

## Focus on Wellness

Coping with Stress in Times of Uncertainty



# TABLE OF CONTENTS

- 2 NARCOMS Info Corner
- 3 Letter from the Director
- 4 Feature Focus: Coping with Stress in Times of Uncertainty
- 9 MS News Updates: Exercise Benefits in MS; Light Therapy; Relapse Recovery
- 12 Snapshot: How is the Pandemic Affecting NARCOMS Participants?
- 14 MS Messenger: NARCOMS Survey Status
- 15 Word Search: Wellness



## INFOCORNER



### What is NARCOMS?

NARCOMS is a registry for people who have multiple sclerosis (MS). Registry participants complete two surveys each year to provide information about themselves and their experience living with MS. Data from these surveys are used in research studies and to help further our understanding of MS. Participation in the registry is voluntary, and responders' identity and privacy are carefully secured.



### What is the Goal of NARCOMS?

The NARCOMS Global MS Patient Registry helps to facilitate research about multiple sclerosis in North America and around the world. Collaboration between MS centers of excellence throughout the world helps to increase knowledge, improve clinical care, and enhance the quality of life for persons with MS.



### How Private Is My Information?

We will keep the information that you provide us private and confidential by storing your data in a secure database. All information will be used for research purposes only. We do not share any personally identifying information with any person or research institution. We follow all Federal (HIPAA) laws regarding confidentiality.



### Not Yet a NARCOMS Participant?

Please contact us at [www.NARCOMS.org](http://www.NARCOMS.org) to enroll online, or call toll free at 1-800-253-7884.



### Tell Us Your Thoughts!

**Have an idea? We would love to hear from you!**  
Send us your questions, comments, and suggestions.

**Call:** 1-800-253-7884 (toll-free U.S.)

**Email:** [MSRegistry@narcoms.org](mailto:MSRegistry@narcoms.org)

**Online:** [www.narcoms.org/contact-us](http://www.narcoms.org/contact-us)

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For more information on the CMSC visit

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# DIRECTOR'S LETTER

Dear NARCOMS Now Readers:

The last few months have presented unprecedented challenges to people all over the world as they cope with the COVID-19 pandemic. In the United States, recent events have also highlighted the ongoing presence and profound negative impact of systemic racism. The Consortium of Multiple Sclerosis Centers (CMSC), which established and supports the NARCOMS Registry, condemns racism in any form.<sup>1</sup> These challenging times have increased the number of people reporting depression and anxiety, which can worsen symptoms in people with multiple sclerosis (MS). While the pandemic has reduced access to fitness centers, yoga studios, and other wellness facilities, it is important to remain mindful that physical activity and other wellness activities are essential to alleviate symptoms in MS and to improve long-term health. While exercise can reduce stress and improve overall health and mobility, wellness also focuses on emotional, social, and spiritual health.

This issue of NARCOMS Now focuses on how people with MS can maintain physical health and strength, as well as their overall wellness. The Feature Focus section describes the benefits of exercise and wellness in maintaining overall health for people with MS, and the importance of maintaining emotional, social, and spiritual support, in spite of current challenges. The MS News section provides useful information concerning the use of exercise and holistic therapies to reduce fatigue and to support recovery from relapse. The Snapshot provides interesting preliminary information from the Spring 2020 survey concerning the prevalence and severity of anxiety among NARCOMS participants during the COVID-19 pandemic.

We hope that this issue encourages the readers of NARCOMS Now to maintain their health and wellness during these difficult times and to follow safe practices during this pandemic. We also hope that our readers join us in working to enhance diversity, inclusion, and equity.

We thank you for your continued participation in the NARCOMS registry! Your involvement in this registry is critical in advancing our knowledge of MS.

