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Your gut may be influencing your multiple sclerosis

The gut and the immune system work closely together and there is increasing interest in the link between intestinal health and autoimmune disease.



Recent research in mice has provided further evidence for a relationship between intestinal wall integrity, immune activity within the intestines and symptom severity.

Prior to this study, research had uncovered strong evidence for a disturbance of gut physiology underpinning autoimmune disorders such as inflammatory bowel disease and Type 1 diabetes. This new evidence is suggesting this list may also include multiple sclerosis.

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25 tips to make 2015 'your' year

Whether you made a new years' resolution or not, take a look at these tips from members of our MS Care team.

These experts in the management of multiple sclerosis have made a list of 'good habits' they recommend a person with the disease adopt in order to improve their health and wellbeing. So here they are, in no particular order:

1 Take time out for yourself

Life can get busy so it's important that you make a point of scheduling in time to do the things you love. Dedicating time to enjoy your hobbies and passions will help you to feel fulfilled.

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Rotary club's MS fundraiser

We are always grateful when community groups decide to raise money in order to support people living with multiple sclerosis.

For more than 30 years, the Rotary Club of Moorleigh Moorabbin has partnered with the Kingston Heath Golf Club to run the John Hood Annual Charity Golf Day.

As an example of the work the club does, in the past six years it has raised nearly \$80,000 for people living with multiple sclerosis and research into finding a cure for the disease.

This year, 108 golfers turned up on the day and the event raised \$3,500 for people living with multiple sclerosis and \$10,000 for research.

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MS
MELBOURNE
CYCLE

**Help us raise
\$750,000
for people
living with
multiple
sclerosis**

**SUNDAY
19 APRIL 2015**

30km or 50km

**Ride across the
Westgate Bridge**



**Register at
msmelbournecycle.org.au**

**If you have multiple
sclerosis, entry is free!**

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Maribyrnong



Port Phillip

ooh!

Free education for people caring for a person with dementia

Caring for a loved one requires skills that don't always come naturally, which is why Alzheimer's Australia NSW is running a program for people looking after a person with dementia.

The programs kick off in February and are designed to provide participants with an opportunity to meet other carers, families and friends so they can share experiences and information.

All programs include content to increase an understanding of dementia, but are specifically aimed at empowering people who are caring for a friend or loved one.



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Greg sailed to Hobart

He may be home after sailing in the recent Sydney to Hobart Yacht Race, but Greg Pugh's still in training because he's been given a berth on Oceans of Hope for the leg from Samoa to Auckland.

"I'm thrilled to have been accepted for that part of Oceans of Hope's circumnavigation of the world," says Greg, a winner of one of our MS Go for



Drug trial disappointment

If you have primary progressive multiple sclerosis (PPMS) you may be aware of a phase III trial which has shown no evidence that the drug Gilenya (fingolimod) can slow the progression of this form of the disease.

Novartis, the makers of Gilenya, announced the results of the trial, known as INFORMS. It included 970 people with primary progressive

Gold Scholarships, who was diagnosed with multiple sclerosis in 2008.

The scholarship has helped the Newcastle resident to achieve his dream of sailing aboard Oceans of Hope, a yacht which includes people with multiple sclerosis as part of its crew.

Oceans of Hope's world journey has been arranged by Sailing Sclerosis, an organisation based in Denmark. The vessel is due to arrive in Sydney for World MS Day on 28 May 2015.

As part of his campaign to secure a berth on the vessel, Greg trained for ocean racing with Sailors with disABILITIES. This led to him being given the opportunity to race on Wot Eva, a yacht owned and operated by the organisation. The crew also included Hunter Valley resident Brett Whiteley, who became a double amputee following a road accident.

The yacht is skippered by David Pescud who has severe dyslexia. He founded Sailors with disABILITIES when he learnt about a keen yachtie who couldn't get accepted as part of a crew because he used a wheelchair.

"We finished 20th in the Sydney to Hobart," Greg said. "It was unbelievable. We exceeded all expectations."

The experience certainly exceeded Greg's expectations. "The first night we had bad weather and I only had a bit of seasickness and recovered quickly."

The yacht was also becalmed for a time and the crew endured periods of "adrenalin-packed stuff", according to Greg. "It was a great experience and I'm so pleased to have been a part of it."

He also enjoyed the more leisurely days at sea when the crew sailed Wot Eva back to Sydney. The photograph above was taken during the return voyage.

Multiple sclerosis has left Greg with balance

multiple sclerosis who were drawn from Australia and 17 other countries.

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difficulties and fatigue and for some years he thought he had to give up his dream of ocean sailing.

Last year, when Greg applied for one of our MS Go for Gold Scholarships it was his first significant step towards reclaiming that dream. The scholarship was awarded in October 2014 and it helped him to fund the equipment and training he needed to increase his ocean sailing skills.

For more information about Greg and Oceans of Hope go [here](#).

You can learn more about Sailors with disABILITIES [here](#).



Artists invited to join workshops

If you live in the Newcastle area, you may be interested in the upcoming workshops run by the Multiple Sclerosis Clinic and John Hunter Hospital Arts for Health program.

Starting on 4 February 2015, the arts-for-health program is offering a series of workshops across eight weeks that will culminate in an exhibition called *The Face of MS*.

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Learn about MS the easy way with one of our webinars

Our informative webinars allow you to learn ways you can deal with your multiple sclerosis symptoms and you don't have to leave your home or office.

We have a range of webinars being run in **February** and **March** and below you can learn how to join one. The webinars feature a host of experts who will give you great tips to help you improve your physical and emotional wellbeing.

Here's a list of upcoming webinars for all regions:

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This was sent by Multiple Sclerosis Limited, operating as MS, The Nerve Centre, 54 Railway Road, Blackburn, Victoria 3130.

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