

## Complementary and alternative medicine (CAMs)



## Local contact

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[mssociety.org.uk](http://mssociety.org.uk)

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Isle of Wight

**Therapy  
Voucher  
Scheme**

MS Society IOW  
Unique Alternative Therapy  
Voucher Scheme.

# We are the MS Society

MS Society is a community of people that pool their experience, expertise and voices to drive change and help people live more positively with MS. By coming together, we can provide care, share support, collectively campaign and commission life-changing research – all of which help us face the future with more confidence.

## What is MS

Multiple sclerosis (MS) is a condition of the central nervous system. In MS, the body's immune system, attacks the nerves in the brain and spinal cord by mistake. The coating around nerve fibres (called myelin) is damaged.

We don't know the cause and we haven't yet found a cure, but research is progressing fast.

For more information visit [mssociety.org.uk](http://mssociety.org.uk)

## Facts about MS



Over **2,300,000** people around the world have MS



**100,000** of us in the UK have MS



MS affects almost **three** times as many women as men

# MSS IOW Alternative Therapy Voucher Scheme

Do you live with a MS diagnosis on the Isle of Wight ?

If so - You are eligible to request complimentary treatment vouchers from MSS IOW Group.

Upon providing us with confirmation of your diagnosis, you will be issued with the relevant quantity of vouchers, to use as payment for treatments of your choice, from our participating therapists, on a six monthly basis.

You will receive details of each practitioner and their treatments within the scheme, then its up to you to arrange appointments when , with who and where convenient.

Funds from MSS IOW charity shop / café, donations and fundraising allow this scheme to exist. It can be withdrawn at any time by group coordinators decision.

# Complementary Alternative Medicine

A group of therapies which aren't considered to be part of mainstream medical care.

There are many different types of CAMs.

Even though there is a lack of clinical evidence, this doesn't mean CAMs don't benefit some people with MS.

NICE guidelines recommend discussions with health professionals around CAMs. Some or a combination of these, may be helpful in terms of general sense of well-being, however some CAMs might be harmful, so check with GPs first.

Those with MS commonly ask about :

Acupuncture  
Massage  
Reflexology  
plus others.

The above treatments are available within our voucher scheme.

For full details and advise the MS Society produce a booklet entitled "Complementary and alternative medicine (CAMs)" available online, to order or download. Copies are available also in the MS Centre Shanklin, IOW.