

The EDI Committee presents: May 30th 2022 World MS Day



What is MS?

Multiple sclerosis (MS) is one of the most common diseases of the central nervous system (brain and spinal cord). Today, **2.8 million people** around the world have MS. Canada has one of the highest rates of multiple sclerosis (MS) in the world, with **an estimated 90,000** Canadians living with the disease. On average, 12 Canadians are diagnosed with MS every day.

MS is an inflammatory demyelinating condition. It is caused by damage to myelin – a fatty material that insulates nerves. In MS, the loss of myelin affects the way nerves conduct electrical impulses to and from the brain. Symptoms can include blurred vision, weak limbs, tingling sensations, unsteadiness, memory problems, and fatigue.

Most people with MS are diagnosed between the ages of 20 and 40. MS is two to three times more common in women than in men. There is no drug that can cure MS, but treatments are available which can modify the course of the disease.

The theme for World MS Day 2020-2022 is 'connections'. The MS Connections campaign is all about building community connection, self-connection and connections to quality care.

The campaign tagline is 'I Connect, We Connect' and the campaign hashtag is #MSConnections. MS Connections challenges social barriers that leave people affected by MS feeling lonely and socially isolated. It is an opportunity to advocate for better services, celebrate support networks and champion self-care.

The colour orange represents MS awareness. Another simple way to spread awareness about MS is to wear this colour throughout May. This can include an orange t-shirt, an orange rubber wristband, an **orange ribbon**, or an orange lapel pin. You can even join a bike team and ride for MS! There are different bike rides scheduled throughout the year (see link below). Let's fight MS together!

For more information or to donate, please refer to the following links:

<https://mssociety.ca/>

<https://www.nationalmssociety.org/Get-Involved/Raise-Awareness>

<https://donate.worldmsday.org/donate>

https://msspbike.donordrive.com/?language=en&gclid=EAlaIQobChMIwrvsscOW9wIVkzY4Ch1u1gqbEAAYASAAEgJTpPD_BwE