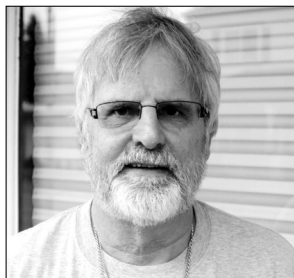


LIFE WITH MS — THE MS ‘HUG’



By LLOYD LITTLE
Special to Siuslaw News

Hugs between two people can convey a multitude of meaning. Normally a hug conveys a sense of familiarity. An MS hug conveys something altogether different.

The MS hug can be a mild irritant, an uncomfortable squeeze or cause a painful pins-and-needle sensation.

The MS hugs are caused by the nerve impulses in and around the muscles

surrounding your ribs and trunk region. The pain, in varying degrees, wraps itself around the body of an MS sufferer receiving the hug.

During my eight-month diagnosis of MS, I experienced moments of intense pain in my trunk region. When someone would ask me what it felt like, I told them it felt like I was wearing an overly tight, 10-inch-wide belt.

There was a time, shortly before my diagnosis of MS, that I was afraid of this hug. The squeeze and tightness gradually inched up towards my heart. I feared if it reached my upper chest something would happen to my heart. These hug symptoms may last for short periods of time or much longer, depending

on the individual. My hug is in its 33rd year.

In 2009, I was experiencing an unusually painful exacerbation on my left side next to my ribs. I told my wife when she noticed an occasional grimace on my face and asked me if I was ok. She wanted me to see a doctor. As with many prior exacerbations, I told her I would eventually become used to this new pain.

For a week, I mentally worked on adjusting to the pain. I had become desensitized to other MS symptoms; I would to this, too. But one morning, while on my way to work, I turned left instead of right and went to the emergency room. The physician said it was a good thing I came to the hospital; they had

discovered a pulmonary embolism (blood clot) in my lungs.

I learned later it is a major cause of death in our country. Chris Bosh of the NBA's Miami Heat had one in his lung and it ended his NBA career.

I will be on blood thinners for the rest of my life to prevent a second clot from forming. Fortunately, I made the left turn that Wednesday morning that saved my life.

All things considered I would much rather have hugs from my wife and loved ones. Their hugs give me comfort, relief, protection and love.

My MS hug is no match for those hugs.

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THE ‘OTHER’ INVISIBLE DISEASE



By GEORGE GOLDSTEIN
Special to Siuslaw News

M.S. is not the only invisible disease. The disease I have is Myalgic Encephalomyelitis. It has had 75 cluster outbreaks since 1934, when 198 employees of Los Angeles County hospital came down with what was thought was related to polio.

Today, about 2.5 million people in America have it. Though there

have been thousands of research papers on M.E., few people know of it.

It is an incredibly complex disease that defies most medications; most common tests to detect it aren't effective. But help is on the way, thanks to Dr. Ron Davis, whose son has the disease and has developed a test using something called “nano-needles.”

As Dr. Mark Lovelless, an infectious disease specialist, has said, “Someone feels every day significantly the same as an AIDS patient feels two months before death.” It should be noted that the rate of suicide among those with Myalgic Encephalomyelitis is six times

the national average.

The Center for Disease Control (CDC) says that M.E. patients are hypersensitive to medication. The most destructive part of the disease is the fatigue. Sometimes I feel like I'm stuck inside a giant marshmallow.

Doctors agree that a strict diet is important. Sufferers have “leaky gut” and abnormal gut flora. A proper diet has the greatest — and sometimes only — positive impact on the disease. Be careful of trolls on the internet. Everyone claims to have a cure. The truth is, there is no doctor in Oregon that specializes in the disease. I am lucky I have one who at least understands it.

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Habitat for Humanity

Construction Volunteers needed for each stage of the building process. Experience is a plus, but not required. Help us build a new home For information call 541-902-9227

Helping Hands Coalition

We are in need of volunteers on Monday, Wednesday and Fridays. We need volunteers to serve food, set up for meals and also prepare meals beginning at 11:00 am and finishing at 2:00pm.
New Location: Community Baptist Church, 4590 Hwy. 101, Florence (Across from Fred Meyer)

Senior Services Advisory Council Needs New Members

Are you a senior? Have a passion for working with seniors? If yes, please consider applying for the Senior & Disability Services (S&DS) Senior Services Advisory Council. S&DS serves all of Lane County with a wide range of publicly funded services for older adults and persons with disabilities. The council advises S&DS on services and advocates on senior topics. Contact us at: sdsadvisorycouncil@lcog.org or download an application from: <http://www.lcog.org/827/SSAC-Council-Membership> Application deadline: April 26, 2019.

Meals on Wheels and Cafe 60

Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Cafe 60 is available for those who prefer to make new friends in a dining room setting.
1570 Kingwood, PO Box 2313, Florence
541-997-5673
laneseniormeals.org

Memory Care Respite of Florence

Come join the team! Memory Care Respite of Florence is looking for new volunteers to spend time socializing, playing games, listening to music, and having coffee and lunch with our participating senior citizens. Our program depends on volunteer power to stay afloat and time is running out! If you're at all interested in socializing and relaxing with seniors while their loved one takes a break, please email us for more information. We need more volunteers like YOU to keep our program going. Contact us at memcarerespite@gmail.com

Oregon Coast Humane Society

relies heavily on volunteers. There are many opportunities to volunteer and a variety of skills and talents are always in need. Volunteer interest forms may be found online, at the shelter and at our Thrift Shop on Bay Street.
www.oregoncoasthumanesociety.org/volunteer/

Peace Harbor Volunteers

Join the Peace Harbor Hospital Volunteers, you will find an area of interest in a caring organization.
400 9th Street, Florence
541-997-8412 ext. 2218

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