

BULLETIN

• lehen • il-multiple • sclerosis • society • of • malta •

Kelmtejn mill-President ...

Tlaqna!

Leslie Agius

IS-SIBT 25 ta' Diċembru 1997, kien jum speċjali għal dawk li jbatu mill-MS għaliex dak inhar raw il-holma tagħhom isseħħ: holma li xi darba jkun hemm Soċjetà speċifikament għalihom.

In-numru ta' nies li attendew għall-inawgurazzjoni tas-Soċjetà, kemm pazjenti u familjari, kif ukoll tobba u paramediċi, jinkoraġġina hafna għall-quddiem. Kienu hafna l-persuni li ċemplu fil-granet ta' wara biex jgħidulna li xtaqu jissiehu. Dan l-interess ikkonferma ruħu fl-attendenza iżjed numeruża għat-tieni laqgħa li kellna fil-15 ta' Novembru.

Iżjed ma jikber in-numru tas-Soċjetà tagħna iżjed tiżdied il-kapaċità tagħha li tagħti r-riżultati mixtieqa.

Illum qegħdin innieħdu l-ewwel numru tan-newsletter tagħna li nixtiequ li tibda toħroġ bejn wieħed u iehor kull xahar. Biex dan isseħħ ikollna bżonn tal-partecipazzjoni attiva tagħkom permezz ta' artikli qosra dwar l-esperjenza tagħkom bl-MS. Nirringrazzjakom bill-quddiem. Niltaqgħu għall-party tal-Milied.

*Ritratt fuq: On. Ministru Michael Farrugia.
Xellug: Uħud minn dawk li attendew għall-inawgurazzjoni tas-Soċjetà.*



Editorjal ...

Goals and Achievements

Kenneth Muscat

It is with utmost pleasure that I introduce to you this first newsletter of the Multiple Sclerosis Society of Malta. This initiative was promised at the societies' first meeting and has been eagerly awaited by the many sufferers of Multiple Sclerosis in Malta.

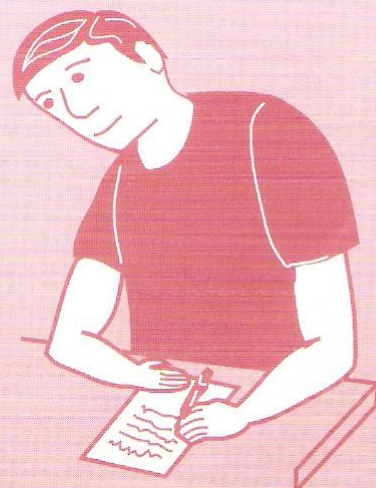
The MS Society was officially launched on October 25, 1997 at St. Philip's Hospital. The launching very well attended by MS patients, their families, and by members of medical and allied professions. The Minister of Health, the Hon. Dr. Michael Farrugia, also attended and promised his support.

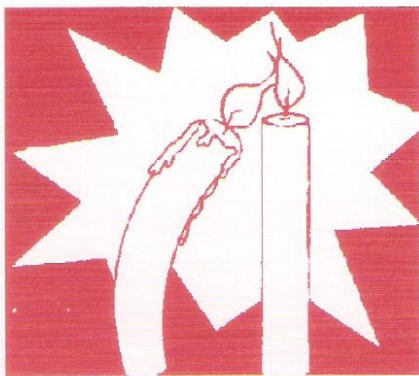
The discussion that followed the introductory speeches focused on the goals and tasks the Society has set out to achieve, primarily that of

(L-Editorjal jissokta fil-paġna li jmiss)

The Multiple Sclerosis Society of Malta (MSSM) will do its utmost to be a source of the latest information about multiple sclerosis. This will be based on professional advice, published experience and expert opinion, but will not offer therapeutic recommendation or prescription. For specific advice, please consult your personal physician.

The Editor welcomes articles contributed to the MSSM newsletter even if opinions expressed therein may not necessarily represent MSSM views or policy.





Dear friends,

One of the tasks of the Multiple Sclerosis Society is to raise funds to finance the Society's plans for the benefit of people with MS. We would appreciate it if you would bring to the attention of friends and business acquaintances the opening of a bank account for this purpose.

