

MSAA is Improving Lives Today... By Providing Answers and Support

MSAA's Helpline connects people directly with trained specialists who can answer questions, provide resources, and offer guidance and reassurance. MSAA's Helpline may be reached via:

- ▶ Phone: **(800) 532-7667, extension 154**; hours are Monday - Friday, 8:30 am to 5:00 pm EST, with Wednesday hours until 8:00 pm EST.
- ▶ Email: **MSquestions@mymsaa.org**
- ▶ Chat: Live discussion through **MSAA's online MS Chat feature at mymsaa.org/chat**

MSAA offers several programs to help individuals be proactive and stay engaged in the conversation. These include:

- ▶ **Educational Programs**, where attendees gain valuable knowledge from leading MS experts.
- ▶ **My MSAA Community**, an online peer platform that allows the safe and supportive exchange of information and insights among people with MS and care partners.
- ▶ **MS Conversations Blog**, featuring timely discussions of topics important to the entire MS community.

Be sure to follow MSAA on:



About MSAA

The Multiple Sclerosis Association of America (MSAA) was founded in 1970 and is a leading resource for the entire MS community, improving lives today through vital services and support. As a national nonprofit 501(c)3 organization, MSAA meets all Better Business Bureau (BBB) Wise Giving Alliance criteria and has achieved Gold Level status with GuideStar.

MSAA's free services include a toll-free Helpline, equipment and cooling distribution programs, MRI funding, award-winning publications and videos, educational programs, My MS Manager mobile phone application, online peer community, and more.

MSAA

MULTIPLE SCLEROSIS
ASSOCIATION OF AMERICA

Improving Lives Today!®

National Headquarters
375 Kings Highway North
Cherry Hill, NJ 08034
Toll-free Helpline: (800) 532-7667
Email: msaa@mymsaa.org
Website: mymsaa.org

Stay Connected with MSAA:



MSAA's Programs and Ways to Support Our Mission



What is Multiple Sclerosis?

- ▶ Multiple sclerosis (MS) is the **most common neurological disorder diagnosed in young adults**.
- ▶ Most people are diagnosed with MS between the ages of 15 and 50. Women are three times more likely to develop MS than men.
- ▶ MS is an **autoimmune disease of the central nervous system**, affecting the protective covering (myelin) that surrounds the nerves of the brain and spinal cord. The nerves (axons) may also become damaged.
- ▶ MS is not contagious and researchers continue to seek a cause and a cure.
- ▶ Individuals with MS may experience one or more of a **variety of symptoms**, such as:
 - visual disorders
 - depression
 - spasticity
 - bladder problems
 - numbness/pain
 - fatigue
 - impaired mobility
 - balance issues
 - cognitive changes
 - heat intolerance
- ▶ Most individuals with MS experience periods of **symptom flare-ups** ("exacerbations" or "relapses"), followed by periods of remission. A smaller percentage of people experience progressive MS, characterized by a steady accumulation of symptoms.
- ▶ Although not a cure, medications are available to slow disease activity. Medications are also available to help treat the symptoms of MS.

MSAA

MULTIPLE SCLEROSIS
ASSOCIATION OF AMERICA

Improving Lives Today!®

MSAA is Improving Lives Today... By Offering Information and Tools

MSAA's informative resources and useful tools include:

- **Website: mymsaa.org, with the latest information on research, symptoms, and treatments, as well as dedicated sections such as the MS Relapse Resource Center and My Health Insurance Guide**
- **Publications, including a national magazine, e-newsletter, and MSAA's annual *MS Research Update***
- **Award-winning educational videos and webinars**
- **Lending Library program**

