS Cares Facebook page.

**Copy Assistance:** Please be aware that there may be changes in copay assistance funding. This can vary by medication, and our office may not always have updated information. Patients are responsible for understanding their copay assistance and available funding.



*Cheers to a great fall with friends and loved ones. Enjoy the crisp air. If you need anything, know we are always here for you.*



## Today's tips—

- Please call Linda at 402-443-4191 ext. 486 with any billing questions rather than calling the third-party biller listed on your statement.
- **Refills** Please contact your pharmacy for refill requests. Refill requests cannot be filled on weekends. Allow 3-5 business days for refill requests. If the pharmacy requests you call us, please leave a detailed message with dose of medication and pharmacy you would like refill sent to.
- **MRIs** will now be completed without contrast unless specifically requested by you or a change in condition has been noted. Don't hesitate to call with questions.
- **Vitamin D Levels** will be drawn in the 2nd half of the year unless you specifically request.
- Please present your **insurance and prescription cards** at each visit, even when there are no changes. Send changes on these and pharmacy preferences to Janet. Thank you!



• To contact a nurse for **urgent needs after hours call 402-443-1475.**

• We encourage you to sign up for the SMC **Patient Portal**. This allows easy access to your records and allows you to communicate directly with our nurses.

Go online to [Saundersmedicalcenter.com/portal/](https://www.saundersmedicalcenter.com/portal/) for details.

Please contact Marcy at 402-443-1421 ext. 376 if you require assistance setting up your account. **Please refrain from emailing the nurses and providers. Using the patient portal or calling the clinic ensures that your concern is addressed in a timely manner.**

### YOUR MS CLINIC

Aaron Bartek  
NP-C, MSCS

Tricia Teeter  
NP-C, MSCS

Melissa Cole  
RN, BSN, MSCN  
MS Clinic Supervisor

Alicia Haun  
RN, BSN

Janet Spicka  
PACS  
MS Prior Authorization Specialist

Scan the QR code with  
your smartphone to  
join our Facebook Group  
**Wahoo MS Cares**

