

# BULLETIN

Marzu 1998 • Ghadd 2

• lehen • il-multiple • sclerosis • society • ta' • malta •

Editorjal ...

## New Challenges

Kenneth Muscat

A new year has come upon us and hence new challenges, new contacts, and hopefully a stronger MS Society. Every society has a task of ensuring that members and supporters are accurately informed about its activities. In the case of MS, people also need reliable information to help them live their lives and discover more about an often misunderstood condition. One of the Society's main aims is to get the facts about MS across.

One significant way of achieving this goal is through the Society's MS Bulletin. One of the tasks of the MS Bulletin is

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to spread the truth to people with MS. A members' magazine or even pamphlet for the matter belongs to the members - it should reflect their views, concerns and fears,

address their problems, and even recognise their success. Hence our request for our members to participate and become involved in building up the MS Bulletin with their opinions and experiences.

The society has a challenge to uphold - to continue to improve the "basic" - responding to your queries, and offering you the information you want and need, while attempting to provide any additional services that you might ask for.

The MS Bulletin is a statement of beliefs. It is there to assist each person make their statement a reality for their own lives, and to share it with others. Please take the opportunity - **make it your bulletin.**

A perfect new year would dawn on a world without MS. We can do no more than hope for this in 1998. Nonetheless, we can promise to try harder to make a difference for more of our members. ■

### Indirizz Ġdid

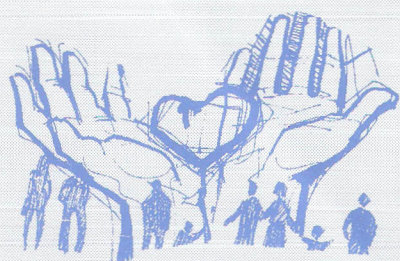
Nixtiequ  
ninfurkmawkom li l-  
indirizz uffiċċjali ta' l-  
Assoċjazzjoni issa huwa:

**MULTIPLE SCLEROSIS  
SOCIETY OF MALTA**  
P.O. Box 209  
C.M.R. Valletta.

Nitolbukom sabiex  
tużaw dan l-indirizz għal  
kull korrispondenza.

Jekk ghandkom xi artikli,  
esperjenzi, jew mistoqsijiet  
ta' natura medika, u  
tixtiequ li jiġu ppubblikati  
fuq il-  
'Bulletin', intom mitlubin  
tindirizzawhom lill-Editur,  
Kenneth Muscat fuq l-  
indirizz li jidher hawn fuq  
jew ċemplu 335311.  
Kull ma jidher f'dan  
il-fuljett mhux  
neċessarjament jirrifletti  
l-opinjoni ta' l-MSSM.





Ghaziz habib,

Wiehed mid-dmirijiet tal-MSSM huma li jiggemghu fondi li huma mehtiega biex l-ghaqda tkun tista' tlaqqa' regolarment lill-pazjenti tal-Multiple Sclerosis, familjari u hbieb taghhom, u biex torganizza seminars fuq is-suggett. Is-soċjetà tixtieq ukoll li taghti direttament support morali u mediku lill-pazjenti u l-carers. Kull ghotja hija apprezzata hafna u tinghata riċevuta. Kontribuzzjonijiet ghnadhom isiru fil-kont numru 4151907 mal-Lombard Bank Malta Valletta Branch 67 Republic Street, Valletta

Grazzi mill-qalb.

Leslie Agius

## Kontribut Siewi

IS-SOĊJETÀ taghna ilha mwaqqfa biss hames xhur, iżda bl-ghajnuna ta' kulhadd diġà bdiet taghmel differenza ghal min ibati mill-MS. Ahna determinati li matul din is-sena nkomplu nżidu l-hidma taghna sabiex naghtu verament kontribut siewi ghall-kwalità tal-hajja tal-membri. Il-memorandum li ahna pprezentajna lill-Ministru ghall-Harsien Soċjali fl-4 ta' Frar juri l-hsibijiet taghna dwar il-miżuri li nhossu li ghandhom jittiehdu favur il-pazjenti bl-MS. Ir-reazzjoni favorevoli tal-Ministru, il-Prof. Edwin Grech, timliena b'kuraġġ filwaqt li nirrikonoxxu li l-burokrazija Governattiva qatt ma timxi bil-pass mgħaġġel li ahna nixtiequ.