Sincerely,

Ruth Ann Marrie, MD, PhD  
Scientific Director, NARCOMS



Ruth Ann Marrie, MD, PhD

1. <https://www.mscares.org/news/511242/A-POSITION-STATEMENT-IN-2020-A-YEAR-OF-TURMOIL.htm>



# FEATURE FOCUS

## How to Apply a Wellness Approach to MS Care in Times of Stress and Uncertainty

What is “wellness,” and is it realistic to achieve when a person has a condition like multiple sclerosis (MS)? According to the Global Wellness Institute, wellness does not necessarily mean being free from illness. Instead, wellness is “an active process of *making choices* toward a healthy and fulfilling life.” Physical health is

only one part of wellness—emotional, social, and spiritual health are other components (Figure 1).

Megan Weigel is a Florida-based certified MS nurse practitioner and doctor of nursing practice (DNP). Her practice focuses on combining traditional medicine with holistic approaches.



- **Physical:** A healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engagement with the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being in touch with, aware of, accepting of, and able to express one's feelings (and those of others).
- **Spiritual:** Our search for meaning and purpose in human existence.
- **Social:** Connecting with, interacting with, and contributing to other people and our communities.
- **Environmental:** A healthy physical environment free of hazards; awareness of the role we play in bettering rather than denigrating the natural environment.

**Figure 1. Components of Wellness**

“People who have a neurological disease like MS often are looking for a dramatic cure,” Dr. Weigel told *NARCOMS Now*. “Teaching them about wellness may seem so basic. This is very understandable. But I know that taking steps toward healthier living can have a big impact on the disease. I see this first hand in many of my patients with MS.”


### **Wellness in Times of Stress**

The COVID-19 pandemic has brought many challenges and changes that added to the stress levels of most individuals, including those living with MS. Fear of catching the virus, worry about the health of loved ones, financial concerns, and a sudden lack of access to friends and social groups, are just a few of the stressors in this new and complex world.

Diane (Dena) Mallach, CSW, LCSW, a New Jersey-based clinical social worker, has been busy counseling many patients through the COVID crisis, including some with MS or other disabilities. “COVID-19 is stressful, in part, because it represents a threat to one’s health,” Ms. Mallach explained. “But people with MS are already dealing with that every day. It’s as though they were juggling five balls and you just threw them ball number six.”

Coping skills come into play, but there are many different coping styles (See **Table 1**). Rather than relying on a single strategy, most people tend to use a mixture of a few different coping strategies, and these may change over time. “Everyone has ways of coping with stress and disappointment. Many of these strategies are not necessarily conscious. People have go-to activities that right them when they start veering in the wrong emotional direction.

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*“Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is a dynamic process of change and growth. . . a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”*

— Global Wellness Institute

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Some are healthier than others. However, even if a person has adopted healthy coping strategies, these tend to drop off during times of stress,” Ms. Mallach said. “When something comes along that throws off the pattern—whether it is a sudden illness, death of a loved one, or the COVID pandemic—they tend to forget the basics and fall back on old habits.” To refocus and get back on track, she recommends adopting a routine based on the principles of self-care.

### **Five Principles of Self-Care**

Developing good self-care practices can help people to cope with the uncertainty and the negative effects of stress on one’s body (See **Table 2**). The first principle is to create and follow a daily routine. This can help to restore a sense of order in a time of chaos. “When everything is uncertain, you need something that is certain,” she said. Many people have lost access to activities that made them feel whole or special, like singing in a group or going to a weekly dance class. “We need



