

GIVING

hope

"Dance like there's nobody watching, love like you'll never be hurt, sing like there's nobody listening, and live like it's heaven on earth."

—William W. Purkey"

HAVE AN INSPIRING QUOTE YOU WANT TO SHARE?
Email us at msclinic@smcne.com



MS Awareness Week kicks off March 12 The National MS Society helps celebrate this with events throughout the country to fundraise to find a cure for MS and help people along the way. They have many different activities that you can participate in to help raise awareness and funds. This includes: Walk MS, Bike MS, Finish MS and others. Go onto the National MS Society website for activities near you.



Let's Walk for the Cure

Your Saunders Medical Center MS team will be participating in Walk MS this year to help the National MS Society raise funds to End MS. **Please join our team and walk with us!**

Saturday, May 20

Site Opens: 8:30 am | Walk Starts: 10:00 am
Werner Park
12356 Ballpark Way Papillion, NE 68046

Team Name: Wahoo MS Cares
Fundraising goal: \$1,000

Register Online

Registration is free but if you make a \$25 donation you can receive an SMC T-shirt. Please leave shirt size in comment at the bottom when registering.

For more information please use this QR code or visit <https://mssociety.donordrive.com/team/wahoomscares>



If you would like to make a donation to the National MS Society *without going to the walk* you can mail checks payable to National MS Society with T-shirt sizes to: SMC: MS Clinic 1760 Co Rd. J, Wahoo, NE 68066



Saunders
MEDICAL CENTER

Be Well.

MS & The Power of Exercise

Exercise is a vital part of maintaining a person's health, and studies have shown the positive impact exercise can have on those with MS.

The National Institutes of Health recommends **two days of aerobic exercise and two days of resistance training a week, each session lasting 10-30 minutes** for persons with MS.

Finding safe and effective exercises can be difficult for those with varying degrees of mobility. Cost may also be a concern, as not everyone can afford special equipment or a gym membership.

"My best advice is to do the best you can with what you have. I have put together a few resources as guidance on where to start if you are having trouble. I encourage you to find something that you enjoy and let me know so I can share with others," said Tricia Teeter, NP-C, MSCN.

- **The MS Gym** (themsgym.com) has free videos for you to use.
- The National MS Society has links to **Chair Fit with Nancy** and **Sit and Be Fit**.

- **MSforward.org** has exercises available and an in-person gym in Omaha
- Physical Therapy can help set up exercise programs for patients with MS, including SMC's Edge Therapy & Wellness at Wahoo.

Additional Resources:

Learmonth YC, Motl RW.

Exercise Training for Multiple Sclerosis: A Narrative Review of History, Benefits, Safety, Guidelines, and Promotion. *Int J Environ Res Public Health.* 2021 Dec 16;18(24):13245. doi: 10.3390/ijerph182413245. PMID: 34948854; PMCID: PMC8706753.

Kim Y, Lai B, Mehta T, Thirumalai M, Padalabalanarayanan S, Rimmer JH, Motl RW.

Exercise Training Guidelines for Multiple Sclerosis, Stroke, and Parkinson Disease: Rapid Review and Synthesis. *Am J Phys Med Rehabil.* 2019 Jul;98(7):613-621. doi: 10.1097/PHM.0000000000001174. PMID: 30844920; PMCID: PMC6586489.



YOUR MS CLINIC

Aaron Bartek
NP-C, MSCS

Tricia Teeter
NP-C, MSCN

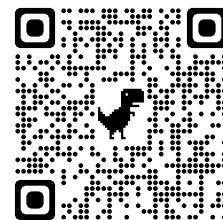
Melissa Cole
RN, BSN, MS Clinic Supervisor

Alicia Haun
RN, BSN

Janet Spicka
MS Prior Authorization



Check out our new Facebook Group **Wahoo MS Cares** for a chance to win a prize valued at \$50.



Today's tips—

- Please call Linda at 402-443-4191 ext. 486 with any billing questions.

- **Refills** Please contact your pharmacy for refill requests. Refill requests cannot be filled on weekends. Allow 3-5 business days for refill requests.

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

- The office will be closed for educational purposes from 5/29/23-

6/2/23. Please plan ahead for refill requests and other needs as able.

- Medications **Gilenya** and **Aubagio** are going generic. Sanofi with Aubagio has reassured us anyone currently receiving financial support will continue to get support through the end of the year. Please contact us with any problems getting your medications.

- **Vitamin D** will be drawn annually.

- **World MS Day is May 30th.** Visit worldmsday.org