

LIVING *Today*

Mind, Body & Soul

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Going places!

"We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time."

T. S. Eliot, Four Quartets

Travel can open up our perspective in amazing ways. Moving beyond our comfort zone and experiencing unfamiliar people and places helps us appreciate the diversity of life and the familiarity of home when we return. Travel brings us out of ourselves. Having MS shouldn't stop you from indulging your wanderlust. It's a matter of good planning.

Potential destinations are endless. Whether you travel to a cottage in Northern Ontario or spend time on a ranch in Alberta, choose a vacation that speaks to you. Your trip might offer the chance to travel with friends, visit relatives, or to see a city or natural attraction that interests you.

Consider your own physical capabilities and endurance, and find a mode of travel that works within your needs. In general, avoid journeys that require you to sit for long periods of time. In planning where to go and when, consider how you respond to heat and cold. You may want to avoid tropical locations when temperatures are peaking. Alaska is a popular summer cruise destination. Travelling during your destination's low season rather than high season may help you avoid extremes in temperature, crowds, and costs.

Wondering how to travel with your medications most safely and efficiently?

Ask your Shared Solutions® nurse about the **Travel Card**, which will give you 10 helpful tips to simplify travelling with COPAXONE®. For instance, you may need to consider the availability of refrigeration during travel (if needed), and at your destination, if only to maintain your own cooling packs.

PREPARING YOUR COPAXONE® TRAVEL KIT

- Remember to bring your travel bag
- Bring a needle clipper rather than a sharp container
- Bring a needle clipper
- Pack your hot/cold compress
- Pack your hot/cold compress
- Emergency information (keep it in the travel bag)
- Emergency information (keep it in the travel bag)
- Emergency information (keep it in the travel bag)

TRAVELLING WITH
COPAXONE®

HAVE FUN! BON VOYAGE!



Going Places

Tips for summer travel

Stay well

Consult your doctor about travel vaccinations, which may be needed well in advance of travel – and ask if there are any medications you should have with you in case of motion sickness, diarrhea, or a relapse.

Be alert to signs of heat exhaustion: weakness, dizziness, nausea, headache, cold and clammy skin. If you have any of these signs, inform your travel companions, go to a cool place, loosen your clothing and get emergency assistance.

Get insurance

Purchase travel health protection that covers your current health conditions. Experienced travellers such as Dave, creator of the ActiveMSers website, notes that most travel insurance companies WILL recognize pre-existing conditions like MS, but only if you purchase the insurance within 10-15 days of putting down a deposit on the trip. You may want to check your existing policies for travel coverage. You may also want to purchase coverage in case of a trip cancellation or baggage loss.

Carry on! What to take

Canes are allowed on airplanes, but beyond that, check with your airline to find out what's allowed. It is also worthwhile to ask in advance about what services the airline can provide to ease your travel experience. If you are travelling outside of Canada, bring a doctor's note that describes your health conditions and any items you require while travelling, including your medications, and any other assistive devices such as walking/trekking poles and cooling gel-filled vests.



Make sure your needs will be covered if you lose a checked bag along the way. Take all your medication with you on your person, along with extra injectors, a small sharps disposal container, a change or two of clothes, and some toiletries such as a bar of soap and a toothbrush and toothpaste. And consider taking a supply of cash in small denominations for tipping those who assist you along the way.

Planning to spend time at the cottage this summer? You never know when you'll end up at your destination without your trusty COPAXONE® autoject®2. If you've been using the autoject®2 for a while, you may find it close to indispensable. Why not keep a spare at the cottage, just in case yours goes astray? Contact your Shared Solutions® nurse for an extra COPAXONE® autoject®2.



Drink your greens!

Whether you're a lettuce freak or salad-phobe, you'll want to try blending greens into your next fruit smoothie. Tossing in a large handful of spinach, kale, Swiss chard, parsley, or even sprouts along with fruit and milk makes for an emerald-flecked glass of liquid sunshine. Trust us, the fruit is a master of disguise – you won't even taste those good-for-you greens. For recipes go to greenmonstermovement.com



Going with the grain

Canada's Food Guide suggests that teenagers and adults consume from 6 - 8 portions of grain products daily – about half of those choices should be whole grain foods. Yet most people may get only one serving of whole grains daily. Whole grains are more than an excellent low-fat source of fibre. A diet rich in whole grains has been associated with reduced risk for heart disease, stroke, diabetes, and certain cancers.

