

NORTH DUBLIN & FINGAL NEWS

MS Ireland

The Multiple Sclerosis Society of Ireland

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January 2012

Happy New Year. We hope that 2012 will be a good year for you.

Conscious of all the studies that show the positive benefits of exercise to physical health, flexibility, improved mobility & balance, and to psychological and emotional health we are planning exercise programmes for the coming months. **See attached Exercise List and the corresponding Booking Form.**

We have:

- a Physiotherapist in Donabate,
- an Exercise Programme at MiGym in Swords,
- a Physiotherapist at St Gabriel's (off Tonleage Rd),
- Tai Chi in Clontarf
- a Physiotherapist in Finglas
- a Gentle Exercise Programme in Finglas
- Yoga in Clonsilla / Mountview
- a Physiotherapist in Hartstown
- Aqua exercise in Finglas Leisure Centre - Wednesdays 11am to 12 noon, Arrive at the centre - pay €4 on the day. No advance booking needed for the Aqua-exercise.

Exercise Courses are designed with different types of need in mind. Please feel free to phone us (4905933) to discuss the suitability for you of any course that you are interested in - or complete and return the enclosed course booking form and we will contact you.

We also have a course in "Developing Your Communication Skills" - this is a personal development type course resulting from feedback from participants in a "Personal Development and Wellbeing" course with the same tutor (Patricia O'Hanlon) last Autumn. They felt it would be well

worthwhile and very enjoyable too. See enclosed Booking Form.

Colaiste Ide, Cardiffsbridge Rd, Finglas
January to May:

- Computer Skills courses Wednesdays 10am to 12 noon starts Jan 11th and Fridays 11am to 1pm starts Jan 13th.
- Digital Photography course Thursdays starts Jan 12th.

We hope that you will feel able to participate in one or more courses. WE HOPE THAT NOBODY STAYS AWAY BECAUSE OF COST OR INDEED BECAUSE OF TRANSPORT DIFFICULTIES. PLEASE DO CONTACT US (4905933) IF YOU HAVE A DIFFICULTY WITH EITHER.

Our aim is to offer programmes in various locations so that people don't have to travel too far. To make this possible we need YOU. By taking part you will be making it possible for everyone else in the area to have this course.

Information Day Saturday March 10th for people with MS and families / friends: Topics: **Managing Pain, Managing Fatigue, Managing Exercise** - see enclosed Information and Booking Form.

FAMILY MEMBERS GIVING SUPPORT TO SOMEONE WITH MS: MEET FOR COFFEE, SUPPORT AND CHAT SATURDAY 11TH FEBRUARY 11am at Carlton Hotel, near Dublin Airport (take to road from main airport entrance towards Santry and see Carlton on right beside QuikPark and after passing

ALSAA and the Longterm Carpark. Its on the route of buses that go through Santry from Swords etc.

North Dublin Voluntary Branch of MS Society: Meet 4th Tuesday at 8pm at Aras Chuchulainn, Blackheath Drive Clontarf
Jan 24th -Mass for deceased members
Feb 28th - Tai Chi - try it - its fun !
March 27th - A.G.M

Changes at the Regional Office for 2012. We ask your help.

Because of reduced income MS Ireland has decided that for 2012 the Regional Community Workers (Sean Kinsella and Mary Ryan in the North Dublin / Fingal area) will be employed only nine days per fortnight. This follows pay reductions in the past couple of years.

With 10% less working time we want to be as efficient as possible. We want the service to remain as good as it can be and we must be available to people with MS and their families.

A significant help from you would be booking and payment in advance for courses and events to Jennifer Lloyd (our Admin Resource Worker) at our office. This would save us time in keeping track. Little things like this can make a difference. Payments can be made by cheque or postal order payable to MS Ireland or by phone using a laser card or credit card. Jennifer works from 9am to 2.30pm daily.

MiGym Swords

A number of people with MS have been meeting as a group for an exercise programme at Mi Gym, Boromhe Shopping Centre, Swords under the direction of instructor Alan Dunne. They are very enthusiastic in their praise of the programme and the benefits it has for mobility and for wellbeing and health. The session is on Saturdays from 12 noon to 1pm.

Would you like to join them?

