



National
Multiple Sclerosis
Society

Connections Volunteers Drop-In Call November 5, 2020



Mollie Burns
Manager
Implementation & Engagement

Open Chat box

Camera and Audio settings
Audio options: **1)** Select 'Computer' to use computer mic, or headset with mic plugged into computer, or **2)** Select 'Phone' and dial number shown on screen with access code and audio pin

Mute/Share webcam/Leave

Mic Camera Screen Leave

Q&A: There will be time for questions after presentation

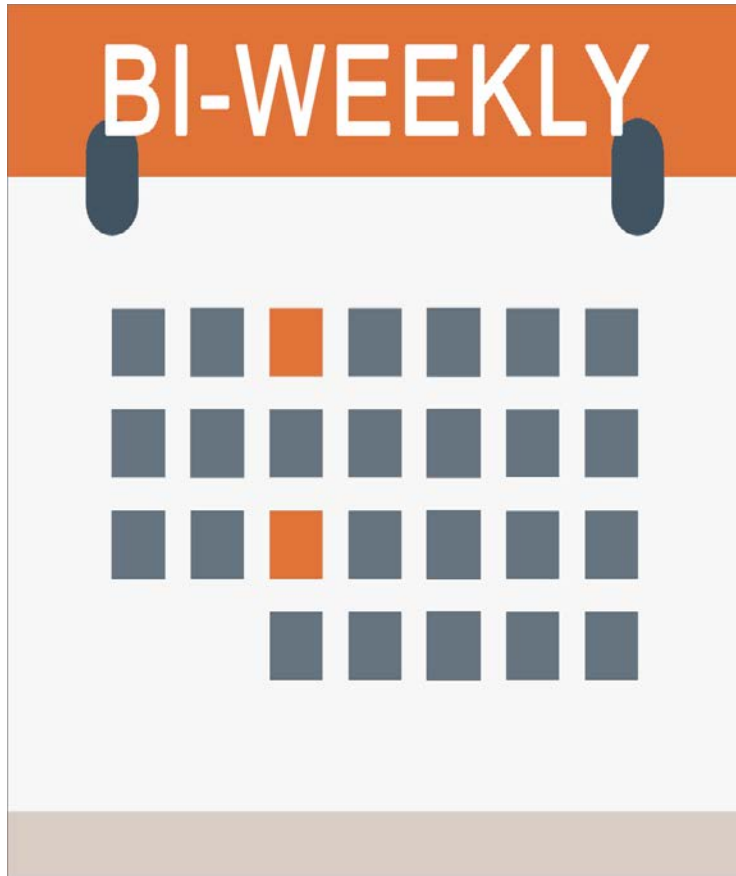
- Option #1: Pop on camera using your webcam; unmute
- Option #2: Type your question in the Chat box

A recording of this call (without webcam) will be posted on our website at:
<https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers>

Today's Time

- **NEWS:** Going digital through December 31st
- We are here to support you! - New support email: peerconnections@nmss.org
- Connections Program Volunteer Website: <http://nationalmssociety.org/ConnectionsVolunteers>

Bi-Weekly Ongoing Drop In Call Dates



- November 5th
- November 19th
- December 3rd
- December 17th

Support for Leaders and Groups

- **We are going digital through December 31st**
- **Bi-Weekly Ongoing Drop In Calls**
 - Thursdays at noon PST/3EST
 - November 5: COVID Update
 - November 19: Open Enrollment/Marketplace Insurance
- **MS Navigator is available to help!**
- **Find Doctors and Resources Online**

COVID-19 and MS



Kathleen Costello
ASSOCIATE VICE PRESIDENT
HEALTHCARE ACCESS

Global Advice Update – Who is at risk?