Grains (seeds, actually) are made up of three parts: the bran, the endosperm and the germ; each part contains important nutrients. Whole grains become refined (e.g., white flour, white rice) when the germ and the bran are removed, along with about 80% of the fibre and most of the antioxidant activity. Truly "whole grain" products (e.g., rolled oats, brown rice) contain all three parts of the seed in their natural proportions.

Whole grains and unrefined seeds of other plants that are used like grains, such as quinoa and buckwheat, provide some unique antioxidants not found in fruits or vegetables. Getting a variety of antioxidants from a range of whole food sources is likely to offer the best protection against chronic disease. So add some berries to your rolled oats to optimize your antioxidant boost.



Recipe Ideas - Colourful Quinoa Salad

(Prep time: 15 minutes Cook time: 15 minutes)

Ingredients:

- 250 mL / 1 cup of quinoa rinsed and drained
- 500 mL / 2 cups of cold water
- 2 tomatoes, chopped
- 2 tbsp of fresh parsley, chopped
- ¼ of an english cucumber, chopped
- 75 mL / 1/3 cup chopped assorted bell peppers

Vinaigrette

- 45 mL / 3 tbsp of extra-virgin olive oil
- 25 mL / 2 tbsp of freshly squeezed lemon juice
- 7 mL / 1 ½ tsp of hot pepper flakes (optional)
- 2 ml / ½ tsp of salt
- 2 mL / ½ tsp of freshly ground black pepper



Directions:

1. Over medium heat, bring quinoa and water to a boil. Reduce heat and simmer 10-15 minutes or until the white germ separates from the seed. Cover, remove from heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork.
2. In a large bowl, combine tomatoes, parsley, cucumber and bell peppers. Stir in cooled quinoa.
3. Make vinaigrette: Whisk together olive oil, lemon juice, hot pepper flakes (if using), salt, and pepper (if using).
4. Pour vinaigrette over salad and toss to coat.

Nutritional Information (1 Serving [when recipe serves 10]): Protein: 2.6 grams; Fat: 5.1 grams; Carbohydrates: 13.6 grams; Calories: 108 Sodium: 123 mg



Cultivating CALM

We can all benefit from cultivating our relationship with nature and growing things. In fact, the positive effects of interaction between people and plants have been documented since horticultural therapy was incorporated into rehabilitation programs for hospitalized war veterans after World War II.

The Canadian Horticultural Therapy Association notes that working with plants has the potential to improve your mood and increase your sense of well-being and personal satisfaction. Gardening can be a feast for all five senses, so you can reap some of its benefits without even breaking ground.

A sight for sore eyes

Just viewing a garden, with its colours, foliage moving in the wind, and bird and animal activity may provide a welcome distraction from your worries and improve your state of mind. When you are planning your planting, whether you use the backyard or containers, choose flowers in a palette of your favourite colours. If urban life is limiting your access to natural settings, consider this spring tonic – enjoy an afternoon at a nearby park, arboretum or botanical garden.

Breathe deep

Because they release oxygen, healthy plants can help improve the quality of air in a room.

Some plants, such as spider plants, peace lilies, and chrysanthemums can absorb indoor pollutants through their leaves and convert them to harmless

substances. And inside or out, a fragrant smell can help you feel relaxed. Aromatic plants form the foundation for aromatherapy; essential oil of lavender is often used to promote relaxation. If you have space outdoors, consider having a lavender plant in your garden. The whole plant releases its scent into the air – touch it and inhale its soothing scent from your hands.



Nature's music for the ears

From the undulating buzz of a hummingbird hovering over a bloom to the chatter of falling water, gardens can be home to a symphony of sounds. Indoors or out, a fountain and a few graceful plants may be all you need to create your own garden of contemplation. Bring the hummingbirds and butterflies to your patio with morning glory or clematis, which can be grown in containers.



Taste the 10-foot diet

Have you ever considered growing something you like to eat? Sprouts can be quick and reasonably easy to grow, and are celebrated (especially by raw food enthusiasts) for their healthful qualities. It's important to start with dried, raw, preferably organic seeds, beans, legumes or nuts. No special equipment is required, beyond a jar and a piece of screen for the top. The timing for germination and sprouting varies, but within a week, you should have sprouts to use in sandwiches, salads, even smoothies.

