



THE CONSORTIUM OF
MULTIPLE SCLEROSIS CENTERS

Dear Friend:

The Consortium of Multiple Sclerosis Centers (CMSC) is a professional organization dedicated to enhancing MS care throughout North America. Members of the CMSC represent a team of MS specialists who work in MS Centers, private practices, hospitals, and rehabilitation facilities. We have many programs and projects that are unique and reflect the needs of our membership and all those who are affected by multiple sclerosis.

We are pleased to provide you with **Essential Elements**, an MS Tool Kit for people who have been recently diagnosed with multiple sclerosis. The Essential Elements of life are *air, water, earth, and fire*. We have designed this kit to help you integrate all the elements of MS into your life. The contents of your folder have been developed to meet your needs as you learn about your MS and begin to cope with its implications.

We have developed several booklets with important information about MS. Included is a travel card that you can carry in your wallet once signed by your physician, which will assist you with your airline travel.

Also provided is a card for an MS patient registry (NARCOMS) that you may consider participating in, helping us to increase our knowledge about MS.

There are several information cards about members of the MS team including a card that is labeled "About Me" where you can record information about your medications, medical or related appointments, and other important data.

We have included a personal journal where you may record your feelings, personal reactions to MS, your symptoms that you might want to share with your healthcare provider, or any random thoughts you may have as you begin your journey with MS.

There is a flash drive on the left side of your kit that contains the most recent guidelines about MRI and MS that you might wish to share with your physician. This flash drive could also be used to store recent reports about your own scans or recent visits to your healthcare provider.

Should you need additional "About Me" cards or another journal, please visit www.mspatientcare.org and let us know how we can help you. All of the material contained in your kit will be posted on that website that will grow and develop in content within the next year.

The CMSC wishes to thank your healthcare provider for providing you with this **Essential Elements** Kit as you begin to learn about multiple sclerosis. We also are grateful to Novartis Pharmaceuticals Corporation for the educational grant that has allowed us to develop this important resource for you and your family.

Please feel free to communicate with your healthcare provider if you have questions or concerns about your multiple sclerosis. We hope that this Tool Kit will help you in your personal journey with multiple sclerosis.

Sincerely yours,
June Halper, MSCN, ANP, FAAN
Executive Director