

“Living with relapsing MS sometimes makes you feel a bit unsure about the future. **Talk MS** allows you to hear from people like ourselves... people living with MS.”

—Mike, MS LifeLines® Ambassador, sponsored by EMD Serono, Inc. and Pfizer Inc.

**2010**

**talk  
ms**



## calendar

**Save the dates: 5 upcoming episodes**

▶ **sept 22**

### **Feel the Love: MS and Intimate Relationships**

How do you cope with changing physical appearances and varying intimacy levels when you're living with relapsing MS? A health care provider discusses communication and intimacy.

▶ **oct 27**

### **Making Choices: Your Therapy, Your Options**

A health care provider discusses treatment options, travel tips and the importance of staying motivated while on therapy.

▶ **nov 17**

### **Up All Night: MS and Sleep**

Learn more about how MS may impact sleep, and hear some tips on getting to sleep and staying asleep.

▶ **dec 15**

### **Don't Make Me Blush: The Embarrassing Side of MS Symptoms**

It can be embarrassing to talk about some symptoms of MS. Learn about the more sensitive subjects of bladder and bowel control and lack of coordination.

▶ **jan 26,  
2011**

### **Multiple What? Explaining MS to Kids**

Explaining MS to your children can be difficult. Discover tips and demonstrations to help make it easier.

**Watch the 30 minute program** on the day it is released, and you can submit a question that may be answered in a future program!



**Join the conversation!**

**[mslifelines.com/talk](http://mslifelines.com/talk)**

**MS LifeLines®**

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