

Services Provided

✓ MS Field Worker

Our MS Field Worker is a New Zealand Registered Nurse who provides specialist information and support to people living with MS, their whānau and carers.

✓ Home Visits

Our Field Worker can visit you at home to provide personalised information, practical guidance and support with managing MS.

✓ Information & Education

We help people with MS, whānau, carers and health professionals better understand MS and related conditions. Educational resources, books and library materials are available from our office.

✓ Advocacy & Referrals

We can advocate alongside you when dealing with health professionals and support agencies, and connect you with services available in your community.

✓ Support Groups

Monthly support groups provide opportunities for people living with MS to connect, share experiences and support one another.

✓ Exercise Class

We offer a free weekly exercise class designed to support movement, strength, wellbeing and social connection.

✓ Newsletter

Our bi-monthly newsletter includes Society updates, MS research and developments, practical information and advice about staying well.

Understanding Multiple Sclerosis

What is Multiple Sclerosis?

Multiple Sclerosis-or MS-is a condition affecting the central nervous system, which includes the brain and spinal cord.

A protective substance called myelin surrounds nerve fibres and helps messages travel between the brain and the rest of the body. In MS, the immune system damages this protective covering, disrupting the flow of messages through the nervous system.

MS affects everyone differently. Symptoms may include fatigue, difficulty with movement, numbness or pain, problems with balance and coordination, changes in vision, bladder or bowel problems, and difficulties with thinking or memory.

What causes MS?

The exact cause of MS is not yet known. Research suggests it may involve a combination of genetic susceptibility, environmental factors and an abnormal immune-system response.

How is MS treated?

There is currently no cure for MS, but treatments and practical support can help manage the condition and its symptoms. MS-specific treatments target the immune system and are prescribed by a neurologist when appropriate. Day-to-day care is generally managed with a person's GP and other health professionals.



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