

GIVING

Hope

“Never believe that a few caring people can’t change the world. For, indeed, that’s all who ever have.”

– Margaret Mead

HAVE AN INSPIRING QUOTE YOU WANT TO SHARE?  
Email us at [msclinic@smcne.com](mailto:msclinic@smcne.com)

## What’s for Dinner?

With millions of different diet options available in this day and age it can be hard to decide what is the best fit for you. In my house, we currently follow the four-year-old finger food diet. This mainly consists of corn dogs and chicken nuggets. I can usually get an apple and some carrots in most days, but it can be touch-and-go. My husband would prefer the original Midwest meat and potato diet.

There can be a major difference between what we “should” be eating and what realistic options are. Many years of research have been completed to try and establish what diet is best to help with symptoms caused by Multiple Sclerosis. There has been no clear winner in the race. Best recommendations at this time would be to increase fresh fruits and vegetables, and decrease processed foods. Increased variety is

*(Continued)*



### Good Food



### Bad Food

Fresh vegetables  
Moderate portions  
Fresh fruits  
Lean meats  
Nuts  
Whole grains  
Olive oil

Anything in Excess!  
Watch your portions  
A sleeve of Oreos  
Excess alcohol  
Excess pop  
Excess fried foods  
Excess saturated fats

**COOL LINKS**—[ChooseMyPlate.gov](http://ChooseMyPlate.gov)

[NationalMSSociety.org/Living-Well-With-MS/  
Diet-Exercise-Healthy-Behaviors/Diet-Nutrition](http://NationalMSSociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Diet-Nutrition)

**Aubagio® and Gilenya® Medications Go Generic** When you select an insurance plan in January I would like you to be aware that Aubagio and Gilenya will be available in generic form in March, 2023. This may have an impact on insurance approval of brand drugs. If you are on this therapy you can contact your insurance company to see how this change may impact you.



**Saunders**  
MEDICAL CENTER

*Be Well.*

## What's for Dinner? (cont'd)

a great strategy to make sure you are getting the needed nutrients.

Some people find that they need to have a diet to follow as a guideline. There are many diet plans out there. Some that have been studied in MS are the Wahls Diet and Swank Diet. I often recommend a Mediterranean style diet as a base and adjust as needed for personal preference, cost and ability to maneuver the kitchen. One diet that has been shown to help with cognitive decline in Alzheimer's is the Mind diet. The most important thing to remember with any of these diets is that every person's lifestyle is different and you have to make it work for you and your family and the changing landscapes of life.

If you are trying to make a positive change to your diet, consider making changes that will last. Make



*Drinking water before meals is a great positive change to consider to healthy meal planning.*

a realistic meal plan of what you and your family will eat. Start with small changes—such as adding fruit to breakfast or a vegetable to afternoon snack. Include your family in the small changes, and see what they would like to add to your meals.

There are resources and support out there. One web site with great resources is **MSbites.com**. It is a site run by Mona Bostick, a nutritionist who specializes in diets for people with MS.

Don't stress over what's for dinner. Make a plan and plan ahead. Keep trying. You will get into a good and healthy rhythm!

—Tricia Teeter, NP-C



## Today's tips—

- **We are always accepting new patients!** Call 402-443-1456 to schedule an appointment, or to speak to a nurse. Our facility provides comprehensive services and personalized care—including an onsite infusion center, MRI, laboratory, and additional services—which make it easy for patients to receive all their care in one stop.
- We pride ourselves on ease of access to our facility with convenient parking. If assistance is needed getting into the facility, our nurses are happy to help! Just give them a call at 402-443-1456 or 402-443-4191 ext. 533 when you get here.
- When you arrive for your visit, after checking in at registration, we ask that you please stop by room 510, where the clinic nurse is located and she will direct you where to go from there. The nurse will be happy to help you make a follow-up appointment and address any additional needs you may have before leaving the office.
- Our **after hours Nurse Care Line is available for urgent needs at 402-443-1448**. Please call 911 or your local ER in the case of an emergency.
- Call Janet at 402-443-4191 ext. 533 with any change in your medical or prescription insurance between visits to avoid delays.
- Patient safety is a high priority. Going forward, patients taking controlled substances prescribed by our clinic providers will be required to be evaluated by a provider every 3 months. This evaluation can occur in a short telehealth or clinic visit.
- Your experience at Saunders Medical Center is important to us. If you have any suggestions on how to improve your experience at Saunders Medical Center and the MS Clinic, please let us know.
- The clinic will be closed on the following days to celebrate the holidays. November 24th and 25th, December 26th, and January 2nd.
- If you are currently receiving grants and financial aid: Remember to reapply for those after January 1st, 2023, to continue that assistance into 2023.

### YOUR MS CLINIC

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