

## **Ep3: The Action Plan**

### **Dr Therese Burke**

Welcome to Episode 3, which is the Action Plan on Living Life with MS.

So we're going to firstly be talking about medications and managing medications.

That's our first part of the action plan.

So we call the drug treatments used in MS disease modifying drugs or disease modifying therapies because they cannot cure MS but they can modify the progress of disease and reduce both relapse numbers and the severity of relapses.

So we won't talk about individual disease modifying drugs as such because that treatment decision is best between you and your neurologist and your treating team.

And you can find comparison charts and tables about all the different different medications on the MS Australia website, which is listed in resources.

But what we will talk about are some of the issues and and logistics around these disease modifying to help you understand their role in managing MS and the importance of their role.

So we've all witnessed between us huge strides in the last decade particularly and several disease altering options are looking promising for coming years.

So there's going to be much further development in this area and it's 30 years was, it will be 30 years ago that our very first- Mm very first treatment for MS was listed on the PBS in in Australia.

And Tim, I think you were probably around for MS was then, weren't you? you?

### **Sharon Barlow**

So what's important for you to realise is that there are many factors consider about lifestyle in particular that might influence the choice of the best disease modifying drug for your individual circumstance. we call it shared decision making when the neurologist, MS Nurse and Nurse and the patient and possibly some significant all discuss the options and determine the most appropriate medication for that individual's lifestyle, their situation and their condition.

So it's really important to note here that there's not a one size fits all approach.

There's definitely not one drug that stands out as being the best suitable for everybody, but we also have to appreciate as well, I think that the only drug that's going to be effective in treating your MS is one that is taken.

And by that, I know that sounds silly, but it's super important because we need you to be taking it correctly, the right dose at the right time.

And also no safety management programme is going to protect you and look after you if it's not adhered to.

So we want you to be selecting the the disease modifying drug that is going to suit you best for your lifestyle all of those needs so that you take the drug when it's meant to be taken the effect that we're after. after.

### **Belinda Bardsley**

So considering that individual lifestyle is so important, was, it Life with is, it is definitely, I think the science supports that treating MS hard and early is the best in terms of patient outcomes.

But no one's just a brain and a spinal cord.

There's so much more to each individual to consider.

And I think if you think about how MS impacts on everyone in different ways, each individual brings their own health beliefs, life experiences, physical health as well.

So everything has to be considered. know, in Australia, we're so lucky, as you said, we're fortunate to fortunate to be able to offer every approved our first first line and subsidised by the how do you choose it?

### **Sharon Barlow**

It can be a real that shared decision making is, is an important component of I, I also had thought about this and they only work if you take them as prescribed.

And that can be really tricky for people. understanding their lifestyle and, and health beliefs really play into that to make sure that we can choose one that's going to fit the individual who, who we're working So these type of drugs are only offered by the neurologist or nurse practitioner, by those who are eligible and they're selected because the perceived MS benefit outweighs the potential related risk.

And having those conversations are important.

And you quite often learn a lot about a person's lifestyle and and and health beliefs through and when I'm talking to people about treatments, I'm trying to find out what is going to fit in with your lifestyle?

What do you think is going to fit in?

What would you be most comfortable doing? so there's no point, mean, I think we know with old if people haven't been involved in that decision making process, they're not as in, you know, involved in or continue taking it because they made that choice independently.

So when I meet with people, I usually try narrow it down to a couple of questions.

And I, I find that people really come down to their own decisions.

So if they might have four or five five medications that we're they just want to know like how frequent is this medication frequent is this medication taken?

Is it a daily thing? thing?

And they're thinking, OK, what do I think I can How is the medication taken?

Is it a tablet?

Do I have to go into the hospital and have it as an infusion?

Is it an injection?

And then also, how does this medication work?

What are the potential side effects that I have to consider? know, what's the monitoring requirements of that?

So people are really thinking about how that could fit in with them.

And like you said, Tim, there's no, no wrong answer it.

It has to just be the right one for person.

And we can provide some guidance and information about why we think certain treatments might be a better better fit than others.

It's a decision has to be carefully considered.

And I, I wanted to build on that point.

You said as well, Tim, that know, with retrospect, you can look and think, think, oh, maybe I should have chosen this or maybe I should have done really, you can only make the decisions that are right at the time.

And so there's no going back and and thinking that you've made a mistake with You've made this decision on a treatment based on how you think it's in with your and your health beliefs.

