

The Pulse

Keeping a pulse on healthcare integration at RBH

March is Multiple Sclerosis Awareness Month

Currently Multiple Sclerosis (MS) affects approximately 400,000 people living in the United States and is the most common progressive neurologic disease of young adults worldwide. MS is a chronic, unpredictable disease of the central nervous system (CNS), which is made up of the brain, spinal cord and optic nerves. MS can cause many problems including: blurred vision, loss of balance, poor coordination, slurred speech, tremors, numbness, extreme fatigue, problems with memory and concentration, paralysis, and blindness. These issues may come and go or persist and worsen over time. Most people are diagnosed between the ages of 20 and 50. However, individuals as young as 2 and as old as 75 have developed MS.

Studies suggest that genetic risk factors increase the risk of developing MS, but there is no evidence that MS is directly inherited. Environmental factors, such as low Vitamin D and cigarette smoking have also been shown to increase the risk of MS. MS occurs in most ethnic groups but is most common in Caucasians of northern European ancestry. Because MS causes damage in the CNS, nearly any function can be adversely affected. The most notable symptoms are overwhelming fatigue, visual disturbances, altered sensation and difficulties with mobility. Symptoms of MS vary in type and severity from one person to another and in the same person over time. Symptoms may disappear or remit completely or they may persist and may worsen over time. **MS cannot be cured, however life expectancy for people with MS has increased over time due in part to treatment breakthroughs, improved healthcare, and life style changes.**

For more information visit the National Multiple Sclerosis Society website at <https://www.nationalmssociety.org/Get-Involved/Raise-Awareness>

A LOOK INSIDE THE MARCH ISSUE:

MULTIPLE SCLEROSIS FACTS - PAGE 2

MEET OUR STAFF - PAGE 3 & 4



Multiple Sclerosis

QUICK FACTS

// SYMPTOMS //

Fatigue
Double Vision
Vertigo
Slurred Speech
Loss of Coordination
Numbness/Tingling
Weak Limbs
Pain
Reduced Sense of Touch
Muscle Spasms
Vision Loss
Unstable Moods
Hearing Loss
Incontinence
Diarrhea
Stuttering
Difficulty swallowing
Difficulty concentrating

MULTIPLE SCLEROSIS

is what's known as a

**snowflake
disease**

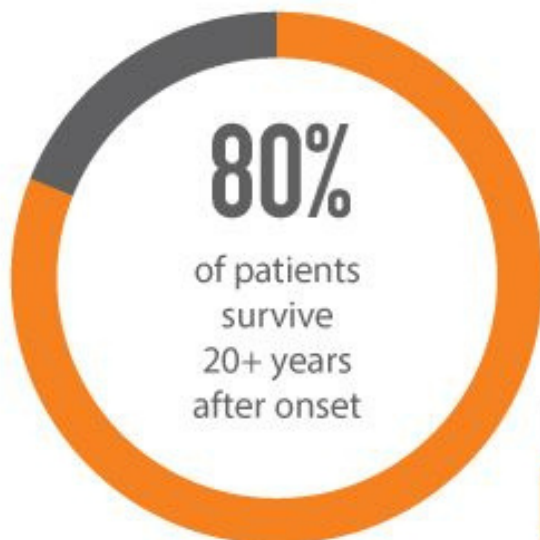
because

NO TWO

MS patients are alike



more than 400,000 people
in the US have MS



MS is twice as likely to affect women than men

There are **FOUR** types of Multiple Sclerosis:

relapsing-remitting

secondary-progressive

progressive-relapsing

primary-progressive

Meet Our RICH Clinic Staff



Inga Robinson

Inga is the Lead Nurse and has been with the RICH Recovery Clinic for about 5 years now. She enjoys hiking, cooking, baking, reading, writing, and spending time with family.



Dr. Shridhar Bhat

Dr. Bhat is a Medical Doctor and has worked at the RICH Recovery Clinic since it started in 2014!!!



Phyleiscia Johnson Rogers

Phyleiscia is a Registered Nurse and has worked for the RICH Recovery Clinic for 6 years. She likes to read, travel, spoil her dog and spend time family.



Sara Hilleary

Sara is the RICH Program Manager and has been with RBHA for 6 years. She loves working out on her Peloton and watching cooking shows with her husband and 7 year-old!



Gayle Hobson

Gayle is a Peer Recovery Specialist and has been working with the clinic for almost one year. For fun she likes to hang out with her children and their children, traveling, fellowshiping, and helping others help themselves!



Wendy Hendrick

Wendy is a Family Nurse Practitioner and was just hired to the RICH Recovery Clinic! [Welcome Wendy!!!](#) She loves spending time with her family and friends, biking the Capital Trail or West Creek, walking her black lab, Coco, and dressing up for Halloween with the family (this year the theme was 'The Nightmare Before Christmas').



Debbie Fleshman

Deb is a Nurse Practitioner and will be celebrating her one year anniversary with the RICH Recovery Clinic this month!!



Dr. Steven Brewer

Dr. Brewer is a Physician Assistant and has been working in the RICH Recovery Clinic for less than a year.

Meet Our RICH Clinic Staff



Chandra McMillian

Chandra is an Office Associate II and has been with the RICH Recovery Clinic for 7 years!!! For fun she likes cooking and trying new recipes. Also, she loves to travel!



Bertonya "Toni" Stewart

Toni is a Care Coordinator and has worked for the RICH Recovery Clinic for 5 years. She enjoys reading romance novels and exploring new places through travel.



Shamara Williams

Shamara is a RICH Clinician and has been with for the RICH Recovery Clinic for about 2-3 months. She worked closely with the RICH Clinic while with the Be Well grant. For fun she likes to try new foods, do arts & crafts with her children, and travel.



Rasheena Bell

Rasheena is a Certified Medical Assistant and has been working for the RICH Recovery Clinic for less than a year. She enjoys going shopping and for walks in the park. Rasheena also enjoys cooking and discovering different recipes.



Jillian Olson

Jillian is a Care Coordinator and has been with the RICH Recovery Clinic for almost 2 months now. She worked closely with the RICH clinic while with the Be Well grant. For fun she loves traveling, sewing, and just started learning how to knit. Jillian is constantly trying out new hobbies!



Latoya Helmon

Latoya is a Certified Medical Assistant and has been working for the RICH Recovery Clinic for less than a year.

