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One Thousand Kilometers, One Thousand People, One Thousand Encouraging Messages for People Affected by Multiple Sclerosis

Results of MS Cycling Relay 2017

The Relay of Hope and Solidarity

The International Multiple Sclerosis Day, which was marked on 31 May 2017, brought much hope and solidarity to more than 1,000 people affected by this disease, patients, carers, supporters of the SM national movement. All of them also donated more than 1,000 encouraging “floral post it” messages dedicated to the MS community of Romania and from all over the world through the international MS World Day campaign initiated by the Multiple Sclerosis International Federation.

The entire MS community of Romania responded to this initiative. All these through the SM Cycling Relay, an initiative to encourage MS patients owed to three cyclists volunteers, kinetic and psychosocial recovery specialists, who started from Oradea on May 17, visiting 16 MS communities, on a route of more than a thousand kilometers, through Cluj-Napoca, Bistrita Nasaud, Reghin, Targu Mures, Miercurea Ciuc, Sfantu Gheorghe, Brasov, Sighisoara, Mediaș, Alba-Iulia, Sibiu, Calimanesti, Craiova and eventually reaching Bucharest on the International MS Day.

Here at St. Anthony's Church of Curtea Veche, the volunteers invited the MS community in Bucharest to build a 1,000 flowers park from messages gathered across the country to fulfill the underlying thought of most of these messages: seeking closeness to God, as the source of power and hope for people living a life with multiple sclerosis.





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The MS Community Reward to Campaign Participants

In every community in which the relay was received, the organizers prepared surprises for all those who offered encouraging messages to the local MS community and to MS communities all over the country.



Thus, in Oradea the organizers prepared together with the cyclists volunteers a *Cultural Bicycle Tour* led by a local architect who entertained the bicycle supporters to the life history of the city's most emblematic buildings; in Cluj, the participants were greeted with gifts from the sponsors; and, in Bistrita and in other visited communities a promenade tour on bike was organized, very much enjoyed by lovers of the outdoor activities. There were also street artistic events, modern dance, musical shows, sport demonstrations, etc.





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Bicycle with MS

The MS Cycling Relay 2017 also carried with it a special bike, "diagnosed with MS." After careful tuning in specialized shops, the MS bike simulates some of the symptoms of multiple sclerosis, such as: difficulty in balance, tingling in hands, excessive stiffness of the seat, muscle spasticity. The participants at the event were invited to test this bicycle, and those who managed to ride it for about 100m were awarded gifts.



The MS bike also made a special visit to Sanofi Romania, during an event marking the World MS Day 2017.





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#LifeWithMS

Connected to the global campaign organized for the World MS Day 2017, gathered this year under the generic title #LifeWithMS, MS Cycling Relay 2017 has spread on the social networks the messages of the Romanian community.

The campaign was aimed at encouraging people affected by this autoimmune neurological disease, often confronted with stigmatization, due to the resonance of the name of the disease, or with difficult life situations following diagnosis.



Dacă asemăn SM cu un pahar și partea goală înseamnă: oboseală, spasticitate, durere, mă uit și la partea plină, infinit mai mare și care: m-a învățat să prețuiesc și să mă bucur de fiecare zi din viață, să îmi privesc semenii cu mai multă îngaduință și dragoste, să fiu mai aproape de Dumnezeu.

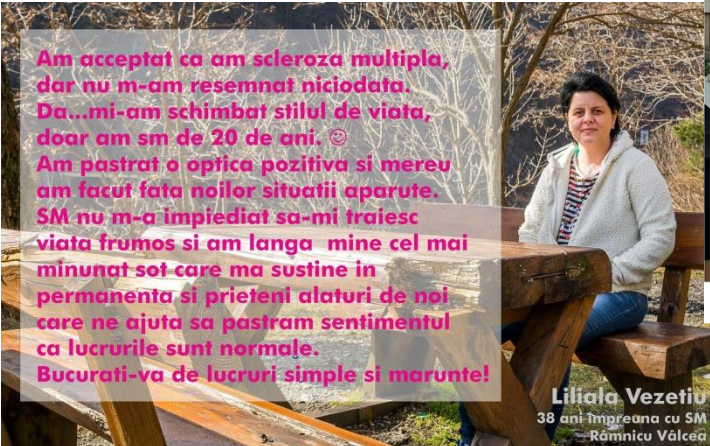
De aceea pot spune: Da, eu am SM dar Sm-ul nu mă are pe mine.

Stefania Pescaru
14 ani împreună cu SM
București

#LifewithMS



f Ștafeta Ciclista SM



Am acceptat că am scleroza multiplă, dar nu m-am resemnat niciodată. Da...mi-am schimbat stilul de viață, doar am sm de 20 de ani. ☺ Am păstrat o optică pozitivă și mereu am făcut față noilor situații aparute. SM nu m-a împiedat să-mi traiesc viața frumos și am lângă mine cel mai minunat sot care mă sustine în permanență și prieteni alături de noi care ne ajută să păstrăm sentimentul că lucrurile sunt normale. Bucurați-vă de lucruri simple și marunte!

Liliana Vezetiș
38 ani împreună cu SM
Râmnicu Vâlcea



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Îmbrățișază cu drag fiecare nouă zi începută !