Fil-ġimghat li ġejjin, ahna se nsejhulkom ghall-ewwel Konferenza Generali tas-Soċjetà, li fiha intom il-membri se teleġġu ghall-ewwel darba il-kumitat taghkom ghall-erba' snin li ġejjin. Ghandna bżonn ta' iżjed persuni bi spirtu ta' volontarjat sabiex jghinu lis-Soċjetà fit-twettieq tal-programm ambizzjuż li ghandna quddiemna. Ghalhekk ninkuraġġukom li thajru lil hbiebkom sabiex ma joqghodux jisthu u jipprezentaw il-kandidatura taghhom ghall-kumitat. Nerġġhu niltaqghu ma ndumux. ■

## Laqgħa mal-Ministru għall-Harsien Soċjali

DELEGAZZJONI mis-Soċjetà taghna kellha laqgħa kordjali hafna mal-Ministru ghall-Harsien Soċjali, il-Prof. Edwin Grech, nhar l-4 ta' Frar. F'din l-ewwel laqgħa bejn is-Soċjetà u l-Ministru ġew spjegati l-ghanijiet tas-Soċjetà u ġie preżentat Memorandum lill-Ministru dwar benefiċċji li s-Soċjetà tixtieq tara ghall-membri taghha. Fost dawn l-iżjed importanti hi li l-MS tidhol taht Schedule 5, biex bis-saħħa ta' hekk il-medicini jibdwew jinghataw b'xejn. Fuq din it-talba, il-Ministru diġà ha azzjoni billi talab lill-kumitat konċernat sabiex jistudja s-sitwazzjoni u jaghtih parir. Ghal dan il-ghan, il-Ministru ghandu bżonn ta' iżjed informazzjoni dwar kemm hawn nies f'pajjiżna li jbatu bl-MS u x'tip ta' medicini jehtiegu. Ghalhekk ahna dalwaqt se nibghatulkom kwestjonarju fejn nitolbukom din l-informazzjoni sabiex nghanidha lill-Gvern. Il-kooperazzjoni ta' kulhadd hi mehtiega sabiex dan l-eżerċizzju jkun ta' suċċess. Il-memorandum tas-Soċjetà tkellem ukoll dwar home help, dwar il-possibiltà ta' rtirar bikri mix-xogħol ghal min jiehu hsieb pazjenti bl-MS, dwar ghajnuna psikoloġika, dwar xi post tal-gvern fejn is-soċjetà tkun tista' tiltaqa', dwar roħs fit-telefon u dwar eżenzjonijiet minn taxxi ta' dwana.

Din hija lista twila u ma nistennewx mirakli. Biss niehdu pjaċir ninnotaw hawnhekk l-attitudni verament pożittiva tal-Ministru u l-businesslike approach lejn il-Memorandum bin-notamenti li ha u, fejn seta', b'azzjoni mmedjata. ■



## Ir-Raġel tiegħi ilu 10 snin afflitt mill-MS

PERESS li l-marda tar-raġel inzertat progressiva hafna, hu ma setax jibqa' jahdem u ddeċidejna li nohroġ nahdem jien. Kont ixxurtjata hafna li sibt kemm lil min iħaddimni kif ukoll lill-haddiema shabi ta' għajnuna u support kbir. Però l-fatt li hriġt nahdem gabet magħha xi problemi, għax filwaqt li jiena dejjem xtaqt li meta jiġi r-raġel mix-xogħol u t-tifla mill-iskola nkun lestejt il-faċendi, inkun kalma u nista' noqgħod magħhom, kelli nċedi xewqti biex inlahhaq ma kollox wara li niġi mix-xogħol. Insir niddependi fuq haddiehor għal hafna affarijiet - nitlob l-għajnuna minghand il-familja u minghand il-ġirien. Hafna drabi ikolli nimbarazza ftit ruhi u nitlob l-għajnuna daqqa minghand persuna u daqqa minghand ohra.

Il-hajja soċjali tagħna kważi spiċċat - qed issir diffiċli hafna li nohroġ flimkien bhala familja (minhabba l-MS). Ma nistghu nippjanaw xejn, r-raġel filli tajjeb u filli f'daqqa jiġi bla saħħa. Sar jiddependi fuqi f'kollox, irrid nitimghu, nahslu, inbiddillu u dan jghejjini. Irrid ninsa lili nnifsi kull mument u dan mhux faċli. Trid hafna paċenzja. Però mill-banda l-ohra, din t-tbatija gabitna hafna aktar qrib ta' Alla u ta' xulxin. Sirna napprezzaw iktar x'inhuma l-veru valuri u xi tfigħer hbieberija vera.

### Kif affettwat lit-tifla

Hija wegħha kbira għaliha li missierha huwa marid u fuq *wheelchair*. Thossha differenti mit-tfal l-ohra meta dawn it-tfal shabha jghidu fejn marru *holiday* jew x'ghamlu fil-weekend. Insibu hafna hbieb li johorġuha u għal dan niringrazzjom minn qiegh qalbi, imma għalkemm hi tiehu pjaċir, xorta tkun tixtieq li tohroġ magħna.

Ma tantx insib hin għat-tifla għax kif diġà għidt irrid inlahhaq ma kollox u r-raġel għandu hafna bżonnijiet. Xi kultant nhossni maqsuma bejnu u bejn it-tifla.