Donations in cash or by cheque made payable to the Multiple Sclerosis Society may be sent to/ or deposited at:

**Lombard Bank Malta Plc,
A/c No 4151907
Valletta Branch
67 Republic Street
Valletta**

Thank you

Jekk ghandkom xi domanda ta' natura medika li tixtiequ tistaqsu, ibaghtuielna. ➡

increasing the level of public awareness, individual and family services and rehabilitation in multiple sclerosis.

Multiple Sclerosis is the most common cause of neurological disability that attacks men and women between the ages of 15 and 55. Because of the long life expectancy associated with the disease, there are few, if any, conditions, that have a greater socioeconomic impact. MS is a chronic illness that can affect most motor and sensory functions of the nervous system. Pain and loss of mental faculties are rare. The disease varies in severity. It allows some to lead full productive lives, whereas others become severely disabled.

Although the cause of MS is unknown, it is thought to be the result of an abnormal immune response of the body. Nevertheless, I am heartened by the fact that much progress is being made in research. May I express my thanks to all those who have contributed to this first issue of the MS newsletter. I think it would be appropriate if I quote from the 1976 annual report of the MS Society of Great Britain and Northern Ireland. They are:

"Let us grasp the situation
Solve the complicated plot
Quiet calm deliberation
Disentangles every knot."

On behalf of all members of staff, may I wish to the readers of *MS Bulletin* every happiness for Christmas and the New Year.

Il-Mistoqsijiet Taghkom

Dr. Norbert Vella Iwiegeb

INBATI mill-Multiple Sclerosis mhux progressiva. Izda minn sena ilu 'l hawn, flok l-attakk tas-soltu li jbatti wara xi ftit ġinghat, bqajt inkaxkar sieqi. Jiġu ġranet fejn inkun nista' nimxi sew. Ghaliex qieghed jiġrili hekk? Jista' jaghti l-każ li nibqa' nkaxkar minghajr ma jghaddili?

HEMM diversi tipi ta' Multiple Sclerosis (MS). Iż-żewġ kategoriji prinċipali huma *r-relapsing remitting*, fejn l-attakk jiġu u jmorru, u *l-chronic progressive*, li hija l-varjeta l-aktar progressiva. Hemm ukoll *il-chronic stable* meta l-pazjent jibqa' b'xi difett newroloġiku minghajr ma jmur għall-agħar. Barra dan kollu, wiehed irid iżomm quddiem għajnejh il-fatt illi meta persuna bit-tip *relapsing-remitting* ikollha attakk, mhux bilfors li jghaddilha kompletament, u dejjem jista' jibqa' xi difett newroloġiku. Fil-fatt bosta pazjenti b'sintomi newroloġiċi minhabba l-MS ihossuhom aghar f'ċerti ġranet. Dawn jinkludu l-ghejja, li hija s-sintomu l-aktar komuni ta' din il-marda, u s-shana u attività żejda illi jistgħu jaggravaw s-sintomi.

PERESS li nbati mill-Multiple Sclerosis, teżisti xi problema filli noffri l-organi tiegħi wara mewti?

L-ORGANI li jittiehdu minn donaturi wara mewthom jinkludu l-korneja, il-qalb u l-pulmuni, il-fwied, il-frixa u l-kliewi. Aktar rari jittiehdu ukoll l-imsaren, xi għadam u xi partijiet tal-ġilda. Peress li l-Multiple Sclerosis taffettwa biss is-sistema nervuża tal-ġisem, jiġifieri l-mohħ u s-sinsla tad-dahar, ma teżisti l-ebda raġuni għalfejn persuna li tbat minn din il-marda ma tkunx donatur ta' l-organi, dejjem jekk ma tbatix minn mard iehor u tkun għada ta' età żgħira.

Esperjenza ...

My Experience with MS

(Names have been changed to protect identity)



IT all started when I was 26, whilst playing tennis, that I suddenly began seeing double and thought it was the sun playing games with my eyesight.

This was two months before my Wedding in April 1991.

I remember going to Church to see where I was to place the flower decorations and started to see the altar bouncing up and down!

The next thing I knew I was at the ophthalmologist's to check my eyesight and this was OK, except for the double vision. I then had to undergo a number of tests which included going in and out of hospital for various X-rays, blood tests, E.C.G. and C.T. Scan. The physicians at the time could not see anything wrong with me and I could go ahead, get married and have children.

So this is what I did and thank God, it was only after the birth of my

I could say that I felt almost relieved that I finally knew for sure what was the matter with me, and what I was fighting.

second child that MS came knocking on my door again, only this time it was more severe.