**Table 1. Types of Coping Strategies**

Coping Style	Description
Active	Working directly to control a stressor through appropriately targeted behavior. A person takes responsibility for resolving a situation using available and internal resources. Active coping is usually considered adaptive, and is associated with fewer mood disturbances, enhanced self-efficacy, and other favorable consequences. However, this approach is not as helpful when the answer to a problem is beyond one's control.
Emotion	A person focuses on regulating their negative emotional reactions to a stressor. Instead of trying to change the stressor, they control their feelings using tools like meditation, relaxation techniques, prayer, positive reframing, seeking social support, and talking with others (including mental health care professionals). This strategy is useful for addressing problems that are beyond their capacity to change or fix.
Passive	A person absolves themselves from managing a stressor directly. Instead, they tend to give up control to outside resources such as other people and external factors. They may engage in hoping, praying, or avoiding the stressor. This is similar to emotion-based coping, but is often considered "maladaptive" and may be associated with depression and other adverse consequences.
Avoidance	Similar to passive coping, a person avoids stressful situations by disengaging and averting attention from it. Examples of avoidance coping include escapism, wishful thinking, self-isolation, undue emotional restraint, and use of substances such as drugs or alcohol. Avoidance strategies may be unhealthy at times, but in certain cases may provide some benefit by reducing stress and preventing anxiety from becoming overwhelming.

Source: American Psychological Association

to refocus on the good things that we have access to now," she advised.

The second, limit news consumption, does not mean being uninformed. But much of the news is repetitive and can make one feel overwhelmed by negative information. "The news is geared toward reporting the negative—how many people have died, instead of how many people survived or were not affected," Ms. Mallach noted. "This tends

to skew our perspectives toward a worst-case scenario."

Number three, staying connected, should include people who offer a positive influence. "When you can, be selective in your connections, because there are people who are going to try to drag you down further. Try to surround yourself with people who are helpful to you, and don't feel obligated to be near the ones who aren't, unless they are close family members."

**Table 2. Five Principles of Self-Care**

# FIVE PRINCIPLES OF SELF-CARE

How to cope with stress during COVID-19



## CREATE AND FOLLOW A DAILY ROUTINE

Bring structure to your day. Take advantage of activities you *do* have access to, not those you lost.

## LIMIT NEWS CONSUMPTION

Stay informed, but don't burden yourself with too much negative media.





## STAY CONNECTED

Surround yourself with people who offer a positive influence. When possible, don't trouble yourself with others.

## MAINTAIN A HEALTHY LIFESTYLE

Diet, exercise, socializing, and stimulating your mind. Whole-person wellness is crucial.





## DEFINE WHAT PRODUCTIVITY MEANS FOR YOU

Set realistic goals. Focus on what you *can* get done.

Number four is maintaining a healthy lifestyle. This encompasses the whole package: diet, exercise, socializing, and stimulating your mind. “It’s great if you have a practice of exercising three times a week, but try to think big picture and expand your wellness practices to include your body, your mind, and your spirit,” Ms. Mallach advised.

Number five is to rethink what productivity means to you. “People tend to put pressure on themselves to be productive, and feel guilty if they have an unproductive day,” Ms. Mallach said. Many do this without actually defining what productivity means to them. “Your to-do list may have 40 things on it, but do you really need to complete all of them?” she asked. “When you go to a restaurant, you don’t order everything on the menu, and you don’t always finish everything on your plate. We need to reframe our ideas of productivity and stop feeling like we’re ‘not good enough’ if we don’t accomplish everything on our list.”