Herbs and simple vegetables like salad greens can also be grown from seed in pots right on your window sill, or in a multi-level planter. You will need to ensure they get enough sunshine, or use a grow light if natural levels are not sufficient. Springtime, with its lengthening days, is a fitting time to start some seeds. Growing kits can often provide you with everything you need for your kitchen window garden.

Tools you can use

Don't struggle with hard-to-handle tools – many have been modified for ease of use, and are available at large garden centres. Digging tools have been redesigned to include large, circular handles that allow a greater range of natural hand positions. Working with rakes, shovels, and other straight-shaft tools is easier with an ergonomically designed handle. Using tools that allow you to change the position and angle of your grip may help reduce back strain, fatigue, and stress injuries caused by repetitive movements.



Filling unique needs

A non-profit group affiliated with DIGA, the Tetra Society of North America recruits volunteer engineers and technicians to create custom one-of-a-kind assistive devices to meet gardeners' unique needs. <http://www.tetrasociety.org>

Touch the tree tops

Bonsai is the art of dwarfing trees or plants and developing them into an aesthetically appealing shape by growing, pruning and training the plants in containers according to prescribed techniques. Looking at a variety of styles will give you an idea of what is possible. Bonsaisite.com advises novice bonsai artists to consider the plant's natural characteristics, and think about a style that would reflect its natural appearance in the wild.



If you decide to try your hand at bonsai, avoid discouraging results by doing some research online, buying a book, or taking a class. Start with an inexpensive plant from a nursery, and one suited to your environment; plants as diverse as rosemary, fuschia, and evergreens may be used for bonsai. While bonsai are typically outdoor plants and trees, many bonsai plants can be grown indoors year round, or enjoyed outdoors when the weather is warm.

Touching others

Working with plants can be a shared pleasure. Seek out a community vegetable garden where you might cultivate friendships along with fresh food. Or volunteer to help rejuvenate a local green space.

The opportunity to participate in recreational activities like gardening is fundamental to the personal growth and development of all individuals. By nurturing and caring for plants and flowers, people feel needed, develop skills, build self-confidence, learn and grow.

Disabled Independent Gardeners Association (DIGA), Vancouver, B.C.

Food for the Soul

When Kim Wilson was diagnosed with MS in 1994, "I was 29, and I felt like my life was over." The first person with MS that Kim met was in a wheelchair, having been diagnosed before treatment was available. Reading outdated information about MS only heightened her fears. The hardest thing to deal with was the unknown – her future. After a couple of years ignoring the diagnosis, Kim realized she'd feel better if she was eating right, getting enough sleep, and taking her medications.

"I have to have faith that the injections help me, because you don't see the difference day to day." Now, 18 years since her diagnosis, Kim works full-time, and says the time between her last two relapses doubled to 4 or 5 years.

As an Ambassador for the Alberta Division of the MS Society of Canada, Kim says:

"I want to show people that MS doesn't mean your life is over. MS has taught me to be positive and make the most of every moment."

Kim on Travel

Kim has travelled to Mexico ("mostly solo so I could meet people") for the last 12 years. These days she goes with her husband, a master diver, who convinced Kim to overcome her first traumatic scuba diving experience and obtain her certification. "That was the first time in my life I've ever done something I was totally and utterly terrified of doing. Now, when I have doubts about my capabilities, I think to myself – you did that – you can do this too."

Inject with ease with COPAXONE®

To combat injection anxiety, or to ease injecting in hard-to-reach injection sites, you may want to try the COPAXONE® **autoject**®2 with its hidden needle. You can order the **autoject**®2 free of charge from a Shared Solutions® nurse by calling **1-800-283-0034**, or by emailing **info@sharedsolutions.ca**.

