

December 2020 Newsletter



A Year Worth Remembering

We've covered a wealth of information in the ACP newsletter over the last 12 months. As the year draws to a close, we'd like to review some of our themes from 2020. For those who would like to revisit any of them, they are just a click away!



Looking for a boost during the pandemic? There are a number of ways people with MS can [decrease the likelihood and severity](#) of COVID-19 infection. iConquerMS members are contributing to finding the [best solutions and outcomes](#) for all affected by MS during the pandemic. [Meet](#) some people with MS that are reaching out and making a difference!

Thinking about New Year's resolutions? Some of the smallest [positive changes](#) in behavior can help, for example [quitting smoking](#) and [watching what you eat](#).



Curious about aging with MS? Learn more about the [process of aging](#), including [cognitive changes](#) that may occur, and how [menopause](#) affects women with MS. Read about whether MS [changes or weakens](#) as an individual gets older and if it is safe to [stop disease modifying therapy](#) at a certain age. Check out a number of [helpful therapies](#) that may make life a little easier for MSers of all ages.



Frustrated by the rising cost of MS medications? [Here](#) are some resources that can help!

Does MS affect children, too? Discover the [causes and symptoms](#) of pediatric MS, as well as how the disease is [diagnosed and treated](#) in youth.



How can I help find a cure? [Join](#) iConquerMS! Network members have played an [instrumental role](#) in advancing [people-centered MS research](#), including contributing to the [development](#) of new MS treatments and the National MS Society's [Pathways to Cures](#) research plan.



We are grateful! Many individuals give of their time and talents to help us in our work. Whether they are assisting with [administrative tasks and other projects](#), [fundraising](#), or serving as a [board member](#), we are grateful to all who contribute to our effort to accelerate MS research and move us closer to a cure!

Accelerated Cure Project – Click [here](#) for more information.