

Kelmtejn mill-President ...

## Mixja Suċċess

Leslie Agius

NHAR il-Hadd 17 ta' Mejju, kienet ġurnata sinifikattiva għas-Soċjetà tagħna għaliex kienet l-ewwel okkażżjoni, fil-ħajja qasira tagħha, li l-membri ħarġu fil-beraħ biex iwasslu l-messaġġ tagħhom lill-pubbliku ġenerali. L-MS Walk ħaditna mix-Chalet sal-bajja ta' Spinola u, kif ippjanat, ħaditilna mas-sieġha u nofs. Kollox mexa bl-ikbar ordni u spikkaw it-tee shirts bojod u l-brieret sofor bil-logo tas-Soċjetà. Il-mixja kienet sinifikattiva għal diversi raġunijiet, fosthom:

- attendenza tajba min-naħa tal-membri tagħna minkejja l-problemi li attività ta' din ix-xorti timplika għal min ibati bl-MS;
- l-attendenza ta' persuni milquta bl-MS li, sa issa, ma kienux msehbin fis-Soċjetà;
- l-attendenza ta' numru sabiħ ta' hbieb tas-Soċjetà li taw il-hin liberu tagħhom biex juru appoġġ għall-attivitajiet tagħna;
- il-preżenza tal-Ministru tas-Saħħa Michael Farrugia li tenna l-appoġġ tiegħu u li tagħna aħbar sabiħa ħafna dwar Schedule V;
- in-numru sabiħ ta' kumpaniji privati u għaqdiet li għenuna sabiex il-mixja tkun suċċess;
- l-ammont ta' flus li ġbarna f'attività pjuttost qasira u li għenitna nħallsu l-ispejjeż kbar li kellna u anke halliet xi ftit tal-qliegħ;
- il-coverage kbir li kellha l-mixja kemm fuq it-televixin kif ukoll fuq il-gazzetti. Żgur li mil-lat ta' relazzjonijiet pubbliċi l-attività rnexxielha tiġbed l-attenzjoni fil-pajjiż għall-marda tal-MS; dan kien wiehed mill-għanijiet prinċipali ta' din l-attività.

Grazzi mill-qalb lil dawk kollha, li kienu ħafna, li tant ħadmu għal din l-okkażżjoni li ċerti li nibqgħu niftakru għal żmien twil. Is-Soċjetà tixtieq tiringrazzja pubblikament lil dawk li għenuha fl-organizzazzjoni ta' l-ewwel MS Walk nhar il-Hadd 17 ta' Mejju. Is-suċċess ta' din l-attività huwa dovut f'parti sostanzjali, għall-kontribuzzjoni ta' dawn il-persuni jew entitajiet:

Mid-Med Bank Plc.; British American Company; General Soft Drinks Company; Pulizija tad-Distrett ta' Tas-Sliema; St. John Ambulance Brigade; Kunsilli Lokali ta' Tas-Sliema u San Ġiljan; Dipartiment tas-Saħħa; Garden of Eden Garage; Paramout Garage; Consolidated Biscuits.

Aħna konvinti li persuni u entitajiet oħrajn ġodda jingħaqdu ma' dawn ta' hawn fuq biex jgħinuna f'attivitajiet oħra fil-futur. Nieħdu l-okkażżjoni biex niringrazzjaw ukoll lill-membri tas-Soċjetà u lil dawk kollha li tant ħadmu għas-suċċess tal-Mixja. ■

**Kull korrispondenza għanda tintbagħat f'dan l-indirizz:**

**Mutiple Sclerosis Society  
P.O. Box 209  
C.M.R. Valletta**

*Ritratt fuq: Uħud mill-membri u hbieb u familjari tagħhom li attendew għall-mixja.*

*Ritratt isfel: Il-Ministru tas-Saħħa, l-Onor. Michael Farrugia jindirizza lil dawk preżenti.*

*Aktar ritratti jidhru fil-paġna li jmiss.*







*Ritratt fuq: Mument waqt l-MS walk. Fost il-partecipanti jidher ukoll l-Onor. Michael Farrugia. Ritratti isfel: It-Teżorier tas-socjeta', is-Sur Godfrey Leone Ganado, jindirizza lil daww prezenti.*



**Shubija fil-Federazzjoni ta' Organizzazzjoni għall-Persuni b'Diżabbiltà**

**Rikonoxximent iehor għas-Socjeta' taghna wasal dan l-ahhar meta s-Socjeta' taghna giet accettata bhala membru tal-Federazzjoni ta' Organizzazzjonijiet għall-Persuni b'Diżabbiltà. Permezz ta' din is-shubija s-Socjeta' se tkun tista twassal b'aktar sahha il-vuci tal-membri taghna filwaqt li, flimkien ma' ghaqdiet ohra, taghti l-kontribut taghha favur il-persuni kollha f'Malta li jbatu minn xi diżabbiltà.**

Editorjal ...