- People with progressive MS
- Over the age of 60
- Male
- Black people with MS and possibly South Asian people with MS
- People with higher levels of disability
- People with MS and obesity (body mass index of 30 or higher), diabetes or diseases of the heart or lungs
- People taking certain disease modifying therapies for their MS

Global Advice – Disease Modifying Therapies

- People with MS currently taking DMTs continue with their treatment, unless advised to stop by their treating clinician
- People who develop symptoms of COVID-19 or test positive for the infection discuss their MS therapies with their MS care provider or another health care professional who is familiar with their care

Global Advice – Disease Modifying Therapies

What to discuss with your MS provider

- MS disease course and activity
- The risks and benefits normally associated with different treatment options
- Additional risks related to COVID-19, such as:
 - older age, obesity, pre-existing lung or cardiovascular disease, progressive MS, higher risk race/ethnicity etc
 - Local current and anticipated future COVID-19 risk
 - Risk of exposure to COVID-19 due to lifestyle
 - Emerging evidence on the potential interaction between some treatments

Global Advice – Disease Modifying Therapies

- Interferons (Avonex, Betaseron, Extavia, Plegridy, Rebif) and glatiramer acetate (Copaxone) are unlikely to impact negatively on COVID-19 severity.
- Dimethyl fumarate (Tecfidera), diroximel fumarate (Vumerity), teriflunomide (Aubagio), fingolimod (Gilenya), natalizumab (Tysabri), ozanimod (Zeposia) and siponimod (Mayzent) do not have an increased risk of more severe COVID-19 symptoms.

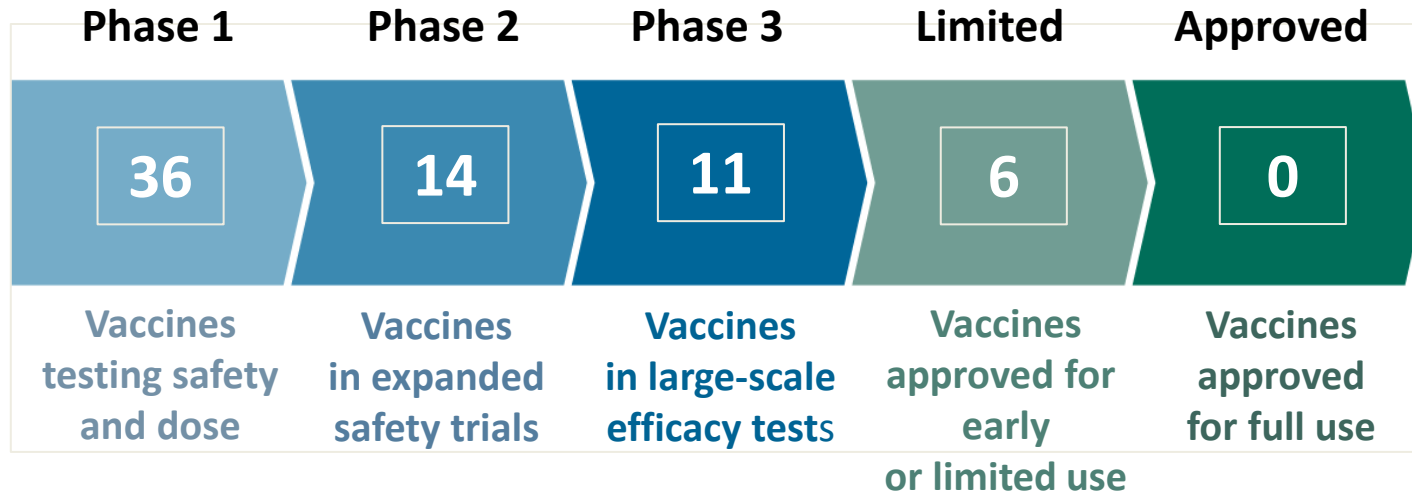
Global Advice – Disease Modifying Therapies

- Therapies that target CD20 – ocrelizumab (Ocrevus) and rituximab (Rituxan)– **may** be linked to an increased chance of having a more severe form of COVID-19.
- **However, these therapies should still be considered as an option for treating MS during the pandemic.**
- People with MS who are taking them or ofatumumab (Kesimpta), should be particularly vigilant regarding the advice to reduce their risk of infection.

