

GIVING

hope

“Do good and good will come to you!”

—Aman Mehndiratta

HAVE AN INSPIRING QUOTE YOU WANT TO SHARE?
Email us at msclinic@smcne.com

Up & Coming Treatment Options

The MS team has returned from the Annual CMSC (Consortium of MS Centers) conference with lots of new and exciting information this year. There was a lot of discussion regarding BTK inhibitors—a new class of medication in the treatment of MS. Studies have not been concluded, but are promising. The hope is for FDA approval by the end of 2024. This is a group of medications that has been on our radar for a while now. We are looking forward to seeing all study results and hoping for another option for people with MS.



Thank you for walking for a cure with us!

Thank you to everyone who participated in, or donated to, the National MS Society's Walk MS: Nebraska Fundraiser. Walk MS: Nebraska raised over \$48,000 towards research to cure MS and helping those living with the disease. Wahoo MS Cares team placed 5th, raising over \$3,000. We hope to continue to support the National MS Society with the goal to end MS forever.



Saunders
MEDICAL CENTER

Be Well.

Is it Depression or PBA?

Major Depressive Disorder (MDD) can be a debilitating condition that affects the general population. Depression is 3-10 times more likely to occur in persons with MS than in the general population. A person is diagnosed with MDD if five or more symptoms listed occur for greater than two weeks.

A lesser known condition is Pseudobulbar Affect disorder. PBA is a neurological condition characterized by frequent, involuntary and uncontrollable outbursts of crying or laughing that are not connected to your emotional state. PBA occurs in about 10% of people with MS, although this could be higher. PBA can at times be misdiagnosed as MDD.

If you are suffering from symptoms of MDD or PBA, there are treatment options to help. Please discuss with your provider for the best treatment options for you.

Major Depressive Disorder

- insomnia or hypersomnia
- loss of interest or pleasure
- feelings of worthlessness or inappropriate/excessive guilt
- fatigue or loss of energy
- depressed mood
- diminished ability to think or concentrate, or indecisiveness
- significant weight loss when not dieting or weight gain or decrease or increase in appetite
- psychomotor agitation or retardation
- recurrent thoughts of death or suicide

SOURCES Pucak ML, Carroll KA, Kerr DA, Kaplin AI. Neuropsychiatric manifestations of depression in multiple sclerosis: neuroinflammatory, neuroendocrine, and neurotrophic mechanisms in the pathogenesis of immune-mediated depression. *Dialogues Clin Neurosci.* 2007;9(2):125-39. doi: 10.31887/DCNS.2007.9.2/mpucak. PMID: 17726912; PMCID: PMC3181849. <https://www.pbainfo.org/about-pba>



Today's tips—

YOUR MS CLINIC

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• Please call Linda at 402-443-4191 ext. 486 with any billing questions.

• **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.**

• **Vitamin D** will be drawn annually.



• Due to a staffing shortage, we request you register through the front entrance for your appointments at this time.

• Sign up for our Portal to have access to labs and easy communication with your providers!

• Please remember to update Janet with any insurance changes, medical and pharmacy.

Join our Facebook Group
Wahoo MS Cares