## Always Striving Forward

THESE past three months have culminated in an MS walk organised by the Multiple Sclerosis Society of Malta which took place on May 17. It was a well organised walk, which started off from Ghar id-Dud and ended at Balluta. Congratulations to all who participated in the walk. Over 60 people took part, thus not only ensuring that the MS Society logo remains prominent, but also raising more awareness on this condition. But there's no time for a breather. We cannot relent, but on the other hand we should strive forward, so that we, as one, can make a difference to the ultimate search for a remedy to multiple sclerosis.

I would like to emphasize that we are keen to learn more about your ideas or concerns about the content of the Bulletin, including the articles that should feature therein, and the inserts it carries.

On the other hand I would like to thank you for constantly supporting our work in various ways, for the benefit of the community in general. ■

Jekk għandkom xi artikli, esperjenzi, jew mistoqsijiet ta' natura medika, u tixtiequ li jiġu ppublikati fuq il-BULLETIN, intom mitlubin tindirizzawhom lill-Editor, Mr. Kenneth Muscat, fl-indirizz li jidher fil-paġna ta' quddiem.

## Multiple Sclerosis Managing Fatigue

Kenneth Muscat

MANY people with Multiple Sclerosis list fatigue as their most disabling symptom. Fatigue is an overwhelming sense of general weakness with an urgent need to rest. Some people become fatigued during part of the day, usually in the afternoon, while others feel constantly fatigued. Some find it is brought on even by minor physical exertion, others by stress. Fatigue can be experienced differently by different individuals. Sometimes after only a short period of walking, writing or reading, the person finds he or she has to stop all activity and rest for a while.

The cause of MS fatigue is not fully understood. MS fatigue can be divided into four categories:

- **Normal Muscle Fatigue** - This occurs whether or not MS is present. Not all fatigue is caused by MS. It requires more mental and physical effort to carry out every day activities with weak or stiff limbs.
- **Neuromuscular fatigue** - This is caused by inefficient nerve conduction.



- **Depression** - Frustration at having chronic-related disease such as MS can result in stress. Depression in MS is common and is often accompanied by poor sleep, poor appetite and fatigue.
- **Lassitude** - This is an overwhelming tiredness that comes on for no obvious reason. Because neurochemical medications are helpful management tools, it is thought that lassitude may be due to biochemical imbalances in the brain.

As well as disrupting daily life, MS fatigue can also cause anxiety when MS symptoms reoccur during periods of fatigue. This normally occurs after exertion and especially when activity or environment causes a rise in body temperature.

If MS is the primary reason for the fatigue, adjustments would have to be made to lifestyle, environment and occupation to accommodate the fatigue. It may be necessary to change your role or shift your priorities within the family and at work, in order to pace yourself to avoid fatigue. Techniques such as time management, energy conservation, work simplification and relaxation breaks are strategies which can be used to control fatigue.

### ***Some practical tips to alleviate fatigue include:***

- Avoid hot baths, very warm temperatures, excessive exercise, eating large meals, smoking;
- Plan your life so work requirements, social occasions, and late nights are staggered;
- Follow a sensible diet, and reduce weight if overweight;
- Keep physically fit, with a balanced programme of exercises that should be tailored to your capabilities. You should not be exhausted by these exercises and they should be followed by adequate rest periods.

Fatigue is very much a symptom of MS, but one that can be managed if understood and accommodated. ■



## **Ahbar sabiha dwar Schedule V**

**Minn mindu twaqqfet is-Socjeta' wiehed mill-ghanijiet principali taghha kien li tikkonvinci l-gvern sabiex il-medicini mehtiega ghall-kura tal-MS jinghataw b'xejn. Ftit xhur ilu s-Socjeta' kienet pprezentat talba f'dan is-sens lill-Ministru tas-Sahha u lill-Ministru tal-Harsien Soċjali.**

**Kienet ahbar sabiha u mhux mistennija daqshekk malajr li l-Ministru tas-Sahha tana fl-okkazżjoni ta' l-MS Walk li hu kien ta struzzjonijiet sabiex tigi studjata bis-serjeta' l-possibilita' li l-MS tigi nkluza taht Schedule V fil-budget li ġej; dan ifisser li minn dak innhar il-medicini jkun b'xejn ghall-membri taghna. Ftit tal-jiem wara waslilna ittra mit-tabib principali tal-Gvern li kkonfermatilna l-ahbar tal-Ministru. Niehdu din l-okkazżjoni biex intennu r-ringrazzjamenti taghna lill-Ministru Farrugia tas-support tieghu u nistennew bil-herqa l-budget li jmiss.**

WHAT  
EVERYONE  
SHOULD KNOW  
ABOUT

**MULTIPLE  
SCLEROSIS**

***Fl-okkazżjoni ta' l-MS Walk, is-Socjeta' ppubblikat fuljett ta' taghrif dwar l-MS. Kull min jixtieq jakkwista minn dawn il-fuljetti ghandu jikteb lis-Segretarju tas-Socjeta' fl-indirizz li jidher fil-pagna ta' quddiem.***



## Don't Miss...

The Ladies' Circle (Malta) barbeque taking place on Thursday, 9 July at *Numero Uno*, Ta' Qali at 8.30pm in aid of the Multiple Sclerosis Society. Tickets are Lm8.50 per person.