And if you take the time, the time, people actually have very, the reason why they might say, only look at an oral medication is because they've had a lived experience that has created a trauma or a distressing situation where, you know, they're not interested at the others.

And that's a, that's a barrier So you focus on where their capacity is. bring up family planning again, at this point of, of working with you guys about And from us, it's really kind of easy.

We can give you all the ammunition in the world that says we're really with men or women being on these medications through and for some even through pregnancy.

And we can give you all the ammunition in the world.

But if that with you, we have to respect what you're comfortable through those processes.

And again, it is something that various stages children might not be on that next month we plan to start trying to fall pregnant.

But we can also use what your time frames are into what medication options might be really, really comforting to give you that space to to fall pregnant and to try for family when it suits you to do so.

And again, really important to include your partner in those conversations as know, levels of comfort with being on or off medication and the pros and cons of those at that time frame. it's something that we would be prompting people about as well. well.

But it's also a great idea to ensure that your vaccinations are to date when you're embarking on a new drug, things like COVID, flu, shingles, if that you all the sorts of normal health checks that all of us should be doing, whether or not we have that they're all up to date.

So things like the cervical mammograms, prostate exams, you know, pelvic examinations, checks, skin all of those sorts of things are current and being done regularly.

Because many of the current disease modifying therapies have an effect effect on the immune system, which is what we need in order to the the multiple that there are wayside effects that go along with that.

And so they may impact on the effectiveness of future vaccines and other body systems.

So it's really important that we all have the sorts routine check ups that everybody should be doing working with your GP to keep up to date on all of those is really important.

And the next part of this of course as well is the surveillance and know, support with you in terms of safety monitoring of these medications. medications.

Look, every drug has side but we have to sort of give you the commitment that monitoring, that if we do it, we're going to be doing the right thing and and reassuring you this drug is doing what it should be doing and not affecting any other part of you in a negative way.

There are support there are monitoring.

Again, they're voluntary for some people and they little bit treatment specific, but we have that obligation to you.

We will make sure if there's a test that needs to be done at this time it's all good, you are good to go.

Your commitment to us is to actually get it done.

So those things are important as well.

But that gives you that reassurance that we are keeping an eye on the we know we can stop from getting worse before they become a problem. some, you know, other programs around safety monitoring and some some of the company, pharma companies that provide medications have support for people on their treatment, treatment where nurses know, provide information.

They also apps and things to try and support you with your monitoring as well.

So you can opt in and opt out, but they're interesting to at least have a look at it and see if that's something that you think helpful.

You can actually have other problems and other things that need to be Or your MS requires you to take different medications to manage the as well.

It's really important that you do let your whole team, all teams know what you're taking.

This doesn't just include prescription medications.

It does include supplements, herbs, complementary complementary medicines, things that you might be because sometimes even these things can interact with the medications And your dosages may not be right or you might be experiencing side effects we can actually point out to you and something we want people to be really really comfortable about.

Again, as we do appreciate you are if you are using recreational drugs, do let us know because these are things that we actually can take into in how we can support various things that you may need.

Yeah, I think building on that as well, it is really important to have the medications at the right at the right time, the right doses, of not everyone's perfect.

And sometimes you might miss a dose or a dose or there might be a delay in I've even had people who've just stopped and not wanted to talk about that with their doctors, but had mentioned it to me. it's really important that know, people, life happens, you know, accidents happen and maybe haven't had your script filled or you couldn't do something that day. it's not a big deal.

We can work with you to get you back on track.

But if you stopped, particularly, I just wanted to raise an awareness know, sometimes there can be a significant consequence for an unplanned stop of treatment.

So making sure, if you're thinking about that, to know that it's a safe place to discuss that with your physician or, or MS Nurse, because we can If you've come to that decision or you're thinking about that, there's a there's a reason.

So we need to unpack that together, in my experience, if it's an informed decision, decision, it's your decision.

My job is purely just making sure informed, and then making sure that we can minimise any potential risk from those changes.

So yeah, just a reminder meant to be taken and it's not about judgement.

It's actually just about how we can make make you or provide for you the best information to the informed decision.

## **Belinda Bardsley**

So now we're going to move on to another very important part of the plan in living well with MS And it happens to also be one of my most that treating MS hard and early is So the way I see it, MS Brain Health is as important as the disease modifying therapies in treating and very important part of your holistic care.