Phone Sean Kinsella on **01 4905933** for more information

Developing Your Communication Skills - a Personal Development type course

In autumn 2011 we had a course in Personal Development & Wellbeing on Thursdays at the Ruah Centre, Drumcondra. Participants gave great feedback to us and expressed a strong interest in having a future course. With City of Dublin VEC and the same teacher, Patricia O'Hanlon, we are now offering a course in effective communication with themes of balance in life, benefits of an open mind, you have talents to share with others, thoughts that give you power (and thoughts that take away your power). This will be on THURSDAYS 11am to 1.30pm February 9th to March 29th at Ruah Centre, St Alphonsus Road, Drumcondra. See enclosed leaflet / application form. Closing date Friday 27th January. Contact us to discuss or if you have some difficulty in planning to attend.

Safety for the person with MS and for family & friends:

If someone needs physical assistance safety is a major issue - both for the person who needs assistance and for the person giving it. It is tempting to think "I don't need assistance". However a simple fall can cause someone to need help in getting up. Whether you are a person with MS or a family member or friend think "Am I putting myself or the other person at risk?" Accidents happen. They are much more likely to happen if people have not had training in giving assistance. Giving someone a "hand up" may seem very simple. Injury such as fracture, sprain or dislocation of a joint can be caused to someone who is helped or moved incorrectly. Slipped Spinal Disc is extremely painful and disabling and is a hazard for people giving assistance.

Back pain is very common among people who give physical help. Think of safety and long term wellbeing. Are you or those close to you interested in a having a one day training course in safely giving assistance? If you have already had training the advice is to do a refresher course every couple of years. Staff that provide assistance to people are obliged to have it regularly. Are you or your family less important?

The Carers Association runs courses in various locations around Dublin (e.g. Blanchardstown, Cappagh, Raheny) - phone Yvonne on 8119555. Courses are free to family members giving help or care.

A private company called Burke College also runs courses - phone 01-4979585 or 086-8067994. If you are unemployed (and possibly if you are receiving a Social Welfare payment) you can contact your local FAS office and ask to have your training day at Burke College paid for.

Both the Carers Association and Burke College have longer courses covering many aspects of care. You might also wish to enquire about these.

If a number of people in families where someone has MS are interested we would seek to organise a course. So please do let us know if you are - phone 4905933.

Signature

If you are finding that signing documents is sometimes difficult and the signature is not clear you can get a rubber stamp of your signature made. Obviously you would need to keep this very safely as it could be used by someone else. It would be very useful on days when signing is difficult.

Calling all you over 55's

If you are aged over 55 or older, Dublin City Council wants to help you live a richer, more active and exciting life!

As part of the Lord Mayor's Special initiative for older people "Embracing Ageing" they are offering you your own "Passport for Leisure". Your passport is a discount card and directory that unlocks a vast array of free and discounted leisure opportunities.

What your passport gives you. For only €10 your passport for Leisure includes free access to City Council sport, leisure and recreation facilities, the passport also includes discounts offered by businesses throughout the city.

For more information you can contact Passport for Leisure

Dublin City Council

First Floor

60 Grand Canal Street Upper

Dublin

Ph; 01 618500

Email; info@passportforleisure.ie

Monthly Film Club for over 55's & Friends....

The Pictures Autumn/Winter season gives you a chance to see some of the great classics. The monthly film club for over 55's was launched in January 2008 by Dublin City Councils Arts Office & Axis Ballymena, in association with The Irish Film Institute & Access Cinema. Annual membership is €3 plus €2 per film or €4 per film for non members. Films are shown in Axis Arts Centre, Main St. Ballymun on the last Monday of each month. The centre is wheelchair accessible. If you are lucky enough to be under 55 you will not be refused entry. For further information contact Axis Centre on 01 8832100 or Ann Marie Lyons of Dublin City Council on 01 2227305

Update on CCSVI Research

CCSVI does appear to be more common in MS. The evidence is conflicting and inconsistent and it is impossible to draw concrete conclusions. That is the finding of a Canadian meta-analysis

which looked at eight separate studies into CCSVI and MS. The previously conducted studies showed a high degree of variability and inconsistency which made it difficult to gain new insights into the role of CCSVI in causing MS or the relationship between CCSVI and MS symptoms say the researchers.

