
Monthly Newsletter

January 2025



Hello **ms life** community!

We hope you all had a wonderful holiday season. As we step into 2025, we're filled with excitement and gratitude to begin this new chapter with each of you. At **ms life**, we believe this will be our best year yet - full of opportunities to connect, grow, and make a lasting impact within the MS community. Together, we'll continue to build a supportive space where everyone feels empowered to navigate their journey with MS.

Did you hear? Congress did something positive in December!?

Congress & MS Funding

In December, Congress passed a spending bill that includes telehealth expansion and increased funding for MS research; a significant milestone for the MS community. Telehealth expansion offers improved access to care, especially for those facing mobility challenges or living in rural areas with limited access to MS specialists. By allowing patients to connect with

neurologists, mental health professionals, and physical therapists from the comfort of their homes, telehealth reduces barriers to care, ensures continuity in managing symptoms and treatments, and lowers the financial burden of frequent in-person visits. For individuals in underserved communities, this expansion bridges critical gaps in healthcare access, empowering them to receive the specialized care they need.

The increased funding for MS research brings new opportunities for advancements in treatment and understanding of the disease. Additional resources can accelerate the development of therapies to address progressive forms of MS, improve personalized medicine approaches, and uncover the causes and triggers of the disease. This legislative win also reflects the strength of advocacy within the MS community, highlighting the importance of sustained efforts to ensure future funding and support.

In this newsletter you can expect:

News in Congress

Community Spotlight

Tip of the Month

New Website Features

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ms life community

www.ms lifecommunity.com

While challenges such as the effective implementation of telehealth in underserved areas remain, this progress is a hopeful step toward improving the quality of life for those living with MS.

Community Spotlight

Did you watch the 2024 Olympics? Among the many extraordinary athletes, two sisters, Lina and Laviai Nielsen (from Great Britain), stood out as shining stars within the MS community. Their story is one of incredible resilience and determination, showing the world what is possible in the face of adversity. Lina was diagnosed with multiple sclerosis at just 17 years old, a life-changing moment for someone so young and at the start of a promising athletic career. Despite the challenges that came with managing her condition, Lina refused to let MS define her limits. Her dedication to her sport and her unwavering spirit have been nothing short of inspirational.

Her sister, Laviai, faced her own battle with MS in an equally dramatic way. Diagnosed with multiple sclerosis just two days before flying out to the Tokyo Games in 2021, Laviai made the courageous decision to compete on the world stage. Together, the Nielsen sisters have shown the world that even the most formidable obstacles can be overcome with grit, perseverance, and an unyielding commitment to their goals.

But Lina and Laviai's impact goes far beyond their athletic accomplishments. They have become powerful advocates for the MS community, using their platform to inspire others living with the condition. Through their story, they show that life with MS can still be full of possibilities, encouraging others to push past barriers, pursue their passions, and believe in their own strength. The sisters' journey is not just about their success in athletics - it's about redefining what is achievable with MS and offering hope to countless individuals who may feel held back by their diagnosis. Their legacy serves as a powerful reminder that even in the face of tremendous challenges, extraordinary achievements are within reach.

The sisters teamed up to win bronze in the women's 4x400m relay. Laviai also won a bronze in the mixed 4x400m relay.

Question for our community - Do you know anyone that has MS and owns their own business? If so, please send us an email to mslifecommunity@gmail.com! We are looking for individuals to highlight in upcoming newsletters.

We hope you have a wonderful start to 2025.

The ms life team



Tip of the Month

This month's *Tip of the Month* is based on nutrition. Chronic inflammation plays a role in MS, so choosing anti-inflammatory foods can be key to your diet:

- Fruits: Blueberries, strawberries, cherries, oranges, and pomegranates.
- Vegetables: Leafy greens (spinach, kale), broccoli, carrots, and sweet potatoes.
- Healthy Fats: Avocados, olive oil, flaxseeds, chia seeds, and fatty fish like salmon, mackerel, and sardines.
- Nuts & Seeds: Almonds, walnuts, sunflower seeds, and pumpkin seeds.

New Website Features on ms life

- We are now posting our newsletters to the ms life website. If you missed a newsletter, you can now log on to view all letters.
- Have you tried the new direct message feature? Members can chat with other members one on one.