



MS Views and News invites you to an informative MS education program:

LIVING BEYOND MS - Effective Communication with Your Healthcare Team

A Multiple Sclerosis Round Table Discussion with expert MS Clinicians

Daniel Kantor, MD, FAAN, Neurologist from South Florida, and **Carol Chieffe, RN, BSN, MSCN** of Allegheny Neurological Associates have a candid discussion (with each other) of various MS topics, as showing below. Program attendees will listen as these MS clinicians give their candid perspectives.

Discussion Topics:

- Effective communication with your healthcare team * Coming prepared to your appointment,
- Preparing your questions prior to appointment (using a document like the “Land of MS Communication Tool”)
- Importance of bringing a care partner or family member to appointments
- Keeping Records of symptoms and issues * How to know when it may be time to switch Neuro Team.
- Managing an interdisciplinary team- How to get your physicians to communicate
- Informing the patient(s) Shared Decision making. * Do they feel heard? Are they acknowledged?
 - **Empowering patients to be active participants in their healthcare**
- **Hearing what you need to know about healthy lifestyle choices and overall impacts on quality of life**

Round Table timing – 45 minutes plus 40 minutes of Q&A

PLUS: Jeffrey Segal, BS, NSCA-CPT, CSCS, CPTS

- Integrating healthy lifestyle choices into your daily life. Including healthy eating.
- Staying active; a look at adaptive exercises for strengthening, balance and fighting fatigue.
- The impacts of incorporating physical fitness for those living with MS. 40 mins with Q&A

Date: October 30, 2017

5:45pm - Registration

6:25pm – Program Begins
with Complimentary Dinner

Location: Holiday Inn Pittsburgh-Monroeville

2750 Mosside Boulevard - Monroeville, PA 15146

[Google Map](#)

Please Register (RSVP) Online at: www.events.msvn.org

If you do not have internet access, please call (888) 871-1664 - Ext 102

Program limited to The MS Patient plus a max of (2) Guests

No children under the age of 16 unless this is a child that has MS

This event was supported with education grants from: **SANOFI GENZYME** and **Biogen**.

Exhibitors:



Program provided by MS Views and News, a 501C3 not for profit organization

MS Views and News is MAKING an IMPACT on those affected by Multiple Sclerosis