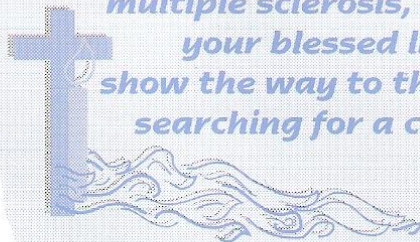
### X'messaġġ nixieq ngħaddi lil min qieghed jaqra

Ahna sibna li l-fidi f'Alla u t-talb, speċjalment it-talba tar-Rużarju, tawna l-qawwa biex naffrontaw is-sitwazzjoni tagħna. Lil Alla nhossuh prezenti f'hajjitna u meta nħares lura m'għandhiex hlief tifhir u ringrazzjament lejn Alla. Hassejnih u sibnih fil-familji li jghinuna, fil-ġirien li dejjem kienu lesti biex jghinuna kull meta kellna bżonnhom. Jekk ir-raġel jizloq mill-*wheelchair*, tarahom ġejjin jerfghuh, u sibna wkoll hafna hbieb li jissaportawna fit-talb u l-hbieberija tagħhom. Hemm habib li jċemplilna kważi kuljum, il-veru jissapportjana. Sibnih lil Alla speċjalment fil-qassisin li jibnuna u jinkorraġġuna biex ma nitilfux il-harsa tagħna minn fuqu.

Il-providenza ta' Alla ma naqsitna qatt.

Intelqu f'idejn il-Mulej u jiehu hsieb Hu. ■

Come Holy Spirit  
may your healing love  
fill those suffering from  
multiple sclerosis, and  
your blessed light  
show the way to those  
searching for a cure.



CONGRATULATIONS  
to Dr. Norbert Vella,  
chairman of the Socie-  
ties' Medical Advisory  
Committee, who has  
recently been certified in  
neurology by the Ameri-  
can Board of Psychiatry  
and Neurology.

Dr. Vella specialised in  
neurology at the State  
University of New York  
at Buffalo and, later, in  
neuromuscular disorder  
and electromyography  
at the University of  
Minnesota, Minneapolis.



Min ibati bl-MS ghandu dritt japplika għall-karta (safra) ta' identità speċjali mahruġa mill-Kummissjoni Nazzjonali Persuni b'Diżabilità, Ċentru Hidma Soċjali, Sta. Venera (tel: 487789; fax: 484609). Din il-karta speċjali tagħti privileġġi, fosthom prijorità ta' servizz minn Dipartimenti tal-Gvern u banek. Dettalji shah dwar il-benefiċċji jinsbu fil-ktejjeb "Servizzi u Benefiċċji għall-persuni b'Diżabilità" mahruġ mill-Kummissjoni u li kopja tiegħu tistgħu iakkwistawh sew mill-Kummissjoni nfisha, kif ukoll minghand is-Segretarju tas-Soċjetà tagħna (Bro. Noel Pace - tel: 234949).

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Bro. Adrian Sammut  
Mitbugħ:  
P.E.G. Ltd.,  
San Ġwann

## Physiotherapy in MS

**PHYSIOTHERAPY has an important role in containing and managing the effects of MS. Physiotherapy can help ensure that joint full mobility, coordination and muscle strength are maintained without causing fatigue or overheating. It can also help people regain the use of muscles after a relapse.**

One's level of fatigue should be assessed and taken into account as an essential part of a carefully-planned programme to build up stamina and endurance. A physiotherapist should be able to provide advice on relaxation routines.

Physiotherapy sessions provide the basis for trained assessment of the MS person's particular areas of difficulty and the exercise routines best needed to control and improve these conditions.

Exercise is never easy but people are only asked to do what they are capable of and what is right for their MS state. Undergoing physiotherapy in a group or class helps most of us to maintain a disciplined approach to regular exercise. This effort could then be turned into an enjoyable social occasion too.

The aims of neuro-physiotherapy are:

- to improve and maintain joint mobility;
- to improve and maintain balance and co-ordination;
- to delay muscle spasms;
- to maintain general fitness;
- **and most important of all to maintain normal patterns of movement.**

The exercise routines will help limb control, reduce spasticity, improve body strength, aid walking and act against further secondary complications. It is important that exercise routines should be based on detailed physical evaluation by a health professional. ■

### Attivitajiet...

IL-PARTY tal-Milied, li sar fiċ-Ċentru tal-Malta Hospice Movement, kien okkazzjoni sabiha biex naqsmu flimkien il-ferh ta' din il-festa. Inholqot atmosfera sabiha bil-kant ta' P. Karm Debattista, flimkien ma varjetà ta' ikel bnin. Saret wkoll lotterija, b'rigali sbieħ, fosthom hampers, u vouchers ta' Marks & Spencer. Inroddu ħajr lil kull min għena, speċjalment lil Jackie Zammit, Myriam Vincenti u Rose Grech. ■

**Nhar is-Sibt 7 ta' Marzu**, ser issir attività soċjali oħra għall-membri, l-ħbieb u l-familji tagħhom fiċ-Ċentru tal-Malta Hospice Movement f'Hal Balzan. Dak inhar ser niltaqgħu **mill-5 p.m. sa xi s-7 p.m.** biex niehdu pjaċir flimkien. Min irid iġib xi haġa ta' l-ikel niringrazzjawh bil-quddiem. Jekk għandkom xi domanda jew xi diffikulta ċemplu lil Rose Grech fuq in-numru 496352. ■