



Feel Good News

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This newsletter is dedicated to my sister, Isabell Richmond who has MS



Multiple Sclerosis

Multiple Sclerosis is a progressive condition which involves the destruction of the protective cover around nerves. Various areas of the spinal cord are affected and these areas are reflected in a patient's symptoms. Common symptoms include: Muscular—feeling of heaviness, weakness, stiffness, clumsiness; Sensory—tingling, pins and needles, sensation, numbness, dead feeling; Visual—blurring, fogginess, haziness, eyeball pain, blindness, double vision; Balance—light-headedness, feeling of spinning, sensation of drunkenness, nausea, vomiting; Genitourinary—incontinence, loss of bladder sensation, loss of sexual function.

Shiatsu massage therapy is a safe and effective treatment. It can directly affect the muscles to help maintain tissue and joint health, prevent or reduce contractures, reduce pain and decrease spasticity. Regular shiatsu massage sessions improve circulation and maintain mobility as well as coordination and balance and enhanced quality of life. Shiatsu massage decreases

Progression of Multiple Sclerosis

MS has a few characteristic patterns:

- Relapse/remitting (R/R)—definite periods of flare are followed by long periods of remission.
- Primary progressive (PP)—patients show a steady decline in function, episodes of flare are frequent.
- Benign MS—patients have one flare in their lifetime.
- Malignant MS—this is a rapidly progressive form of the disease, with little remission between flares.

The progression of MS is highly unpredictable.

Shiatsu Massage as Therapy for MS

A report of a small pilot study has indicated that shiatsu massage therapy offers benefits for MS patients. Patients with MS were given 25 minute back and leg oil massage. Each treatment began with rhythmic stroking which was followed by kneading and ended with light rhythmic stroking. Mood states including tension, depression, anger, fatigue and vigor were recorded before and after treatment.

The results showed that significant beneficial changes occurred in the patients mood states after shiatsu massage therapy. Patients with negative mood states prior to treatment showed noticeable improvements in their immune functioning after the shiatsu massage treatment.

Exercise and Multiple Sclerosis

MS is not a terminal disease in and of itself. MS sufferer's lifespan improve as new medications prolong the time between flares and limit central nervous system damage. People who die prematurely from MS are usually immobile, and they fall prey to disease such as kidney infection, urinary tract infection or pneumonia.

Some form of exercise could help combat fatigue the MS patients experience. Six months of regular exercise—riding a stationary bike or yoga in tailored programs—improves energy levels.

Useful Multiple Sclerosis Websites

www.massagetoday.com/archives/2002/03/15.html


www.backtowellness.ca/newsletter10.htm

www.msactivesource.com/application/msas?dest=/portals/msas/home.jsp

www.msfacts.org/

www.nationalmssociety.org/Brochures-Clear%20Thinking.asp

www.neuroeducation.org.uk/pages/MS/depression.html

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