



March 2018

MS
AWARENESS MONTH



MULTIPLE SCLEROSIS AWARENESS MONTH:

What is Multiple Sclerosis?

MS is a chronic neurological condition that affects the central nervous system, which is comprised of the brain and spinal cord. In MS, overactive immune cells cause inflammation, which damages the myelin. This results in a loss of myelin – called demyelination – and some degree of axonal damage. Wherever the myelin is destroyed, a damaged area of white matter known as a lesion (or plaque) will occur. Over time, hardened scar tissue develops at the lesion site. This hardened scar tissue, or sclerosis, may develop at multiple sites throughout the CNS, hence the name multiple sclerosis. This scarring disrupts the transmission of nerve signals that communicate a desired action from the brain, through the spinal cord, to various parts of the body.

What Causes MS?

No one knows the direct cause of MS – Yet. There is a widespread belief among doctors and researchers that there is no single cause of MS. Instead, it is believed that MS is the result of a combination of several different factors. A tremendous amount of research is being done to find out what role these different factors play and just how large their effect might be.

How is Multiple Sclerosis Diagnosed?

There is no single test that can be used to definitively diagnose a person with MS. Diagnosis involves both clinical evidence (something that a doctor observes during a neurological examination, or learns from a patient's history) and the results of certain tests, such as, spinal tap, or evoked potentials.

ASSOCIATE HIGHLIGHT:

Lacy Hennessy from our Network Management team is our Wellness highlight for the month of March! Lacy has decided to start 2018 with a fresh and healthy start. Lacy has given up drinking soda and has started eating a cleaner and leaner diet. Lacy has started to incorporate multiple styles of exercising including; Jogging, elliptical, and Just Dance for the Wii! She tries to do this at least 4 times a week. Lacy's go to snack is Avocado, which she usually cuts up and puts some garlic and onions with some vinegar and oil, and she drinks 3 liters of water each day! We are very proud of Lacy's dedication to health and wellness! – Keep up the good work!

UPCOMING WELLNESS HIGHLIGHTS:

- We have a **Blood Drive March 27th**. You may be able to donate blood to help those being treated at Broward County hospitals. OneBlood®, an established Premier Wellness Committee partner, has put out a call for donors. It has an urgent need for O-negative blood.
- On March 30th, MS awareness month will come to its conclusion with MS Awareness day! We are encouraging all associates to wear orange that day, and will have a special treat for all associates!
- We have a FitBit Challenge coming up this April – make sure you have your FitBit charged and ready to go!



ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.



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