**Wellness Approaches for People with MS**

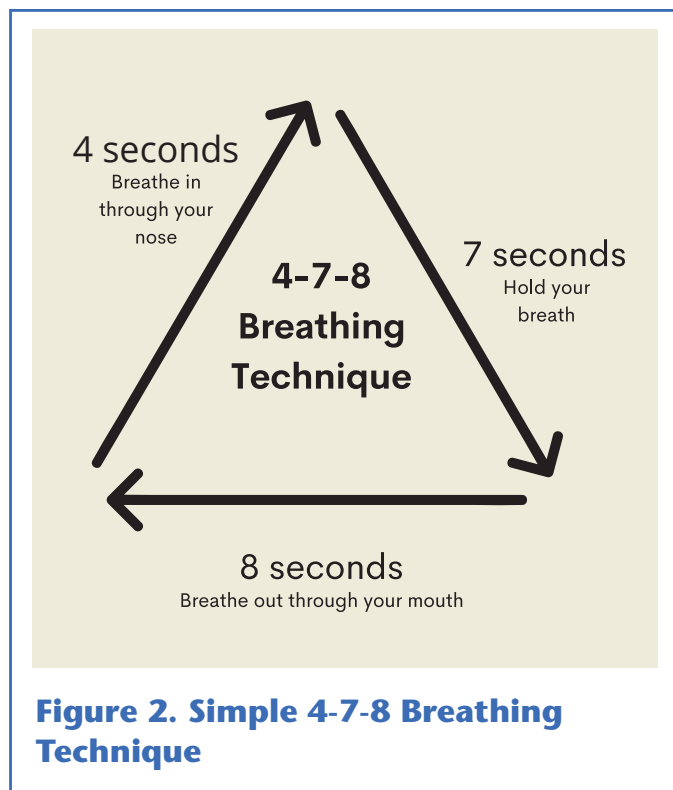
Dr. Weigel echoes many of these principles in her integrative medicine practice. “There is much more that people can do, beyond taking MS medications,” she stressed. Her teaching focuses on approaches such as:

- Yoga and other disciplines such as Tai Chi or Qi Gong
- Meditation and mindfulness
- Breathing exercises

Dr. Weigel said that many people overlook the importance of healthy sleep patterns. Good sleep can be more difficult for people

with MS because of physical problems like spasticity or bowel/bladder problems, but also because of a busy mind. “I’m a huge advocate of engaging in a relaxation routine before you go to bed,” she advised. This may mean prayer or meditation, reading, stretching, or aromatherapy with essential oils. “Turn off the devices!” she added. For those who find meditation difficult, breathing exercises are a good place to start. Breathing techniques like alternative nostril breathing are shown to reduce stress and even lower blood pressure. A simple one to start with is a technique called 4-7-8 breathing (see Figure 2). Many breathing exercise practice videos are available on YouTube.

The key to applying wellness tools to daily living is to pick those that work best for you. This involves personal preferences, but also working around limitations due to MS. During times of isolation, video-based programs are offered that are specialized for people with MS (see Resource box). “Many people with



**Figure 2. Simple 4-7-8 Breathing Technique**

MS don’t exercise because they are afraid of injury,” Dr. Weigel noted. “This is why adaptive programs like yoga or aquatic exercise are so helpful.” She has based her new podcast series on the concept of moving past fear as a first step toward wellness.

## RESOURCES

### **National Multiple Sclerosis Society**

[www.nationalMSSociety.org](http://www.nationalMSSociety.org)

“Get a Handle on Stress” Series

On website, go to Resources/Support/Library-Education Programs/You Can!

### **Podcast series by Dr. Megan Weigel**

<https://firstcoastintegrativemedicine.com/meet-megan/>

### **NMSS Exercise Resources**

Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Exercise

Links for tele-learning from the NMSS and Can-Do MS

### **Global Wellness Institute**

<https://globalwellnessinstitute.org>  
(not for profit)

“Positively Well” movement, helpful resources on adapting and recovering after COVID





## Combining Exercise With Steroid Treatment May Reduce Disability After MS Relapses

Recent research suggests that exercise may help improve recovery after a relapse in people with MS. On average, people with relapsing-remitting MS (RRMS) have about 1 relapse every 3 years. Most of the recovery after a relapse takes about 2 to 3 months. In one-third to one-half of cases, recovery is incomplete and the person is left with residual disability. Thus, finding ways to promote better recovery from relapse is important for long-term management of MS.

An analysis of two randomized controlled trials found that exercise combined with standard intravenous (IV) steroid therapy may be more beneficial than steroids alone for the treatment of MS relapses. In each study, participants were assigned randomly to one of two groups. The control group received corticosteroid therapy. The intervention group received corticosteroids plus a rehabilitation-based exercise program. This included aerobic exercise, stretching, strengthening, balance, and walking training. People with MS who received exercise and corticosteroid treatment had improved disability scores after recovery as compared to participants who only received corticosteroids. Benefits to add-on exercise included improved physical function, quality of life, and self-efficacy (ability to manage one's own care)

along with lower levels of depression and fatigue. These benefits were maintained after the exercise treatment ended.

