



Shared Solutions® is your support network. Membership is free and open to anyone who has been touched by MS.

Some of the resources available to you through **Shared Solutions**® include:

- 6 **Knowledge Resources**
Teleconferences, seminars, and educational materials
- 6 **Peer Resources**
People with MS supporting one another
- 6 **Therapy Resources**
24/7 nurse support
- 6 **E-resources**
Online therapy and MS information
- 6 **Benefit Resources**
Insurance benefits investigation and help with financial assistance

If you're interested in joining, give us a call at **1-800-887-8100** or visit www.sharedsolutions.com.

Shared Solutions® offers FREE monthly teleconferences to help you gain a better understanding of today's important MS issues.

These informative discussions are hosted by leading MS experts and feature a live question and answer session.

Some of the topics for our upcoming teleconferences include:

- 6 **Depression**
- 6 **Managing Spasticity**
- 6 **Year in Review**



Call in *today* at **1-800-823-1880**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

free **Free MS
Teleconference Series**

**October to
December '09**

**Easy to participate!
See details inside!**



October to December '09 teleconference schedule



Depression

Whether it's a natural response to diagnosis or a physiological change from the disease process, depression is a possibility among people living with MS. We'll discuss solutions that can help you recognize and manage symptoms for a greater sense of wellness.

Teleconference:

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

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

Jayne Ward, DO

Associate Professor of Neurology

Michigan State University

Alice S., MS Advocate

Managing Spasticity

Managing spasticity can help improve your coordination and energy level. We'll discuss several treatment options that can help foster freedom of movement through reduced muscle tension and stiffness.

Teleconference:

November 17 at 8:00 PM ET, 5:00 PM PT

November 18 at 9:00 PM ET, 6:00 PM PT

Christopher Hughes, MD

Neurologist specializing
in the treatment of MS and
managing spasticity

Biddeford, Maine

Michelle T., MS Advocate

Year in Review

How well was your MS managed this year? We'll discuss how best to determine your therapy's effectiveness and why it's important to continue treatment. We'll also share tips to help you get the most from your next physician visit.

Teleconference:

December 15 at 8:00 PM ET, 5:00 PM PT

December 16 at 9:00 PM ET, 6:00 PM PT

Elizabeth Crabtree, MD

Assistant Clinical Professor of Neurology
Director of Patient Program
Development

University of California San Francisco

Linda B., MS Advocate

It's easy to participate! No RSVP required! One number for all: **1-800-823-1880**. Call today to set up a reminder call so you don't miss the teleconference. Or simply call in on your choice of teleconference nights to participate.