



MARCH in my SHOES

March 2016 Multiple Sclerosis Education and Awareness Month

Veterans Affairs Multiple Sclerosis Centers of Excellence promotes expanding MS knowledge and health care services to enhance treatment, optimize benefits and increase support for Veterans with MS.

Each year 28,000 Veterans with MS receive care in VHA

100% increase in Veterans using specialty care

All 13 FDA approved MS Disease modifying therapies available

7 Injectables * 3 Infusions * 3 Oral pills

MS Rehabilitation medications

- **Oral pill specifically to improve MS walking**
- **Injections for specific form of urinary incontinence**

MS Centers Produced

- **Handbook of Care for MS**
- **Best Practices management tools**
- **MS Smartphone App**

MS Centers research projects found

MS Severity Increased with Smoking

MS Severity Reduced with

- **Normal levels of Vitamin D**
- **Physical activity**
- **Healthy diet**

Veterans Affairs

MS

Centers of
Excellence
www.va.gov/ms

To learn more visit

www.va.gov/ms

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