The Ladies' Circle (Malta) is a non-profitable and non-sectarian philanthropic organisation. Their aim is to help those less fortunate than themselves. In the past they have helped associations including Hospice, Muscular Dystrophy, San Blas Rehabilitation Centre, Eden Foundation and many others. They also give service to their community by helping individuals both financially and otherwise.

This year they are supporting the Multiple Sclerosis Society. Set up as recently as last year, 100 sufferers of Multiple Sclerosis are already enrolled members.

The aim of the society is to provide individual and family service including physiotherapy and rehabilitation. It also seeks to expand and enhance public awareness of the disease: to seek new knowledge, disseminate it and apply it for the benefit of the patients and their families.

Multiple Sclerosis is an illness

which strikes randomly and often unawares. Victims of MS will most often be women between the ages of 25 to 35; of Anglo-Saxon or Mediterranean background; living in temperate climates. It attacks the nervous central system, wearing away the control one has over the body.

The society's most pressing need is to equip a centre where it can run its activities. These include the coordination of medical services, physiotherapy sessions for all members, psychological help for the patients and their families and educational and social gatherings. The success of their objective to help this society relies on two things:

Your kind and generous donation and your attendance at their barbeque.

Should you require further information, kindly contact Johanna De Giovanni, national president on tel. 370873 or 330323.

**Ir-rapport li deher fil-gurnal  
"Malta Independent on Sunday"  
rigward l-inizjattiva tal-Ladies Circle  
b'risq l-MS Society.**

**Editur:**

**Kenneth Muscat**

**Typesetting u Design:**

**Bro. Adrian Sammut**

**Mitbugh:**

**P.E.G. Ltd.,  
San Ġwann**

## Sponsorship mill-Ladies Circle

FIL-FTIT xhur li ilha mwaqqfa s-Socjetà sibna ghajnuna generuza minn diversi bnadi, fosthom mill-Community Chest

Fund u mill-Women's League.

Ahbar li ferrhitna u ghamlitilna kuraġġ kbir dawn l-ahhar grabet

kienet dik li l-Ladies Circle ta' Malta ddeċidiet li l-Fund Raising

Activities tas-sena d-diehla se jkunu kollha kemm huma għall-benefiċċju tal-Multiple Sclerosis Society of Malta. Il-President tal-

Ladies Circle, Ms. Joanna Degiovanni, għada kif bagħtet ittra

lill-diversi kumpanniji u ndividwi sabiex jikkontribwixxu għal dan l-iskop. Il-gazzetta "The Malta Independent on Sunday" tat-28

ta' Ġunju għabiet rapport twil fuq din l-inizjattiva.

Ftit tal-jiem ilu il-President tal-MS Society, Leslie Agius, flimkien

ma' Dr. Norbert Vella u Godfrey Leone Ganado kienu l-

mistiedna tal-Ladies Circle biex jagħtuhom preżentazzjoni fuq l-

MS u fuq l-attività tas-Socjetà. Il-membri preżenti urew interess

kbir u wieghdu kull ghajnuna possibli, mhux biss dik finanzjarja.

Dan huwa ġest verament sabiħ li m'għandniex kliem adegwat biex nesprimu l-apprezzament tagħna għalih. Meta nikkunsidraw

kemm nies se jiddedikaw il-hin tagħhom u se jikkontribwixxu

finanzjarment għall-ġid tagħna, nirrealizzaw kemm aħna xxurtjati u kemm għandna għalfejn inkunu grati. Huwa d-dmir tagħna

issa li nappoġġjaw l-attivitàjiet tal-Ladies Circle.

Digà bhala riżultat ta' l-ewwel inizjattiva tal-Ladies Circle li

kienet Bar-B-Q f'Ta' Qali, ingabret is-somma sabiha ta' madwar

Lm 1000. Somma li żgur ser tghinna nibdew naħsbu biex

inwettqu wiehed mill-proġetti l-kbar tagħna. Barra minn dan, il-Ladies Circle bdew ukoll jirċievu donazzjonijiet bhala riżultat ta' l-

ittri li bagħtu.

### Attività ...

## 50 sena mit-twaqqif tal-W.H.O.

IS-SOCJETÀ tagħna giet mistiedna mid-Dipartiment tas-Sahha

biex tipparteċipa f'attività li ser issir fit-Trade Fair Grounds,

Naxxar, nhar il-**21 ta' Awwissu 1998** biex jiġu mfakkra l-50

sena mit-twaqqif tal-World Health Organisation.

Għal din l-okkażjoni se jkollna l-istand tagħna minn fejn se

nkunu nistghu nagħtu nformazzjoni dwar l-MS, nqassmu l-fuljetti

tagħna kif ukoll li nbieghu xi oġġetti bi skop ta' fundraising. Għal

din l-okkażjoni jkollna bżonn ta' ghajnuna fuq l-istand kif ukoll ta'

xi oġġetti li nistghu nbieghu.

Min jista' jghin jew għandu x'joffri jekk jogħġbu jċempel lil Mrs.

Rose Grech fuq in-numru 496352.