And what's very important is it something within your control.

A lot of these factors can be modified, the lifestyle factors in particular.

So back in 2016, so about a decade ago now, we had our very first formal document about MS Brain Health after international experts all came together to work out the best plan forward in managing And they gathered all of the evidence, things that we had a feeling about but didn't know for certain, including proof that lifestyle changes and modifications can make a huge difference to both MS disease onset and to progression in individuals. so there's several different components that make up brain health and we're going to talk you through some of them now.

So firstly, firstly, Tim, so one of the first things is to actually look at how we monitor And this might feel a lot more lot more in upfront in the early stages, a lot more encounters, appointments and things like that.

But it's important right through your life with one of those things may seem a little bit distant to a brain health concept, but it's actually turning up to your appointments.

It's making sure they're on track and on time.

And look, again, we understand that you're human, but if you can't make let us know.

Clinics are full and, and again, have a life and stuff happens.

So that's really important.

But those important things about attending the appointments is again, getting out of that appointment what you you know, what are you getting from those meetings and thing with new symptoms, and this is where people particularly early to the particularly early to the disease is going well, what do you want to know and when And it is really important that we separate relapses from an exacerbation to split hairs on words in terms of old things that are are playing up, which we will talk about a little bit particularly new symptoms that are constant and and persistent for more than 24 hours.

We want to now.

I will also say to people in my service, if it's your eyes, please 24 hours, go to emergency straight away.

So, but if it's your walking, your vision, don't put up with with it for 24 hours.

But if there's a new numbness or a tingling and it gets bit worse over 24 hours, we want to know. know.

We might not necessarily need to do anything, but we want to know so can actually check out a few bits and pieces as we go through.

And you don't feel like, oh, I had that three months ago, but I'm now here for my for my appointment.

I'm letting you know my arm didn't work for three to know when it didn't work. work.

So effective brain health is getting in Yeah it, and making changes early.

Yeah.

And it seems a little bit abstract from the brain health, but and managing MS, yeah. options are looking promising for don't know, I can't recall of a a time where this actually hasn't happened. that first meeting with someone and you and you're talking about the things they can do before you can even talk about diet, it's come special diet can I have for MS?

Do you know about this diet? about this diet?

I've read and I almost sort of feel a little bit like I'm disappointing people here that there's MS diet as such and redirecting people whenever this hot topic comes up around the Dietary Guidelines are, are what we're encouraging people to follow. think diet and exercise are, are just such pivotal components to the management of brain health.

So I like that people bring it up, but if they don't, I certainly do. think, I think we get right into that now, don't we? don't we?

So I recently spoke with Olivia Wills, who's an Australian dietitian who specialises in MS and Based on her own research and international guidelines, Olivia's top top tips are to aim for lots of vegetables and fruit in your diet, whole grains, legumes, lean proteins, proteins, Omega threes all for your brain health and lots of dairy alternatives to support your bone health.

And also remembering that rather than trying to bring all these changes once, that we choose one realistic goal and build from there.

And I think that's good advice for everyone, whether you have MS or not.

Trying to change everything at once isn't usually going to work well.

So small steady adjustments traditionally are easier to maintain And start with.

It might look like just starting with something tangible that you can do that day, like including more vegetables or fruit in or reducing your consumption of processed foods. stick with evidence based advice and be Olivia warns of anything that cuts out whole food groups or makes big promises.

So if you're unsure about something that you've heard about, always a good about, always a good idea to check with your neurologist or dietitian.

So the Living Well with MS guide from MS Australia, which is listed in resources, is an excellent place to start because they break everything down from the science so that you can see what the evidence behind it is, rather than people just making claims on that this has made them feel better.

Also knowing that symptoms vary between everybody, lifestyles vary and many people are also managing other issues like gut issues or fatigue or pain.

And so that's why it can be really helpful to work with a dietitian just to tailor all of that to you.

And I think dietitians have really come to the forefront in MS care, care, particularly in the last five to 10 years, haven't we didn't see a lot of them before, but now it's just so important this component of, of lifestyle and Welcome to and this dovetails really well into exercise as well. well.

It's, it's not setting yourself up for unrealistic what we know now is that exercise is one of the most valuable valuable treatments for any neurological disease, let alone that you can actually do. do.

And again, some of us have been here when we were kind discouraging exercise as it made fatigue worse.