"Incomplete recovery following relapses [leads to] higher levels of disability," the authors concluded. This study suggests that exercise therapy combined with steroid treatment may improve outcomes after a relapse, compared with just steroid treatment alone. Additional studies are needed to confirm these observations.

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**Reference:** Rooney S, Albalawi H, Paul L. Exercise in the management of multiple sclerosis relapses: current evidence and future perspectives. *Neurodegener Dis Manag.* 2020 Apr 30.

## Light Therapy May Reduce Fatigue and Increase Quality of Life for People with MS

Fatigue is one of the most common symptoms experienced by people with multiple sclerosis (MS). Previous studies in people with MS have found that higher exposure to natural sunlight decreases fatigue. In a new study, researchers from Harvard University tested the effects of light therapy in 35 people with MS. Light therapy involves sitting near a specialized lamp that emits full-spectrum light for a certain period of time.

Most study participants had severe fatigue at the study's start. Each participant was given a desk light box and instructions to use it for



Full-spectrum light therapy has the potential to improve mood and reduce fatigue in people with MS.

1 hour twice a day and to track fatigue levels and sleep time for 4 weeks. A control group received boxes that did not emit a therapeutic form of light. Changes in fatigue levels and quality of life were measured throughout the study. Over the treatment period, participants who received light treatment reported significantly decreased levels of fatigue, as well as improved quality of life. Headache was one of the more commonly reported side effects. No serious effects were reported.

Light therapy has been reported to offer benefits such as reduced fatigue and improved mood and energy levels in people with depression and other conditions. This study suggested that light therapy is feasible and well tolerated for treating fatigue in people with MS. “Given the safe, inexpensive, and well-tolerated nature of [light therapy], we advocate for further studies of this non-

pharmacologic intervention for MS,” the authors stated.

**Reference:** Mateen FJ, Vogel AC, Kaplan TB, et al. Light therapy for multiple sclerosis-associated fatigue: a randomized, controlled phase II trial. *J Neurol.* 2020 Apr 24.

## How to Keep Up with Physical Fitness Goals? Exercise Training Plus Behavioral Coaching May Be Helpful

**E**xercise has many benefits for people with multiple sclerosis (MS). A study from researchers at the University of Alabama at Birmingham found that most people with MS do not engage in enough exercise to take advantage of these benefits. In fact, fewer than 20% of people with MS meet the recommended guidelines for moderate to vigorous physical activity. “The benefits of exercise are numerous,” MS rehabilitation expert Robert Motl, PhD, told *NARCOMS Now*. “In people with MS, data show that exercise training benefits immune cells and nerve cells, brain structure and function, cognition, walking and fitness, fatigue, and quality of life. Regular, consistent exercise may even help to reduce relapse rates and slow disability progression.”

We know that exercise is good for people with MS, but how do they start and maintain a program? Dr. Motl’s study was a meta-analysis that reviewed the findings of multiple research projects looking at the combination of exercise training programs and behavioral interventions. These interventions involve counseling people about goal-setting and self-motivation. His group found that this combination can help people with MS to

change their exercise habits. “All interventions were helpful for starting exercise programs, but those that included techniques for supporting behavior change were the most helpful. These might be programs that teach goal-setting to support and maintain behavior change.” People were less likely to be successful in starting and maintaining a program if they did not receive these interventions. “We encourage people with MS to seek out programs that can help them get started in an exercise program that’s safe and effective for them,” Dr. Motl advised. “I also advise seeking medical clearance after a relapse before getting back to exercise. Once cleared, start slowly and listen to your body. If you do too much too soon, you may experience injury or other problems. Your body will tell you when enough is enough.”