Global Advice – Disease Modifying Therapies

- More data on the use of alemtuzumab (Lemtrada) and cladribine (Mavenclad) during the COVID-19 pandemic are required to make any assessment of their safety.
- People with MS who are currently taking these therapies and are living in a community with a COVID-19 outbreak should discuss their current **lymphocyte counts** with their healthcare professional.
- If lymphocyte counts are considered to be low they should self-isolate as much as possible to reduce their risk.

COVID-19 Vaccine Update



New York Times Vaccine Update Accessed 11/4/20

Vaccine Research

- Phase 2/3
 - BioNTek/Pfizer
 - Astra Zeneca/University of Oxford
 - England, India
- Phase 3
 - Moderna/NIH
 - Johnson and Johnson/Beth Israel Deaconess
 - AstraZeneca/University of Oxford
 - Brazil, South Africa, USA
 - Novavax
 - Bharat

Stay safe!!!



- Wear a mask over the nose and mouth
- Wash hands frequently
- Keep sanitizer with you
- Avoid touching your face
- Clean cell phone often
- Social distancing – at least 10 feet
- Avoid gatherings – especially indoors



**National
Multiple Sclerosis
Society**

**Society Resources
We are Here**

Connection Volunteer Website

For Connection Program Volunteers

Peer Connections:
One-on-One

> For Connection
Program Volunteers



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IN THIS ARTICLE

- > Resources for volunteers
- > Recorded All Society Leader Calls
- > MS 101 Webinars
- > Group meeting discussion guides and toolkits

Ask an MS Expert

MS Treatment and Research

November 6

MS Treatment and Research

Decades of research into MS have built a platform of knowledge now serving as a springboard for continued progress. Join us for a discussion with Jeffrey Cohen, a neurologist from the Mellen Center for Multiple Sclerosis Treatment and Research to hear about MS therapies on the horizon, remyelination, stem cells treatments, and the latest in COVID-19 global advice for those living with MS.

November 13

Military Veterans Living with MS: What You Should Know

In commemoration for Veterans Day, join us for a special Ask the MS Expert featuring US Air Force Veteran Karla Clay, who shares her story of experiencing symptoms of MS while on active duty and being diagnosed after leaving the military. Maggie Kazmierski, LSCW, social worker at the Baltimore MS Center of Excellence, will also highlight services available to Veterans living with MS and how to connect to those services within the VA

Ask an MS Expert: Remyelination and Regeneration Research in MS



Expert

Jeffrey Cohen, MD

Hazel Prior Hostetler Professor of Neurology at the Cleveland Clinic and Director of Experimental Therapeutics in the Mellen Center for Multiple Sclerosis Treatment and Research

Emotional Support Resources

- MSFriends
- Happy the App
- Find Doctors and Resources Tool
- Facebook Group: National MS Society Community
- MS Navigator is available to help!
- HelpPRO
 - Online search tool
- Behavioral Health Treatment Services Locator
 - Nationwide behavioral health services & resources
- NeedyMeds.org
 - Mental Health clinic locator

Need Support Connecting Your Group?

Resources are Available!

- ✓ Skype
- ✓ Zoom
- ✓ FaceTime
- ✓ Google Hangout
- ✓ Facebook Messenger
- ✓ Free Teleconference Tools
- ✓ Support Group finder on Society Website

***Connect with your Society Staff Partner
to discuss your needs***

SELF-HELP GROUP MEETING DISCLAIMER

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society. To protect your privacy and the privacy of other members, please do not record, take screenshots, or share information about other members of this group outside of this meeting. For specific medical advice, contact your physician. For the opinion of the National Medical Advisory Committee of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our website at nationalMSSociety.org

CONNECTING LEADERS TO LEADERS

- What questions do you have?
- What questions are you getting from others?
- What resources or support would be helpful?
- Share helpful tips for other leaders