

Fall 2015

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MS Types: new definitions, new ways of thinking

Once upon a time, there was just a one-size-fits-all way to describe the disease known as multiple sclerosis (MS). However, it was apparent that there was a wide range of individual courses. Some, but not all patients, suffered attacks.



[Read more >](#)

Food for the Brain 2015

Our second annual MS & Nutrition Workshop covered:

- The latest scientific findings on MS and nutrition
- Practical advice regarding healthy eating and strategies for maintaining a healthy diet in the context of challenging MS symptoms
- The importance of exercise in promoting an overall healthy lifestyle



If you missed our Food for the Brain workshop on Aug. 1, videos of the presentations are available on the EvergreenHealth YouTube channel.

[Read more >](#)

Trial to measure bone density in Gilenya™ patients

The MS Center at EvergreenHealth is now enrolling for MS-BMD - a trial to study the possible effects of disease modifying therapies on bone density in patients with Multiple Sclerosis. The MS-BMD trial will measure bone density changes in patients treated with Gilenya™



[Read more >](#)



Are you having redness and pain from MS medication injections?

A pilot study of warm and cold compress to reduce injection site erythema due to peginterferon-beta-1a in multiple sclerosis.

[Read more >](#)

EvergreenHealth is enrolling for overactive bladder in MS study

The EvergreenHealth MS Center is looking for subjects with multiple sclerosis (MS) and overactive bladder urgency

[Read more >](#)

Safety study of drug to treat walking impairment in MS

This is a multi-center, randomized, double-blind, placebo-controlled, 2-arm, parallel group study of ADS-5102 extended release (ER) capsules, an investigational formulation of amantadine, dosed once daily at bedtime for the treatment of walking impairment in MS.



[Read more >](#)



MS Workshop: Optimize Your Day-to-Day Function

Learn how rehabilitation services can improve and preserve your mental and Physical well-being. Key topics will include cognitive and physical

[Read more >](#)

From the Ground Up, Strength and Flexibility

The exercises take place on the ground but they benefit you in all walks of life.

Geared toward those with neurological challenges including Multiple Sclerosis.

[Read more >](#)



Therapeutic Yoga for MS

Build confidence, resilience and stability through this therapeutically designed class specific for people living with MS.

[Read more>](#)



Men's Group

Feeling like your world is a little out of control? Your body brain are in a conspiracy not to work ?

[Read more>](#)



Fall Prevention: Take Action!

Each year, millions of adults aged 65 and older fall. Falls can cause moderate to severe injuries, such as hip fractures and head traumas.

[Read more >](#)



Kirkland MS Self-help Group

Find comfort and strength with your peers as you learn, cope, laugh and celebrate the challenges and successes of living with MS.

[Read more >](#)



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EvergreenHealth | 12040 NE 128th Street | Kirkland | WA | 98034