



Eileen K.,  
on COPAXONE®  
since 1998

## **October Teleconference: Holiday Depression and Stress**

Presented by **Brant J. Oliver**, Nurse Practitioner  
and **Lee G.**, MS Peer

**Brant J. Oliver** and **Lee G.** discussed both the joys of the holiday season and the stress the holidays may bring, which can be made worse by multiple sclerosis.

The pressure of holiday planning can be emotionally and physically taxing. Many people with MS report that stress can make MS symptoms feel worse,<sup>1</sup> so trying to minimize stress during the holidays is crucial to having a happy and relaxing time.

### **Be aware of holiday depression**

- 6 The holidays can trigger a range of feelings in many people,<sup>2</sup> and having MS can make a person more likely to experience depression<sup>3</sup>

### **Prepare for the holiday season**

- 6 Plan ahead and set realistic goals for yourself
- 6 Adjust expectations to what you can and cannot do
- 6 Make a preseason to-do list, and get an early start on holiday-related errands
- 6 Come up with new traditions that better accommodate your ability, energy, and capacity
  - Try singing songs around the fireplace instead of caroling in the neighborhood

### **Choose wisely and ask for help**

- 6 Reevaluate your role in preparing for the holidays. Make sure your activities remain manageable
- 6 Be open with your family and friends about what they can expect from you and how they can help



### **Some tips to help you cope**

- 6 Enjoy the present, and try to keep your expectations realistic<sup>2</sup>
  - 6 Maintain a positive outlook now and in the future
  - 6 Surround yourself with supportive and caring people<sup>2</sup>



# THE SHARED SOLUTIONS® TELECONFERENCE REPORT

Eileen K.,  
on COPAXONE®  
since 1998

## **November Teleconference:** ***How to Better Communicate With Your Neurologist***

Presented by **Dr. Randall Schapiro**, Director,  
The Schapiro Center of Multiple Sclerosis and **Anna C.**, MS Peer

**Dr. Randall Schapiro** and **Anna C.** discussed ways to better communicate with your neurologist. Open and honest communication between you and your health care providers can play a large part in how well you manage your multiple sclerosis. Effective communication allows you to take an active and educated role in discussing your treatment options, and makes the most out of your appointments and treatment.

### **Be a knowledgeable partner**

- 6 Take initiatives to learn all you can about MS terms and treatment options
  - **Shared Solutions®** teleconferences: [www.sharedsolutions.com](http://www.sharedsolutions.com)
  - National Multiple Sclerosis Society (NMSS): [www.nationalmssociety.org](http://www.nationalmssociety.org)

### **Be proactive—prepare for your next appointment**

- 6 Keep a health diary, and bring it to your appointment
- 6 Bring a list of questions and concerns
- 6 Bring all of your medications
- 6 Bring a CarePartner, a family member, or a friend



### **Be comfortable in your communication**

- 6 Always make sure you understand what is discussed and ask questions
  - Ask why you need a particular test
  - Ask what the benefits and side effects are of a new medicine

### **Be positive!**

- 6 Therapy offers the best chance of reducing relapses and brain lesion development<sup>†</sup>
  - 6 Being proactive in your MS management makes it easier to stay committed over time
  - 6 Remember, you and your neurologist are working toward the same goal—  
to find the MS treatment that works best for you



# THE SHARED SOLUTIONS® TELECONFERENCE REPORT

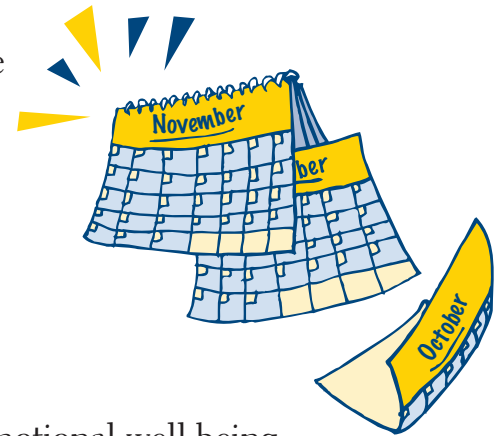
## **December Teleconference: A Year in Review**

Eileen K.,  
on COPAXONE®  
since 1998

Presented by **Dr. Robert L. Knobler**, Director, Knobler Institute of Neurological Disease and **Ann O.**, MS Peer

**Dr. Robert L. Knobler** and **Ann O.** discussed how to evaluate your past year of managing multiple sclerosis.

As another year begins, take the time to evaluate this past one. Determine how to best evaluate your therapy's effectiveness and why it is important to continue treatment. Also, get tips on how to make the most of your next visit with your neurologist.



