

# Who's Your LifeLine?



If you are living with multiple sclerosis (MS), or caring for someone with MS, you know that it can take more than medicine to help manage the condition. Having a strong support network—from doctors and nurses to friends and family—can be an essential part of your well-being. Also important is that you actively use your network. If you don't make the effort to keep in touch, the people who care about you won't know how you're doing or how they might be able to help.

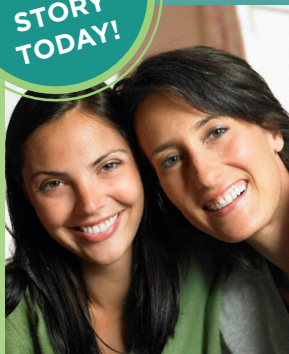
One couple dealing with MS says it helps them to talk about it. Jenn's husband Jacob\*, an MS LifeLines® Ambassador, was diagnosed with relapsing MS in 2002. "We talk about Jacob's MS all the time. If we didn't talk about it, then one of us might stress out and it could cause tension." Although living with MS is not always easy, Jenn and Jacob work together as a team by keeping the lines of communication open. "We make a consistent effort to talk openly and honestly about Jacob's MS," says Jenn. Being part of MS LifeLines also connects Jenn and Jacob to other people living with MS—expanding their support network. MS LifeLines is an educational support service for people living with MS and their families. MS LifeLines and its ambassadors are sponsored by EMD Serono, Inc and Pfizer Inc.

Jenn and Jacob's story reminds us that living with a chronic condition requires a team effort. Do you know someone living with MS, or caring for someone with MS, whose positive attitude, determination and achievements inspire you? Do you think this person could inspire and motivate others?

SUBMIT  
YOUR  
STORY  
TODAY!

## Nominate Your LifeLine!

Tell us how your LifeLine has helped you manage MS and you may be featured in an upcoming issue of REDBOOK! The Who's Your LifeLine? recognition program honors individuals affected by MS who focus on maintaining a positive outlook and do not allow MS to stand in the way of attaining their goals and dreams. We encourage you to tell us about a person living with MS, or caring for someone living with MS, who you consider to be your LifeLine. Visit [www.msllifelines.com/redbook](http://www.msllifelines.com/redbook) to review the program guidelines and submit your LifeLine.



\* The photos used here do not depict actual MS LifeLines Ambassadors.

## Tips to Help Manage MS

**People living with MS face many challenges, but you don't need to face them alone. Here are some ways to help overcome those challenges:**

- Get organized.** Create a calendar for your family that includes doctor appointments, medication schedules and other important information to remember, and post it in a prominent place. This can help your loved ones to understand what your days may involve and help keep you on track.
- Ask for help.** Your loved ones want to help, but they're looking to you to tell them what they can do. Make it easier for them and ask for what you need.
- Be clear about your needs.** The type of support you need will likely change and evolve. Be clear with your loved ones about what you need and when you need it. It will help avoid hurt feelings and miscommunication.
- Expand your network.** Get support from other people living with MS through online resources, such as [msllifelines.com/redbook](http://msllifelines.com/redbook). MS LifeLines offers access to tools, resources and information about local and online MS-related community events where you and your loved ones can talk with others living with MS.

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