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**Reference:** Kim Y, Mehta T, Lai B, Motl RW. Immediate and sustained effects of interventions for changing physical activity in people with multiple sclerosis: meta-analysis of randomized controlled trials. *Arch Phys Med Rehabil.* 2020 Apr 25.

## Is Exercise Neuroprotective in MS? Research Update Shows Brain Repair in Experimental Models and Humans With MS

People who suffer from a stroke are often able to recover much of the lost function after intensive rehabilitation. Why can’t similar approaches be used in multiple sclerosis (MS)? This question has been posed by researchers who felt that physical rehabilitation in MS needed to “catch up” to other fields. A newly published review of recent physical rehabilitation advances in MS suggests that some of these milestones are being achieved.

The authors stated that exercise may indeed be disease-modifying or “neuroprotective” in MS.

Physical rehabilitation can include supervised exercise, stretching, and other techniques to enhance mobility. Centonze and colleagues from Italy and Belgium wrote, “Data from animal models of MS indicate the disease-modifying efficacy of exercise. Physical rehabilitation is reported to restore function in MS and likely to slow down disease progression.” They cited studies in animals showing:

- Physical exercise reduces some of the hallmarks of the MS disease process, acting as a pro-myelinating (i.e., encouraging myelin to be restored on nerve cells) and immunomodulatory therapy.
- Noninvasive brain stimulation techniques such as transcranial magnetic stimulation or transcranial direct current stimulation have been applied successfully to treat pain, urinary symptoms, lower limb function, and spasticity in people with MS. These approaches may be combined with physical rehabilitation.

Rehabilitation is well tolerated and can be effective in improving muscle function and fitness. Even in people with progressive MS disability, it can enhance balance, walking, and upper limb functional movements. By increasing physical activity and improving physiological functioning, exercise training has been shown to prevent, disrupt, or even reverse the cycle of inactivity and mobility impairment in MS.

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**Reference:** Centonze D, Leocani L, Feys P. Advances in physical rehabilitation of multiple sclerosis. *Curr Opin Neurol.* 2020 Jun;33(3):255-261.



