Julie Roberts

Thank you to musician and singer Julie Roberts for sharing her story ("Stronger," February/March 2014; bit.ly/1gmaSPk), which is strikingly similar to thousands of people surviving and thriving with multiple sclerosis (MS). I was diagnosed in 1981, and I wholeheartedly agree with Julie: MS does NOT define us!

Also, I was encouraged to see that the American Academy of Neurology developed a new guideline for diagnosing and treating psychiatric disorders in MS. Anyone living with this disease-or close to someone who is-knows it is imperative to open the door for discussion on this topic.

> —Pat Werner Walworth, WI

Inspiring Stories

As a senior with physical impairments, I appreciated your reports on sleep, exercise, and especially the "Speak Up" essay, "What We Gain by Giving Up."

Richard Smolev accurately describes the anger which often accompanies per-



sonal incapacitation and causes us to resist that good aid which is offered to us. So it was with me, despite my knowledge of human behavior. Fortunately, I did learn to accept help and to build upon it. It significantly improved my capacity to cope with my disability.

This is a widespread problem in our large (and growing) handicapped population. Your report is most timely. Thank you.

> —Leo Shatin, Ph.D. Retired professor of clinical psychology Charlottesville, VA

The February/March 2014 issue was very inspiring. I was awed by the story of Tracy Dixon-Salazar ("A Mother's Love,"

bit.ly/1dCiAS3). For a mother (or any parent) to earn a Ph.D. to treat her daughter's seizures leaves me almost speechless. As for Richard Smolev's "Speak Up" essay about amyotrophic lateral sclerosis ("What We Gain by Giving Up," bit.ly/1caozRo): what a wonderful way of looking at his health aides. It's true: where does this compassion come from? I used to bathe my mother, but to bathe and care so thoughtfully for a stranger?

Thank you for an excellent issue. I am one of the "lucky" ones-I only have daily migraines.

> -Nancy O. Swift Toms River, NI

THE EDITOR RESPONDS: Thank you, Nancy. Sadly, we just learned that Richard Smolev passed away from complications due to amyotrophic lateral sclerosis. His essay touched many of our readers. As for daily migraines, they can be debilitating. For a complete collection of Neurology Now articles on migraine and headache, please visit bit.ly/1e2i7dg.

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LETTERS TO THE EDITOR: Correspondence for publication on this LETTERS page must include name, address, and daytime phone number, and may be edited for purposes of space and clarity. It should be e-mailed to neurologynow@lwwny.com, faxed to 646-674-6500, or mailed to 333 Seventh Ave., 19th Floor, New York, NY 10001.

PERSONAL ESSAYS: The SPEAK UP essay is a forum for people who live with neurologic conditions and those who care for them. Submissions should be kept to 600 words and sent to the addresses above.

ASK THE EXPERTS: If you have a question for a doctor to answer in our ASK THE EXPERTS department, send it to the addresses above.



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Pictures of You: Traumatic Brain Injury

Thanks for the photograph and interview with Angela Leigh Tucker in "Pictures of You."

She is an inspiration to all people. As a non-celebrity, I like reading about one of us. Please keep up that series of articles.

-Booker R. Warren

Psychiatric Disorders in Multiple Sclerosis

Thank you for the article on psychiatric disorders in MS. My brother had primary-progressive MS for the last 10 years of his life. Before this disease, he was one of the most forgiving and friendly people I have ever known. After developing MS, he began to have intense bursts of anger. As I was one of his caregivers, this hurt me. He always felt bad about it and apologized. I assumed it was due to the frustration of this active man being confined to a wheelchair. Now I wonder whether his outbursts were caused by pseudobulbar affect.

— Linda Farwell

8th Annual Neuropathy Action Awareness Day: June 11, 2014

The 8th Annual Neuropathy Action Awareness Day—brought to you by the Neuropathy Action Foundation (NAF)—will take place on Wednesday, June 11, 2014 at the InterContinental Los Angeles/Century City Hotel, 2151 Avenue of the Stars, Los Angeles, CA. The event provides an exciting opportunity for patients to interact with other patients, providers, and exhibitors. Learn how to cope with the symptoms of neuropathy, how to become a patient advocate, and much more. As in past years, there will be a celebrity speaker and a silent auction with trips, activities, events, and other fun items.

Plus, for the first time, you can participate via live broadcast. The NAF will be using the latest video live-streaming technology so that you can participate FREE of charge from wherever you are. All you need is a computer with access to the Internet! You will even be able to ask the speakers questions and receive an instant answer in real time.

To register, go to **bit.ly/1jSfBLm** or visit the NAF online at **neuropathyaction.org**.