But now we know it is the best treatment for fatigue, which is something that people really, really struggle Now, we don't expect everyone to start going to the gym on a daily basis and daily basis and lifting 300 kilos, squats or training for the unless that's what you want to do, then go for it.

Exercise can make your symptoms fluctuate a little bit, but you'll about that, and that's also where you can engage with your physiotherapist, exercise physiologist or therapist to give you confidence and safety about what you're actually going to do.

It's also really important that we manage other risk factors. again, you're still a human being.

Obesity, weight gain, blood pressure, cholesterol, these are things that will have a really exponential negative effect on your MS potentially down the track.

And the more you can do with this to engage is going to be way, way more protective of your brain down the track for you.

So start early, start slow and safe.

But if you're already an active exerciser, don't feel like you've got going what you're doing.

You might get a couple of little more warning you've over done it a little bit, but you'll learn and get back We don't want people not to play sport and engage with their teams and do like that.

But sometimes it can be a bit of a reset for some people. people.

It's really, really important too to explore concepts and managing this is very well reflected in the brain health guidelines.

This is highly individual and that will look slightly different for It could be engaging in mindfulness exercises, meditation, or as simple as going for a daily nature walk or doing some sort of pleasurable activity that works for you. you.

Paying attention to mental health management is absolutely as we've we know and we've already discussed briefly, briefly, the prevalence of depression and anxiety in people with MS is unfortunately than their general population.

And so this really needs proactive.

There are certainly danger times for mental health such as at the time of diagnosis, relapse and progression, new lesions on MRI, family sort of tensions, or work changes.

So it's these are times to really careful attention, I think to to your stress and particular attention to whether or not you may need psychological support well.

It's also really important to look after your cognition, our thinking and memory pathways and, and that's, that's absolutely crucial So this can involve simple strategies such as brain training and and physical exercise, also really important in contributing to good cognition.

So you can also be more involved.

If you have any concerns, I think it's really important to mention them to your healthcare and a full neuropsychology assessment can be arranged.

If you feel that you have any thinking or memory concerns, it, please let us know. have an assessment done and we can have periodical assessments done over well, and provide the best possible support for you.

I think it's interesting, Belinda, that you said that exercise can help cognition concerns as well.

Because I know Tim, we've been we've been speaking with who's a a physiotherapist, and she specialises with yeah.

And she's got some tips. about medications and for you again, one of those things where the physio teams have really come back in explored just how much benefit exercise can be to a lot of things and, and again, top three tips, we seem to be using that a lot because it's really, really nice way to do it is that it is safe.

And that's really important feeling that is safe to do so.

And it is one of the best things that you can do.

A very brief image, you don't have to do a lot on your own. lot on your own.

If this is video and getting back into it, talk to a physio or an a gym instructor, a personal trainer.

There are resources from MS Australia that can actually help them understand means- Yeah means and make them feel safe that they're working with you. you.

So that can be a good thing.

And particularly if exercise is new, it to start small, gradually build it back up again.

Now there is an annoying thing I say here to a lot of people is that around after your kids or working in an active job, that is not not exercise.

This should be something you enjoy, this is something for you.

There isn't one size fits going swimming, will not see people that don't like swimming. it's finding something you know that you will enjoy and that that way will persist with it as well.

It's the persistence that really is the important thing there.

I just wanted to move on to smoking cessation as an active brain health component.

So smoking both active and passive, we know for certain now the evidence has shown us plays a significant role the risk factor in MS onset and also progression.

And so the evidence of the last decade in particular particularly strongly supports smoking cessation and reducing smoking exposure, includes vaping as well. but this can be entirely overwhelming. overwhelming.

So I've spoken to Professor Claudia Marck from the University of done a lot of research in Australia on smoking cessation, particularly used in And some of her strategies include firstly understanding that smoking doesn't just hurt your lungs, it actually impacts on your brain and on your MS So we need to understand also that quitting smoking is hard.

I think we've all known people over a great great number of months that have tried and tried and tried to give up just hasn't come easily for them.

But there is help available. and it's not just quitting, it's staying quit.

So never stop revisiting that if you've been that you you get some help to try again. but Claudia recommends that behaviour change counselling by a trained through either Quit Line or a psychologist, alongside quitting smoking medication through your GP are both safe to use if you do have and often work really well together, especially for people that are very smokers.

So be prepared that there may be side effects, withdrawal effects, but they're short lived and you'll very soon start to notice some improvements.