I had the double vision again, my legs were spastic, and vertigo

each time I looked up or down and severe incontinence. Everybody thought it was post-natal depression, including the G.P., who told me to visit the psychologist. I refused as I knew deep down the problem was not mental but physical.

After about a month or so, my G.P. found my file in hospital, and he referred me to a neurologist who through my symptoms found that I had MS. He immediately performed a lumbar puncture which just showed that the spinal fluid protein was high.

MS was finally diagnosed when I had an M.R.I. done in London. I could say that I felt almost relieved that I finally knew for sure what was the matter with me, and what I was fighting.

After a five day course of intravenously steroids that same year, in June 1994, I now lead a normal life, with just a few symptoms here and there, like double vision, but only on looking on the left side.

Vertigo and incontinence, unfortunately, have never improved, but my legs function properly, and I have now started to play friendly games of tennis.

I pray God every morning to continue to heal me, to make me strong enough to cope and look after my family, especially my young kids, Jessica, who is now five, and Mark, three.



I feel MS has brought me closer to God and where before I took many things for granted, including my health, I now truly appreciate the true values of life.

May God bless us all.

Kuntatti Internazzjonali

Is-Socjetà taghna, digà ghamlet kuntatt ma' diversi ghaqdiet tal-MS barranin, fosthom l-International Federation of Multiple Sclerosis, li tigbor fiha ghaqdiet tal-MS minn 35 pajjiż. Il-Federazzjoni qed tghinnha permezz ta' pariri u anki ta' pubblikazzjonijiet taghha.

Ghal dawk li jhobbu jisserfjaw fuq l-internet, nirrikmandawlkom li tmorru fuq il-Website ta' din il-Federazzjoni, li ssibuha fuq <http://www.ifmss.org.uk>



Il-Milied it-Tajjeb

Happy Christmas

Riflessjoni ...

Jien u l-MS Osservazzjoni Personali

(Dan li ġej hu kumment li rċevejna minn membru tagħna, pazjent bl-MS. Ninkoraġġukom sabiex intom ukoll tibagħtulna riflessjonijiet bħal dawn).

KURA għall-marda tal-Multiple Sclerosis, biex tnaqqas l-attakki u trażżan l-avvanz ta' diżabilità, hawn hafna. Uħud minnhom effettivi għal ċertu pazjenti, filwaqt li oħrajn m'humix, għall-fatt li din il-marda ma taffettwax lil kulhadd bl-istess mod.

Għalhekk ma nagħtix tort lil min isofri b'din il-marda tant imprekattiva, li jkun jixtieq jikseb rimedju aħjar u jipprova jaqbad imqar ma' l-ickien tibna. Izda meta tisma' b'ċertu kura mhux awtorizzata, u xi mindaqquet eżagerata, ta' bilfors iġġiegħlek tidhak.

Mhux għax ma nemminx li m'hawnx min mar tajjeb b'ċertu alternattiva, izda mhux li naqaw f'estrem.

Jien ilni nbati bl-MS għal dawn l-aħħar tmienja u għoxrin sena, u għalkemm fuqi tiġi u tmur, esperjenzajt hafna sintomi horox. Għalkemm il-kura li tawni dejjem sa issa hadmet fuqi, sib li l-aħjar mod kif nista' nikkumbattiha hu bil-mistrieħ, kuraġġ, rassenzazzjoni shiħa, trankwillità u fl-aħħarnett, tama u fidi qawwija f'Alla.

Attività ...

Party tal-Milied



IS-SOĊJETA' qed torganizza party tal-Milied nhar is-Sibt 20 ta' Diċembru fil-4.30p.m. Nisperaw li narawkom għal din l-okkażżjoni u nistednukom li ġġibu magħkom lill-membri tal-familja, inkluzi t-tfal u l-hbieb. Il-party ser isir fiċ-Ċentru tal-Malta Hospice Movement, 39 Triq il-Bon Pastur, Hal Balzan. Ittra b'iktar dettalji dwar din l-attività intbagħtat lill-membri tas-Socjetà f'dawn il-ġranet li għaddew. Jekk ma rċevejtuhix ċemplu 233874. Nisperaw li narawkom u li tiġu bi għarkom.

Membri ta' l-isteering Committee MS Society of Malta

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