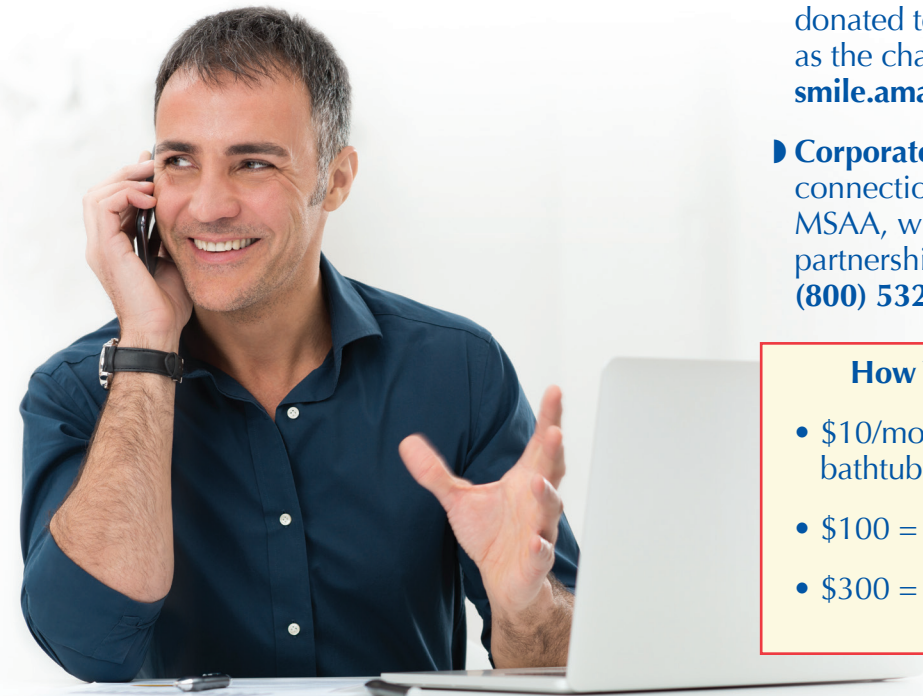
MSAA continues to expand its series of innovative tools, enabling people to take an active role in managing their MS. These include:

- **My MS Manager™**, a free mobile phone application that allows users to track medications and symptoms, journal experiences, share data with physicians, and more.
- **S.E.A.R.C.H.® Program**, an easy-to-remember guide for learning about approved long-term treatments for MS, and the key questions to ask healthcare providers.
- **My MS Resource Locator®**, an MS-specific, online database with categories ranging from insurance to housing needs.

MSAA is Improving Lives Today... By Enhancing Safety and Daily Life

Many people with MS experience difficulty with balance, coordination, mobility, and managing the heat. MSAA offers help through our:

- **Equipment Distribution Program**, providing free medical items such as shower chairs, grab bars, walkers, and wheelchairs to promote safety, mobility, and independence.
- **Cooling Distribution Program**, supplying free cooling vests and accessories that provide several hours of cooling relief for improved quality of life, and also enables more participation in outdoor activities.
- **MRI Access Fund**, assisting individuals who are uninsured or under-insured acquire cranial and c-spine magnetic resonance imaging (MRI) exams to help determine a diagnosis of multiple sclerosis or evaluate current MS disease progression.



You Can Change a Life Today...

By Donating, Fundraising, and Supporting the MS Community

As a nonprofit organization, MSAA depends on the generosity of others for funding to improve lives today for people affected by MS. Individuals may give to MSAA in many ways:

- **Individual Contributions** – A one-time or monthly gift can be made by check or online at mymsaa.org
- **Tribute Gift** – A lasting remembrance to memorialize a loved one, honor a friend, or celebrate a birthday, holiday, anniversary, or accomplishment; visit support.mymsaa.org/tribute
- **Matching Gifts** – Your gift to MSAA could be doubled or even tripled by your employer! To learn more, please visit support.mymsaa.org/matching
- **Shop and Support** – Shop AmazonSmile and 0.5% of eligible purchases will be donated to MSAA; to designate MSAA as the charity of choice, please visit smile.amazon.com/ch/22-1912812
- **Corporate Partnerships** – If you have a connection to a corporation that can support MSAA, whether through a donation, marketing partnership, or sponsorship, please call us at **(800) 532-7667, ext. 101**

How YOU Can Make a Difference!

- \$10/month (\$120/year) = a shower chair, bathtub safety rail, and grab bar
- \$100 = a four-wheel walker
- \$300 = two cooling vests



- **Endurance Events** – Join Team MSAA as a participant or team sponsor in several running and biking events benefitting MSAA. To learn more, please contact events@mymsaa.org or visit support.mymsaa.org/TeamMSAA
- **Vehicle Donation** – MSAA accepts donations of a used car, truck, RV, boat, power wheelchair, etc.; free nationwide pickup is available at mymsaa.careasy.org
- **Volunteer Fundraising** – Create your own fundraiser such as a bake sale, golf outing, bowling tournament, and more; get started today at support.mymsaa.org/create
- **Dive into Action and Swim for MS** – Create your own swim challenge and recruit donations to support the MS community. Please visit SwimForMS.org
- **Change Maker** – Create your own coin canister using MSAA-prepared labels; then visit local businesses to place the canister, retrieve the canister, and send collected funds to MSAA. Please visit support.mymsaa.org/coinjar