Claudia also recommends to tell your friends and colleagues, housemates and family that you'd like their support in quitting and staying quit and then tell them how important that is for your health, both with MS and overall.

Because we know the evidence that supports good brain health is so the Brain Health report from Victoria, made made a suggestion, I guess of just starting it doesn't matter.

Just pick somewhere and start working towards towards making positive and take notice of of what improvements you've been So, if somebody has tried to stop smoking, what have you noticed about that?

You know, if you're exercising more, what are How is that impacting because these things are quite often not measured in clinic.

She also mentioned just take a step back, what are the barriers? are the things that are stopping you from having good Brain Health and what can we do?

I think she suggested, you know, factors which are practical.

Is it fatigue?

Is it confidence, the time. the time can feel overwhelmed, don't know with just life fluctuating symptoms.

What is it? make those things are really valid, but they also a a block from achieving achieving Brain Health.

And we know it's so important.

So we need to be able that.

So start small, build slowly, and accept there'll be days when you know you're surviving, you're just getting through that but the next day you want to restart again and continue making these gains.

Because we know the evidence that supports good brain health is so strong now that it can't be ignored. pros and cons of those yeah.

Celebrate the small things. yeah. yeah. decision.

So now we're going to move on quite a different topic from what we've been discussing, but still an part of the action plan, and that's the tricky and to boost subjects MS.

So there's significance to looking after what I call the tricky taboos.

These are the sensitive areas that people with MS may not traditionally experience speaking to other people about before MS happened, and certainly not at the pub on a Friday night.

So I'm going to dive right in and start with bladder and bowel issues. and bowel issues.

And lucky for you, this is the very thing that talking about at the pub on a Friday night.

So some would say that as a profession, MS Nurses are obsessed these bodily functions.

I would tend to agree.

So we're talking about such things as incontinence, which is urine and bowel accidents, difficulty starting or sometimes leaving things behind.

While certainly not everybody with MS has these issues, they can crop up to time, such as with a relapse or with a urinary tract infection, a bit of disease progression. progression.

But they can also happen in response to other issues that are separate from MS, things like childbirth, menopause, pregnancy, prostate issues or changing eating habits, just as you know, quite simple ones that can impact MS or not. or not.

So firstly, we're going to talk about bladder and bowel Belinda.

Yeah, look, there's a great importance in taking this as part of the overall overarching sort of health concerns that people with MS might be dealing with.

And we're really fortunate in my team at the Austin Hospital that we have a specialist nurse on board to help us manage this side of things.

Her name's KJ Lazarus, and she's offered us some advice to provide in this podcast. podcast.

She suggests that if you're living with bladder and bowel symptoms in the way of your life day to day, impacting on your work or impacting on your ability to get jobs in the house or at work or study, you change your fluid or dietary intake, preventing you from getting sleep or preventing you from getting out and what she describes as bothersome symptoms.

I think that's a really good I like that.

Please be brave, she urges you.

Please be brave and speak to somebody about them.

So ideally your MS healthcare professional team about these about these symptoms.

We, we, we do understand that this can be challenging.

Sometimes it's sensitive or distressing to disclose these symptoms, but it does get easier to talk about it and we're all very familiar with discussing these sorts of issues and many others.

So please don't be put off by that.

It's also really important to know that there are very effective strategies out there where you can get back control of of your issues if you have them.

It's important to understand that MS itself can be responsible for some bothersome bladder and bowel symptoms sometimes.

But also that being said, not all bladder or bowel symptoms symptoms are related to Mm-hmm.

So assessment is really important. but we can't help you unless we know that there is an issue there.

So please let us know is the take home message. please let us know that there is an issue that you're concerned about so can help assess, identify what the root cause of that is and then help you manage it. in this is as good a time as any to talk about sexual health.

It's a topic that comes up in different ways for some people with MS and the reasons may be directly or indirectly indirectly related to their MS So right when we're, we meet people, we're doing blood test screening for transmitted infections. example is if if you have had a spinal cord lesion that affects the the nerves that control sensation or function to genital area, then you'll be invited to talk about how that is impacting on your sexual function.

If you experience low mood, then you might be asked if it's impacting on sex life as a way of assessing that a bit further.

Or if you're experiencing pain or fatigue, this can impact on impact on your sexuality and which incorporates relationships, and procreation.

