

Bedfordshire Community

Multiple Sclerosis Specialist Nurse Service

Patient Information Leaflet

Tel: 0345 602 4064
elft.msservice@nhs.net



Other helpful contacts for MS

You can find trusted information on MS at these national charities:

www.mssociety.org.uk
www.mstrust.org.uk

MS Society Helpline: 0808 8008000
MS Trust Helpline: 0800 0323839
MS-UK Helpline: 0800 7830518

Social networking: www.shift.ms

Local MS Therapy Centre
www.mscentrebedsandnorthants.com

Local MS Society group:
www.bedford@mssociety.org.uk

Disability Resource Centre,
Dunstable

01582 470 900
www.drcbeds.org.uk

Carers in Bedfordshire
0300 111 1919
www.carersinbeds.org.uk

The Bedfordshire Community Multiple Sclerosis (MS) Specialist Nurse Service is available to anyone with a confirmed diagnosis of MS, who has a Bedfordshire GP, and is not under any other NHS MS Nurse Service.

You can refer yourself by calling

0345 602 4064

or be referred by your GP, any healthcare professional or a social worker.

Contacting the MS Nurse Service

Contact the Single Point of Contact on:

0345 602 4064

(Taking messages 24hrs a day, 7 days a week)

or email:

elft.msservice@nhs.net

(email with the subject header 'MS')

Your message or email will be passed on immediately and you will be contacted within 72 hours.

Your MS Nurse is:

Miranda Olding

What can you expect from your MS Nurse?

Education, information and support with:

- Understanding the condition
- Managing symptoms
- Managing relapses
- Managing treatments
- Managing disability
- Staying well with MS

What can you expect from your MS Nurse?

Information we will need:

- If you are concerned about your symptoms or an aspect of your MS
- About someone you care for who has MS
- If you think that you may be having a relapse
- To rearrange or ask to bring forward one of your appointments
- Please contact us immediately if you are admitted to hospital

We can see you in a clinic, speak on the phone, possibly share a video-call, and when necessary, make a home visit.

What can you do to help stay well with MS?

Keep as active as you can / Exercise

Higher levels of aerobic fitness are associated with faster information processing and preserved brain tissue volume.

Keep your weight under control

Obesity is associated with higher numbers of MS lesions (areas of damage) than maintaining a healthy weight.

Keep your mind active

Education, reading, hobbies and artistic or creative pastimes help to protect against cognitive problems in MS when pursued over a lifetime.

Avoid smoking

Cigarette smoking is associated with higher relapse rates, increased disability progression and reduced survival compared with not smoking.

Watch how much you drink

Unsafe levels of alcohol are associated with reduced survival in people with MS.

Manage other conditions responsibly

High cholesterol, heart disease and diabetes can worsen the MS disease course. Remember to take any prescribed medication for these conditions.

And...

Keep an MS diary and record any new symptoms to discuss with the MS nurse.

Prepare for your appointments by making notes about topics you would like to discuss.

Ask the healthcare professionals who oversee your treatment how they plan to monitor your MS, to see whether the disease is active and whether you are eligible for any disease modifying treatments (DMT) or trials.

Diet

The World Health Organisation recommends eating a diet of Fruit, vegetables, legumes (e.g. lentils and beans), nuts and whole grains, with at least 5 portions of fruit and vegetables a day (not counting potatoes).

Less than 10% of calories should come from sugar, less than 30% from fat; trans fat should be avoided, and saturated fat should be below 10% of calorie intake.

See

<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

No one diet for MS has been recommended by NICE. The specific MS diet most in line with the WHO recommendations is set out at www.overcomingms.org and recommends lifestyle factors of diet, exercise, high dose vitamin D3, sunlight and meditation along with any DMTs.

