





Multiple Sclerosis Center

Newsletter

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.

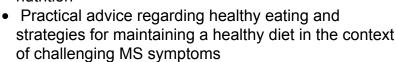


Read more>

Food for the Brain 2015

Our second annual MS & Nutrition Workshop covered:

> The latest scientific findings on MS and nutrition



• 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™



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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.

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 >

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



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.

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Therapeutic Yoga for MS Men's Group

Build confidence, resilience and stability through this therapeutically designed class body brain are in a specific for people living with MS.

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

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Fall Prevention: Take Action!

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

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Kirkland MS Self-help Group

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

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