So all of those things are really important to quality And so KJ has given some information as well, just really encouraging you to trust your healthcare professional if they're, there's why we're sort of asking about sexual health.

But also on the flip side, if, if we're not don't be afraid to actually to bring it therapies because experience is, there's usually, if it's not the person who's in front of you, there's usually somebody who is more tailored to being able able to provide the support and information, further assessment, treatment that might be required.

And again, we'll bring up mental health at this point as well, that depression, that anxiety.

And when we talk about things like continents and intimacy, they can be a really big factor in how your mental health is is affected beyond anything else.

We've already talked about how depression and anxiety are related to the disease. disease.

There's a lot we can do to treat it.

Never be afraid to bring it and asking somebody how their mood is and if your response is about the move on, that's we, we want you to come back at that.

But sometimes a lot of the medications we also use for this can help with comfort with being on or off medication and things like that.

So there can be pros and cons to looking at some of these and bringing them all up and trying to get the whole package looked at in in terms of what's going on with hidden and still a little bit taboo subjects. on that as well, we're going to move on to something a little bit lighter now. now.

So we're going to talk about the action plan in the truest sense of and giving back to the MS community.

So moving on to giving back.

So the need to give back to the MS community MS community is quite important to a lot of people with MS, some and others after they've settled in a little bit more.

So it can take shape in various ways and forms.

So it could be something that's personally beneficial to you as an individual, and that would be you receiving benefit from improving your own fitness and mobility, or it may have a broader impact on the wider MS community through things like community events and and research.

And so we're going to just explore some of those So Sharon, I know that you've got some thoughts about fundraising. say here to a lot of people want to give back and raise awareness and, and a lot of sort community events and fundraising events are a great way to do that. some people prefer to raise funding for something that's kind of unique and specific, like equipment money that's going to a specific MS service or organisation.

And others prefer to do something a little bit broader.

It might be going through for things like research. be way, they're usually something that is a fun and enjoyable way to connect.

And they can include fun runs, colour runs, bike rides, readathon, still going.

It can take many shapes, but it's a really good way for family and friends to be involved and a way of sort of showing their support their support to you as a person with wanting to increase the awareness to make life around you a little bit easier with more people having some some understanding about about MS And one of the things that I think is prevalent at the moment they may sorry step challenge that's coming up. a wonderful way of, of people becoming involved in any way they can. think research is a really lovely way to you that people can feel like contributing or giving back.

And a lot of the people that I see in clinic will say, I'd really love to be involved some kind.

Is it anything out there?

And there are a number of ways that can be involved in, in in, in research.

There are simple surveys that are available from time to time Either MS Australia might put surveys out or there's the that's also where you can put your name down to be a participant in that.

Surveys go out sort of roughly a couple of times a year on a whole topics that that are relevant to and questionnaires will often be sent out as well. as well.

There are also various forms of early and late clinical research, maybe donating blood samples for research or participating in clinical And there's a lot of centres around Australia.

We're one of them at the Austin who are involved in clinical trials to help to develop new medications or symptom management promising for benefits include, you know, fostering hope, doing something positive, regaining some control over the And it can be partly or strongly personal. genetic research is obviously really helpful in terms of understanding more more about factors that contribute to the epidemiology of disease, Or it can be wholly altruistic.

It might be that there's absolutely no people other than they feel that they're making a contribution to the understanding of MS in the future. future.

But all forms of giving back equally relevant and important.

So it be something to consider.

And another way people can feel really empowered in giving back is peer peer support, looking after other people with example is is the Lived Experience Expert Panel that worked with with MS Australia who were fabulous in you know, this particular project and helping us put this dialogue it may not be that high.

It might be looking at, you know, being being willing to link in with your local state society as as a support person to somebody that's newly diagnosed in might be looking at your local support group and, and contributing to that and taking some leadership things that you again, feel like you're supporting other people with simply by sharing your story and experience.

Because no one knows MS like a person who's living with That can give so much purpose, can't it?

And, and Mm. hope and, and so actionable.

And it won't be for everyone.

Mm-hmm.

And as we've all found, there is some magnificently powerful and and strong people out there who haven't found a support network in their So they've started one. started one.

And so thank you for sticking with us through It's been a big one, but how good is it that the action part of of MS is so big?

So that tells us all we need to know that there are many things that can be done for MS and to MS to make the life journey better.

So that brings us to the end of episode 3.

And we're going to be talking about living life to the full in episode 4.