

GIVING

hope

*“Diamonds are made under pressure. You can do much more than you can imagine!”*

—Peter Marshall

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



## Tricia Teeter receives MS certification

Congratulations to Tricia Teeter for receiving her MS certification from the MSNICB in December.

**IMPORTANT NOTICES:** If you have been getting grants or assistance from a pharmaceutical company to help pay for your medication, make sure you reapply for assistance in 2023. Please provide updated insurance information as soon as possible to prevent delays in getting your specialty medication.

## The National MS Society may reach out to you personally and offer help

We have been making referrals to the National MS Society. If we have not made a referral for you, you may call our office to request one, or we can make one at your next office visit. After you have been referred to the National MS Society you can expect:

- To receive an email confirming that they received your referral.
- Three attempts will be made to reach you.

MS Navigators are highly-skilled, compassionate, and supportive partners who help navigate the challenges of MS, unique to each person's situation including:

1. **Information and education** to help those diagnosed with MS and their family team advocate for what they need.

2. **Emotional support** for patients, families, and care partners.
3. **Help navigating benefits**, insurance, access to coverage, and employment.
4. **Wellness resources** related to diet, exercise, and emotional well-being.
5. **Resources to face financial challenges** and plan for the future.
6. **Crisis intervention** in times of need, including case management services.

A few of the ways MS Navigators have been helpful to our patients include helping obtain adaptive equipment, home modifications, assistance navigating insurance, and help paying bills during times of financial hardship.



**Saunders**  
MEDICAL CENTER

*Be Well.*

# Managing Cognitive Changes in MS

Cognition refers to high level functions that are carried out by the brain, including processing information, attention, memory, problem solving, planning, visual perception and verbal fluency. Research shows that up to 65% of people with MS will experience some change in cognitive functioning, most commonly affecting the speed of information processing, memory and attention.

Cognition may be disrupted by several different factors; these include the normal aging process, stress, depression, sleep disturbances, hormonal changes, fatigue, lack of activity, alcohol use, and poor nutrition. Cognition may improve when these issues are addressed.

Finding activities that engage your mind, stimulate thinking, and challenge your mind can help enhance your cognitive reserve and support cognitive health. In addition to stimulating your brain with activities such as reading, working on puzzles and learning something new, physical exercise has been shown to improve cognition.

There are several strategies that may be helpful in compensating for changes in cognition. These include:

- Completing the most challenging task when you are well-rested and mentally alert.

- Taking breaks during periods requiring extended periods of cognitive effort.
- Focusing on one task at a time.
- Where memory is weak, try substituting organizational strategies, such as a calendar and reminder notes.
- Set alarms for task reminders or appointments.
- When learning something new, allow yourself extra time. Studies have shown that with extra practice people with MS can improve their ability to recall the information later.
- Assign places for frequently used items so they can easily be located when needed.
- When meeting a new person, write down their name or repeat their name in the context of conversation to help commit the name to memory.
- When encountering word finding difficulty, don't get hung up on the word, instead think of an alternative way to communicate what you need. The word you were looking for will eventually come back to you.
- Make sure you are getting enough sleep.
- Follow a consistent exercise program to stay in shape physically, mentally, and emotionally.

It is important to notify your healthcare provider if you notice changes in cognition. Your provider can help try to find an underlying cause and treat it if able. Cognitive function can be affected by things such as infection. Your provider may refer you to a neuropsychologist for a cognitive evaluation if needed. Cognitive evaluations may also be done by an experienced speech-language pathologist.



## Today's tips—

### YOUR MS CLINIC

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- **Refills** Please contact your pharmacy for refill requests. Refill requests cannot be filled on weekends. Allow 3-5 business days for refill requests.

- To contact a nurse for **urgent needs after hours call 402-443-1475.**

- The office will be closed for educational purposes from 5/29/23-6/2/23. Please plan ahead for refill requests and other needs as able.



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