



Welcome to the Multiple Sclerosis (MS) Clinic

We provide care to people with MS and their families.

What is the MS Clinic?

We provide outpatient care for people who have MS and for people who may have MS.

We work as a team to help you plan your care. We are a reliable source of information and education.

The MS Clinic in Hamilton opened in 1975. We serve a number of regions in Southern Ontario including:

- Hamilton-Wentworth
- Halton
- Niagara
- Brant
- Waterloo
- Wellington-Dufferin
- Haldimand-Norfolk

Who can go to the MS Clinic?

You need a referral to our clinic by your family doctor or another medical specialist. Your family doctor is kept informed of your progress and treatment plans.

Family members, significant others and caregivers are welcome to come with you to your clinic appointments.

Where is the MS Clinic?

The main clinic and office is at McMaster University Medical Centre, 1200 Main Street West, Hamilton, Ontario.

However, you may see a doctor or other health care provider at another Hamilton Health Sciences location such as the Hamilton General Hospital or Chedoke Hospital.

Once your appointment is booked, you will receive a letter telling you which hospital to go to for your appointment.

What can I expect at the MS Clinic?

You will learn:

- whether your diagnosis of MS is confirmed
- about ways to treat your MS
- the latest information on MS
- how to prevent complications
- how you and your family can cope with MS

Your care is based on your individual needs.

Who are the members of my health care team?

MS affects every person differently. In order to meet your unique needs, we use a team approach to your care. You and your family are important members of this team. Together we can identify your needs and design a plan of care that will meet your needs.

Here are some of the MS Clinic team members you may meet:

Team member	How they help
<p>Neurologist (a doctor who specializes in diseases of the brain and spinal cord, such as MS)</p>	<ul style="list-style-type: none"> • confirms MS diagnosis • handles ongoing symptoms and problems • starts and monitors medication • may refer you to other team members or medical specialists
<p>Physiatrist (a doctor who specializes in rehabilitation medicine)</p>	<ul style="list-style-type: none"> • works closely with your family doctor and other team members to help you manage your symptoms from MS related to: <ul style="list-style-type: none"> ✓ sexuality ✓ weakness ✓ skin care ✓ bowel and bladder control ✓ mobility ✓ cognition ✓ spasticity • helps you maintain or regain independence and improve your quality of life
<p>Nurse Coordinators</p>	<ul style="list-style-type: none"> • answers your questions about how to manage MS: <ul style="list-style-type: none"> ✓ symptoms ✓ problems or concerns ✓ medications ✓ services you may need • helps secure funding for equipment and medication • helps with financial assistance and insurance issues • provides education for you and your family
<p>Physiotherapist</p>	<ul style="list-style-type: none"> • helps you maintain or regain strength, endurance, balance, flexibility and coordination by teaching you an individualized exercise program • assesses your walking and the need for mobility aids such as a cane or walker

Team member	How they help
Secretary	<ul style="list-style-type: none">• acts as a liaison between you and the health care team• gives you information about appointments and referrals• answers your questions about the clinic
Social Worker	<ul style="list-style-type: none">• helps you and your family learn ways of coping with the changes associated with MS• arranges for support services in the community if necessary

Other things to note ...

- Your neurologist or nurse will tell you how often you should come to the MS Clinic.
- If more than one year passes between visits, you will need to be re-referred to the clinic. This is an OHIP requirement.

How can I contact the MS Clinic?

The nurses are available Monday to Friday.

The secretary is available Monday to Thursday.

Each neurologist works at the clinic a ½ day each week.

The other health care team members days and hours vary.



If you have questions or need to change an appointment, please call our secretary at:

905-521-2100, ext. 76074.

Deciding to take part in research

Research is the key to help better understand and treat MS. MS research is underway all over the world. Our clinic takes part in selected research projects. We may ask you to take part in one of these research projects. Your choice of whether or not to take part will not affect the care you receive at the clinic.

The MS Clinic in Hamilton is grateful to the Ontario Division of the Multiple Sclerosis Society for its help towards funding our clinic.

Multiple Sclerosis Society of Canada

The Multiple Sclerosis Society of Canada is a national voluntary organization. It provides a number of services including:

- ✓ supportive counselling
- ✓ self-help groups
- ✓ recreation and social programs
- ✓ education and information
- ✓ individual advocacy
- ✓ referrals to other community services
- ✓ loan or financial support of equipment such as walkers or wheelchairs
- ✓ **ASK MS** information resources centre
- ✓ holding conferences and workshops

There are MS Chapters/Units in Hamilton, Halton, Niagara, Brant, Waterloo, Wellington-Dufferin and Haldimand-Norfolk.

For the number of the Chapter/Unit nearest you call:



Hamilton, 905-527-7874



Toll Free, 1-800-268-7582