### **How committed were you to taking care of your MS?**

- 6 Stress management: Stress affects both your physical and emotional well-being
- 6 Wellness and fitness: Physical inactivity can cause health problems for all, including those with MS<sup>5</sup>
- 6 Dietary practices: Good nutrition is important for good health
- 6 MS therapy: Practicing proper injection techniques may help you stay committed

### **The importance of continuing treatment**

- 6 MS can be a progressive disease, especially if left untreated
- 6 Even when you are feeling good, the “invisible” activity of relapsing-remitting MS (RRMS) continues in your central nervous system<sup>4</sup>
- 6 By staying committed to your therapy, you may help prevent new brain lesions and reduce relapses<sup>4</sup>

### **COPAXONE® offers a powerful alternative to interferon therapy**

- 6 In recent studies, COPAXONE® (glatiramer acetate injection) was shown to be as effective as both Rebif® (interferon beta-1a) in time to first relapse and Betaseron® (interferon beta-1b) in risk of relapse<sup>6-8</sup>
  - This information is consistent with previous findings that confirm the efficacy of COPAXONE®<sup>9,10</sup>
- 6 Talk with your doctor about what these studies add to our understanding of RRMS treatments

### **Plan ahead for the new year**

- 6 Make an appointment with your neurologist. You should be going at least once a year



# UPCOMING TELECONFERENCES

Get connected @ **1-800-823-1880**

Our free monthly teleconferences offer advice on a variety of multiple sclerosis issues. We'll even be happy to remind you to call in before the teleconference starts. Just call 1-800-823-1880 today to set up your reminder call. Here's a list of some of the upcoming topics:

## Making Sense of the Science

January 29 at 8:00 PM ET, 5:00 PM PT

January 30 at 9:00 PM ET, 6:00 PM PT

## Dr. Howard Zwibel

Medical Director, Multiple Sclerosis

Center at Doctor's Hospital,

Coral Gables, FL

Katie D., MS Peer

## Keeping Your New Year's Resolution

February 26 at 8:00 PM ET, 5:00 PM PT

February 27 at 9:00 PM ET, 6:00 PM PT

## Dr. Rosalind Kalb

Clinical Psychologist; Director,

Professional Resource Center,

National Multiple Sclerosis Society,

New York, NY

Jeffrey S., MS Peer

## Open line Q&A

March 26 at 8:00 PM ET, 5:00 PM PT

March 27 at 9:00 PM ET, 6:00 PM PT

## Dr. Mark J. Tullman

Director, MS Clinical Care Center,

The Neurological Institute of New York,

Columbia University Medical Center,

New York, NY

**COPAXONE**<sup>®</sup>  
(glatiramer acetate injection)



**References:** 1. Taming Stress. National Multiple Sclerosis Society Web site. [http://www.nationalmssociety.org/site/PageServer?pagename=HOM\\_LIB\\_brochures\\_tamingstress1](http://www.nationalmssociety.org/site/PageServer?pagename=HOM_LIB_brochures_tamingstress1). Accessed December 20, 2007. 2. Holiday depression and stress. Mental Health America Web site. <http://www.nmha.org/go/information/get-info/depression/holiday-depression-and-stress>. Accessed December 20, 2007. 3. Depression and Multiple Sclerosis. National Multiple Sclerosis Society Web site. <http://www.nationalmssociety.org/sourcebook-depression.asp>. Accessed December 20, 2007. 4. Disease management consensus statement. National Multiple Sclerosis Society Web site. [http://www.nationalmssociety.org/docs/HOM/Exp\\_Consensus.pdf](http://www.nationalmssociety.org/docs/HOM/Exp_Consensus.pdf). Accessed December 20, 2007. 5. Wadhvani R, Cline M, LaRotonda C, et al. Abstract and poster presented at: 20th Annual Meeting of the Consortium of Multiple Sclerosis Centers; May-June 2006; Scottsdale, AZ. 6. BEYOND study: results do not support regulatory filing for Betaferon<sup>®</sup> 500 mcg [news release]. Leverkusen, Germany: Bayer Schering Pharma AG; October 29, 2007. [http://www.baynews.bayer.de/baynews/baynews.nsf/id/6117280314996FC3C125738300234280/\\$File/2007-0624E.pdf](http://www.baynews.bayer.de/baynews/baynews.nsf/id/6117280314996FC3C125738300234280/$File/2007-0624E.pdf). Accessed December 20, 2007. 7. Mikol DD, Barkhof F, Chang P, et al, on behalf of the REGARD study group. Abstract presented at: 23rd Congress of the European Committee for Treatment and Research in Multiple Sclerosis; October 2007; Prague, Czech Republic. 8. Coyle PK, Barkhof F, Chang P, et al, on behalf of the REGARD study group. Abstract presented at: 23rd Congress of the European Committee for Treatment and Research in Multiple Sclerosis; October 2007; Prague, Czech Republic. 9. Ford CC, Johnson KP, Lisak RP, et al. *Mult Scler.* 2006;12:309-320. 10. Johnson KP, Brooks BR, Cohen JA, et al. *Neurology.* 1995;45:1268-1276.

Please see additional important information for COPAXONE<sup>®</sup> on this site.



COPAXONE<sup>®</sup> is a registered trademark of Teva Pharmaceutical Industries Ltd.

Shared Solutions<sup>®</sup> is a registered trademark of Teva Neuroscience, Inc.

The brands listed are the registered trademarks of their respective owners.

© 2008 Teva Neuroscience, Inc.

086213401/080045