

Sound off! ✉ [editor@nmss](mailto:editor@nmss.org)

.org or write to Momentum Editor, National MS Society, 733 Third Avenue, 3rd floor, New York, NY 10017. We need your name and return address, but we won't print your name if you so request.



For a ride on a bike

I am 71 and can't walk, but am able to get on my bike with the help of straps around my lower calves to raise my feet.

To help with opening or closing doors, I loop a long bootlace around the doorknob.

Andrew Bennett, Tenn.

Cheers for PT

Thank you for the article on stretching ("Mobility Alert," Winter 2009–10). I think PT is highly underrated in its usefulness for people with MS and that doctors should prescribe it and recommend yoga. I personally recommend combining PT with massage. I knew I was tight from MS spasticity, but I had no idea how many knots I get all over because of my gait and balance issues.

Joni Mount, via e-mail

Parking problems

We received hundreds of letters on problems with parking. Here are some remedies readers use:

- I made up papers and put them on cars illegally parked. They said "You have parked in a designated handicapped parking space without a visible sticker. If this was an authority you would have been fined."

Barbara Doolittle, via e-mail

Momentum wants to know

Do you think you may have had MS as a child? Did you have mysterious symptoms before age 18? Tell us more at

nationalMSSociety.org/earllysymbols

- I purchased a bumper sticker that states: "You can have my handicap parking spot if you take my MS too."

Cindy Tiddens, via e-mail

- Someone sent me a package of cards that say, "**Stupidity is not a handicap. Park elsewhere.**" I used one once on a young woman's sports car and she apparently saw me. When I came back to my car later, it had been keyed all along the side. I had to laugh because I had to ponder who was stupid!

Ginni Fogle, via e-mail

- I usually say, "If the Federal government says I am disabled, I am. Take it up with them!" and just keep walking.

Joanne Orlando, via e-mail

If You or Someone You Know Has MS

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with MS. Talk to a health-care professional or contact the National MS Society to learn about this and other ways to help manage MS.

Address Drop, Add, or Change

Enclose your label and request in the Join the Movement envelope on page 36 or telephone us at 1-866-675-4787.



ANNE CANRIGHT/GETTY IMAGES



The safest, strongest response

Have something to write on, have a cell phone, and let the police do the confrontation.

Anne Schmitz, via e-mail

But also remember

Terri Elam's story

On a warm summer day, I saw a rowdy group of kids come flying into a handicap space, stereo blasting and tires squealing. They were all laughing, I presumed at their own cleverness. My disgust grew to the point I decided I would say something. I heard car doors slam as I turned to see the passenger in the front seat was now seated in a wheelchair. The beautiful young lady with long blonde hair seemed as normal as all the others with one clear exception. She had no legs.

Sometimes we are too quick to judge.

Terri Elam, via e-mail

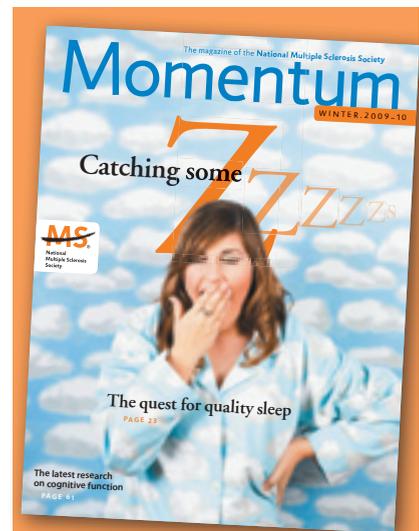
A walk down the aisle

I was diagnosed in 1982 and was told not to exercise or overdo it because of fatigue. I have always exercised and ignored that warning. My physical mobility has decreased over the years and I am now pretty dependent on a wheelchair.

However, I still exercise. When I learned my son was planning to marry, I began seeing a physical therapist and told her I wanted to walk down the aisle. With the help of exercise and FES devices (I have drop foot in both legs), I was able to walk the 90-foot aisle at my son's wedding. The entire church erupted in applause when I reached my seat.

Now I am getting a handcycle to help with stamina and cardio. People with MS do not have to sit around even if they aren't able to walk.

Proud MS Mom, via e-mail



IN A FLASH!

Momentum on the Web has every word and picture in the print edition—plus live clickable links to all Web resources. Read **Momentum** online. Instantly send us your ideas and questions. E-mail pages to someone else. Answer polls and surveys. In a flash! nationalMSSociety.org/magazine

Coming this Summer—Pediatric MS

Jade, diagnosed age 10.



It's estimated up to 10,000 children in the U.S. have MS. Diagnosis and treatment are more challenging than for adults. Read about how the Pediatric MS Centers of Excellence are making inroads into better care and meet some parents and children who are creating paths for others to follow.