Source: Association between chronic cerebrospinal venous insufficiency and Multiple Sclerosis: A meta-analysis, Loupacis A et al. Canadian Medical Association journal 2011

Final CCSVI guidelines due to be published by NICE (National Institute for Health & Clinical Excellence in UK)

in December are almost certain to recommend that UK clinical trials take place urgently to establish the effectiveness of the procedure in treating MS.

NICE's CCSVI consultation began in April 2011 and two meetings of their interventional procedures advisory committee (PAC) have been held in London - the most recent in October. Draft guidance on CCSVI was published in August saying that more research should be carried out. Michelle Findlay of MS-CCSVI-UK attended both the July and October meetings as an observer along with four other people with an interest in CCSVI. She said the October meeting accepted that CCSVI treatment is safe but felt more research was needed to prove whether it was an effective treatment for MS.

"Although there is plenty of evidence about the safety of the CCSVI treatment, the committee found little published evidence regarding its efficacy. The only evidence the committee had that CCSVI treatment was making a difference to MS symptoms came from 440 people who had written to them including 40 from the Essential Health Clinic who had received treatment. Most of these people had written strongly supporting

the use of the liberation procedure in treating CCSVI. The most important unanswered question, however, was whether this was an effective treatment for MS"

One of the problems of proving the effectiveness of CCSVI is that the vast majority of CCSVI cases have been treated abroad- usually in Eastern Europe- and there has been little or no formal follow up assessment of these patients to measure improvements after the treatment. Michelle Findlay says that the NICE CCSVI meeting in October concluded that they would recommend that clinical trials be carried out as a matter of urgency to establish efficacy but would leave the design of these trials to "societies" and researchers. She says she assumes "societies" means societies of vascular surgeons and interventional radiologists. For further details see <http://www.facebook.com/notes/ms-ccsvi-uk/nice-meeting-of-the-13th-october-2011/10150864704555713>

Omega 3 Fatty Acids Decrease Harmful Enzyme Linked to Disruption of Blood Brain Barrier

Omega3 fatty acids may help patients with MS by controlling the body's production of MMP-9 an enzyme that has been linked to the disruption of the blood brain barrier. It has been known for some time that a weakened blood-brain barrier (BBB) in MS allows inflammatory T cells to enter the central nervous system, damaging myelin. The enzyme MMP-9 (Matrix Metalloproteinase-9) is associated with BBB disruption and subsequent T cell migration into the central nervous system. In a paper published in the journal Autoimmune Diseases, scientists from Oregon in the US have found that two omega 3 fatty acids EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid) can significantly

decrease MMP-9 levels and can significantly inhibit human T cell migration, suggesting that omega-3 fatty acids such as these may benefit MS patients. The most widely available dietary source of EPA and DHA is oily fish such as salmon, mackerel, herring and sardines.

Source:

AutoimmuneDiseases2011:2011:134592.e pub 2011 Jul 20

<http://www.ncbi.nlm.nih.gov/pubmed/21799946>

Meditation cuts Pain by 93%

Meditation can relieve pain more effectively than morphine, claim American scientists. Researchers gave 15 volunteers an hour of training in concentrating on their breathing in order to let go of distracting thoughts, then scanned brain activity at the same time as a pain inducing heat device was put on their legs. The meditation cut every volunteer's pain rating by between 11 and 93%. Meditation appears to calm pain-experiencing areas of the brain while boosting coping areas

Source: Daily Telegraph April 6th 2011

New More Research says Pregnancy in MS is Safe.

Women with MS are unlikely to put their babies at risk during pregnancy or have problems at birth, new research suggests. For their research, Canadian scientists analysed birth data from between 1998 and 2009. Some 432 births to women with MS were compared to 2,975 children born to women without the condition. They found that babies born to mothers with MS did not have a mean gestational age or birth weight significantly different to babies born to women without the disease. *"Our finding that MS was not associated with poor pregnancy or birth outcomes should be reassuring to women with MS who are planning to start a*

family." said lead researcher Dr Helen Tremlett from the University of British Columbia and Vancouver Coastal Health Research Institute. This confirms other recent research (New Pathways issue 67 pg 7) which found that women with MS are just as likely as other women to have a healthy pregnancy without putting their own health at risk.

Source: National and delivery outcomes in women with Multiple Sclerosis. Van de Kap M et al. Annals of Neurology.

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