# SNAPSHOT

WHAT WE CAN LEARN FROM NARCOMS SURVEYS

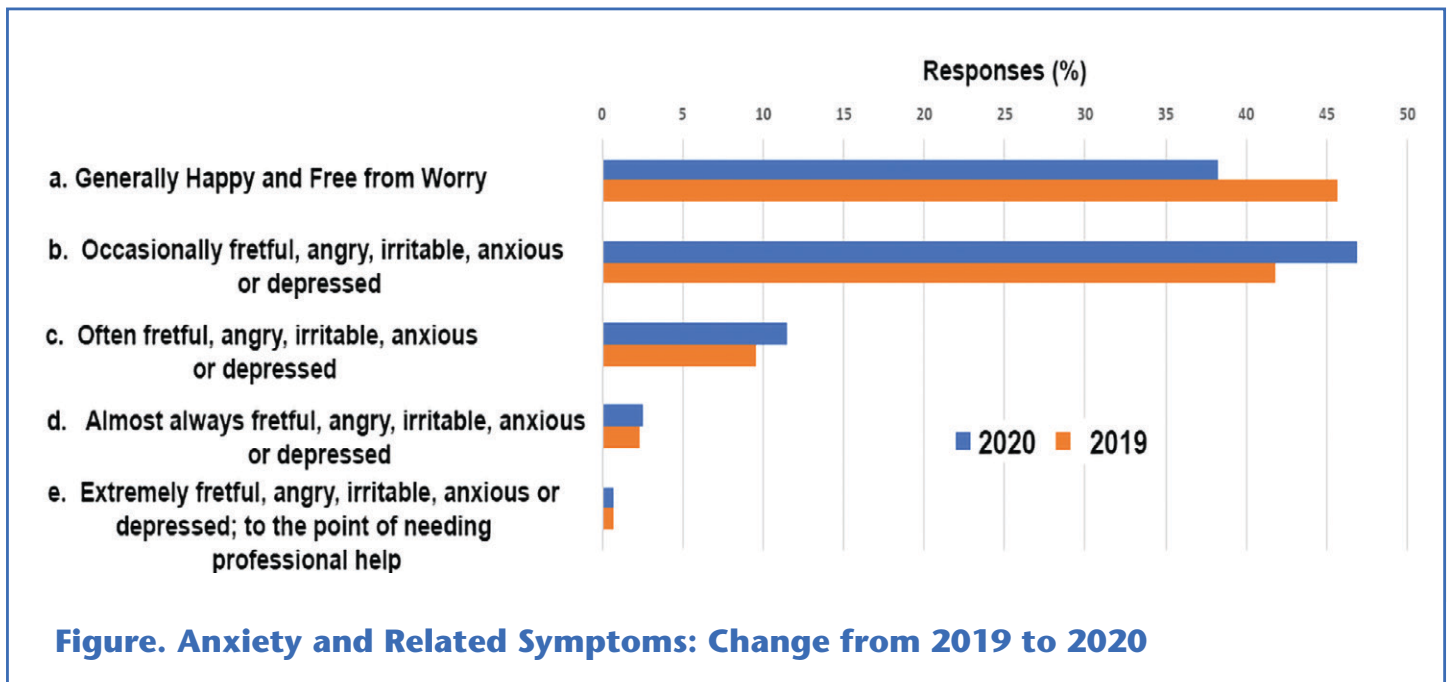
## How is the Pandemic Affecting NARCOMS Participants?

Some NARCOMS participants have indicated that they have been affected significantly by the COVID-19 pandemic, which may change how respondents answer questions that are usually asked in the survey. Since we ask some of the same questions in every survey, we can look at how events such as the pandemic can affect mood, symptom changes, and other outcomes in people with MS.

We compared your responses to the Health Utility Index question about anxiety symptoms in the Spring 2020 survey to those obtained in the Fall 2019 survey (Figure). In the Fall 2019 survey, the vast majority of respondents

reported themselves to be either free from worry or experiencing occasional anxiety. While anxiety affects the lives of a significant portion of NARCOMS participants, most respondents reported little effect on their everyday lives.

Although the results of the Spring 2020 survey are incomplete, responses indicate that, similar to the Fall 2019 survey results, most respondents report little effect of anxiety on their everyday lives. However, a higher proportion of respondents to the Spring 2020 survey indicated the occurrence of occasional or frequent anxiety compared to the results of the Fall 2019 survey, and fewer respondents



reported a worry-free status. This increase in the number of respondents reporting anxiety, although small, suggests that anxiety is more common and more severe for some NARCOMS participants now than it was a year ago. The COVID-19 pandemic is one factor that has clearly changed in the last year, but other factors could also play a role.

We understand that this stressful time may affect your answers to the survey questions, and we appreciate your honesty. The surveys

help us to understand how you are feeling and to learn how anxiety may affect your other symptoms and quality of life. Meanwhile, since the survey data has indicated an increase in the presence of anxiety among NARCOMS participants, using methods to decrease anxiety, such as the exercise and holistic therapies mentioned in the articles about wellness in this issue of NARCOMS Now, may provide some assistance in improving the quality of your everyday life.

## Tips for Dealing with COVID-Related Stress

*Adapted from the Centers for Disease Control and Prevention (CDC) Website  
[www.cdc.gov/coronavirus/2019-ncov/managing-stress-anxiety.html](http://www.cdc.gov/coronavirus/2019-ncov/managing-stress-anxiety.html)*

### Healthy Ways to Cope with Stress

- Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly.
  - Get plenty of sleep.
  - Avoid excessive alcohol and drug use.

- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

### Visit the CDC's website for links to information on:

- Coping with a disaster or traumatic event
- Coping with stress during an infectious disease outbreak
- Taking care of your behavioral health during an infectious disease outbreak
- Helping children cope during COVID-19
- Teen depression
- Serious illness care program toolkit (for people at higher risk for serious illness)
- How to cope with job stress and build resilience during the COVID-19 pandemic





# MS MESSENGER

WHAT TO EXPECT ON THE NEXT NARCOMS SURVEY

## NARCOMS Survey Status

The NARCOMS Spring 2020 update survey has just closed. If you still have a copy in your home, please return it to us as soon as you can. We will continue to enter and analyze your data throughout the coming months. We have already started working on the next survey and look forward to sending it to you in early October.

Our office staff continue to work remotely due to the COVID-19 global pandemic. Currently, the best method to reach us is by email, and we monitor our inbox daily. If you do not have access to email, you can call and leave us a message in our

voice mailbox. If you have questions about your health or well-being, these should be directed to your health care provider. Non-emergency questions, for those in the United States, can often be answered by your county health department. Health departments have access to many local resources that might be of interest.

Some of you may have noticed that we send out reminder postcards if we have not received your survey. Occasionally this happens in error as we receive your survey just as the postcards are being mailed; or for those who complete the survey online if you haven't clicked "SUBMIT" on the last page. Please email us if you would like to check your survey status.

Speaking of postcards, a lot were returned to us in the past few weeks. Please contact us if you have moved or are using a new email address. We want to make certain that you receive surveys, *NARCOMS Now*, and information about research studies that might interest you.

*Stay well,*

*The NARCOMS Team*

### Contacting Us During COVID-19



**E-mail**

[MSRegistry@narcoms.org](mailto:MSRegistry@narcoms.org)



**Phone**

**1-800-253-7884**

(toll-free U.S.)

# Play WORDSEARCH

Find the following hidden words relating to wellness.

ADAPTIVE  
AVOIDANCE  
BREATHING  
CONNECTIONS

COPING  
EXERCISE  
LIFESTYLE  
MEDITATION

QUARANTINE  
RELAXATION  
ROUTINE  
SELFCARE

SLEEP  
STRESS  
UNCERTAINTY

N	L	T	B	M	C	N	E	Y	Y	N	S	E	S	H
U	E	C	C	O	R	S	Z	T	Z	N	B	V	T	R
P	B	M	P	N	I	E	G	N	O	R	P	I	R	N
O	R	I	S	C	U	J	L	I	E	T	J	T	E	O
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C	X	E	E	T	E	H	I	R	U	A	E	D	I	W
E	J	C	C	N	I	V	X	E	Y	R	T	A	Q	V
H	Z	B	N	N	D	N	U	C	H	A	U	I	B	Z
H	M	O	G	E	A	I	E	N	N	N	H	Q	O	R
N	C	H	P	V	Z	D	L	U	Z	T	M	X	K	N
E	L	Y	T	S	E	F	I	L	I	I	H	I	V	A
M	E	D	I	T	A	T	I	O	N	N	I	C	B	U
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# NARCOMS NOW

## ***BE PART OF NARCOMS—HELP TO ADVANCE RESEARCH IN MS***

Whether you were recently diagnosed with multiple sclerosis (MS) or have lived with it for years, your personal history with the disease helps contribute to improving the lives of others with MS.

Participation in the NARCOMS registry allows you to be part of the process. The data provided by participants gives researchers a clearer picture of how a condition like MS impacts the lives of those affected.

Participation in NARCOMS is confidential—your information is kept secure and completely private. If you have MS and are not yet participating in NARCOMS, or have been out of touch for a while, we would love to hear from you! Contact us at 1-800-253-7884 (toll-free U.S.) or via email at [MSRegistry@narcoms.org](mailto:MSRegistry@narcoms.org).



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