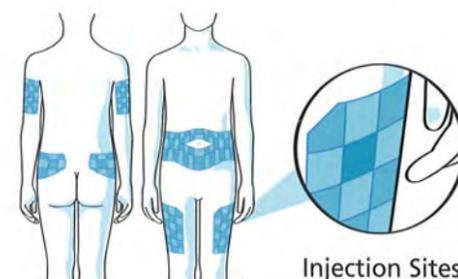


COPAXONE
(glatiramer acetate injection)

Every day matters

Tip Want to keep your cool whether you're out on the road or digging in the garden? Try wearing a cooling neckband – simply soak it in cool water to rehydrate the absorbent crystals and for a longer lasting cooling effect, place in the refrigerator for several hours before use. Wear it around your neck to avoid becoming overheated in the hot weather.

Remember to keep it moving!



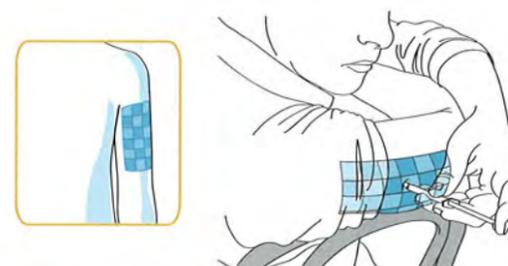
Injection Areas

Injection Sites

Remember to rotate your Injection Areas and Injection Sites & remember to inject at a 90 degree angle.

Injection Tips & Techniques for the Arm

Manual



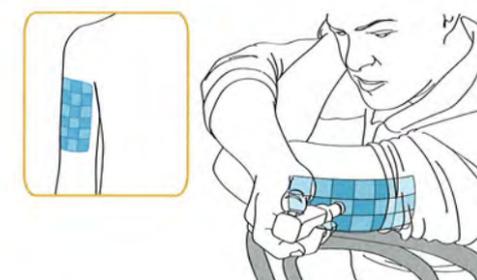
Technique:

Fully insert the needle and release your skin before pushing on the plunger.

Tip:

For upper back of the arms, it is not possible to pinch 5 cm (2 inches) of skin with one hand and inject yourself with the other hand. Sitting sideways, prop your arm on the back of a chair with your arm hanging down, and inject with your free hand. Ask your nurse for more instructions on how to use these areas.

autoject®2



Technique:

Don't put too much pressure on the **autoject**®2 when doing your injection. Set the **autoject**®2 to the depth adjustment suggested by your nurse.

Tip:

Sitting in front of a mirror will give you a better view for an easier injection.



Lately, I have been experiencing a frequent urge to urinate, yet not much happens when I try to go. What's going on?

You may have a urinary tract infection (UTI), which is common in people with MS, often due to problems with bladder function. Other symptoms may include a burning sensation when urinating, a general feeling of tiredness, pain in the abdomen, and cloudy / strong smelling urine. However, UTIs may not always be associated with symptoms. A urine sample is analysed to diagnose a UTI, which usually clears up quickly with antibiotics. Diagnosis and treatment are important because untreated UTIs can lead to worsening spasticity, kidney damage and may trigger a relapse. If you have any concerns about your urinary function, be sure to speak with your healthcare professional.

You can always count on us.

Helping you live well with your MS is a team effort and your Shared Solutions® nurse is an important part of your team. If you have any questions about MS, call **Shared Solutions®** at **1-800-283-0034** or visit our website at **www.sharedsolutions.ca**.

COPAXONE®
(glatiramer acetate injection)



1-800-283-0034
www.sharedsolutions.ca

MSwatch®
www.mswatch.ca
Bringing the MS community to you!

COPAXONE® is indicated for the treatment of ambulatory patients with Relapsing Remitting Multiple Sclerosis (RRMS) to decrease the frequency of clinical exacerbations; to reduce the number and volume of active brain lesions identified on Magnetic Resonance Imaging (MRI) scans.

COPAXONE® is indicated for the treatment of patients who have experienced a single demyelinating event, accompanied by abnormal MRI scans, and are considered to be at risk of developing Clinically Definite MS (CDMS), after alternative diagnoses are excluded: to delay the onset of definite MS; to decrease the number and volume of active brain lesions and overall disease burden (as identified by MRI scans).

The safety and efficacy of COPAXONE® in chronic progressive MS have not been established. In placebo-controlled clinical trials, the most commonly observed adverse events associated with the use of COPAXONE® occurring at an incidence of at least 10% and at least 1.5 times higher than in placebo treated patients were: injection site reactions, vasodilation, rash, dyspnea and chest pain.

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