Cosmina Stoica
9 ani împreună cu SM
Miercurea Ciuc

#LifewithMS

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What is World MS Day 2017

As it is presented on the official website, worldmsday.org, World MS Day was initiated in 2009 by the International Federation of Multiple Sclerosis (MSIF, msif.org) and is "a day for the global celebration of solidarity and hope in future" for people affected by this disease.



Drawing from the changing manifestations of the disease, the World MS Day has a changing date, being celebrated on the last Wednesday of May. In fact, during the month of May, a significant number of events and campaigns unite MS communities all over the world, and enable them to share life stories and make the general public aware of the life challenges for people affected with MS.

The World MS Day event calendar can be consulted at:

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

Relay Volunteers Have Provided Recovery Sessions for Patients

The three volunteers carrying the messages of encouragement, Alexander, Adina, and Robert, who are experienced specialists at the Day Care Center for the Recovery of People Affected by MS in Oradea, have offered to more than 200 people physical therapy, psychotherapy, and social counseling in group sessions or individually, to patients in isolated localities. All interested participants had free access to free functional evaluation, and to personalized recommendations on maintenance of the remaining functional ability.

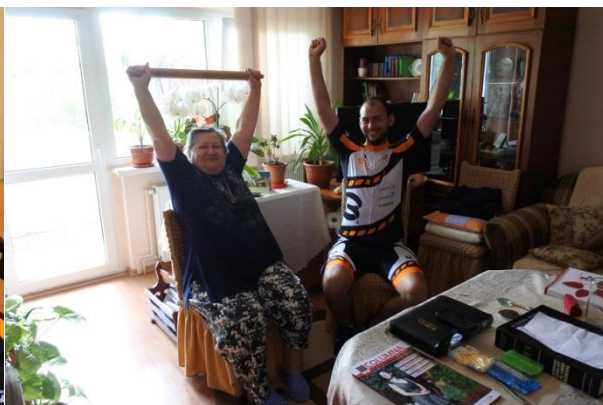




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Visits at Home, Where Hope Meets the Expectation

Whereas 3,930 of the patients affected by MS have the chance of undergoing treatment, the vast majority of the people affected by this disease for whom there is no possibility of a treatment do not even have the chance of social integration. Often condemned to wheelchair, with limited personal autonomy, they have to withdraw from the community into their homes, where, except the happy instances when the family surrounds them with much love and care, there is often unhappiness and loneliness for them.



Across the country, our relay has visited in isolated rural localities, or even in urban communities, several sick people isolated at home as a result of disease and life conditions. Volunteers offered individual counseling, psychological and social recovery through physical therapy, and especially brought joy and hope into the hearts of those who are longing for attention and genuine affection from people around.





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Book Launch for Patients

"Coordination, control, balance in multiple sclerosis, kinetoterapeutical approach" is the title of a new kinetotherapy handbook by Dorina Ianc and Monica Elena (Reștea) Mierluț for MS patients wishing to be guided into extra recovery workouts in the privacy of their homes.

**ASOCIAȚIA DE SCLEROZĂ MULTIPLĂ DIN ROMÂNIA
FUNDAȚIA DE SCLEROZĂ MULTIPLĂ BIHOR**

**Dorina Ianc/
Monica Elena (Reștea) Mierluț**
**Coordonare, control, echilibru
în scleroza multiplă
abordare kinetoterapeutică**

Colecția InfoSM/kinetoterapie

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Lansare de carte
eveniment realizat
în cadrul campaniei
Ștafeta Ciclistă SM 2017

Alba-Iulia
25 mai 2017

Sibiu
26 mai 2017

București
31 mai 2017

publicația oferită gratuit pentru
persoanele afectate de SM
comenzi la: centru@sclerozamultipla.ro

In 2009, in the same collections, we published the first kinetotherapy guide for people with multiple sclerosis, a guide by Laura Moldovan, kinetotherapist at the Recovery center for people affected by MS in Oradea. This new editorial issue, made in collaboration with Oradea University and based on the research work carried out in the same recovery center, makes a significant contribution to the physical therapy recovery, as it helps the reader, patient or therapist, to improve three recovery goals: control, coordination, and balance, all of which are of paramount importance in evidencing progress in recovery.

Dorina Ianc is a kinetotherapist with over 20 years of university activity. As a university lecturer at the University of Oradea, the Department of Physical Education, Sport and Physical Therapy, she has published numerous specialized articles, being also the author and co-author of six scientific papers published both in Romania and abroad. Being the director of the Oradea University Human Performance Research Center, she has initiated a research project on kinetotherapy recovery in multiple sclerosis, a project concluded with this handbook.



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Monica Elena (Reștea) Mierluț is a physio-kineto therapist with five years of experience in the recovery center for patients with multiple sclerosis of Oradea managed by the Bihor Multiple Sclerosis Foundation. She has worked here with over 100 people affected by this disease and has organized continuous education sessions in seminars and conferences for patients and caregivers.

The handbook was launched during the MS Cycling Relay in Alba-Iulia, Sibiu, Craiova, and Bucharest, where the first home delivery orders have already been received. This handbook is offered free of charge to patients affected by multiple sclerosis.





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Support to people with MS

The Association of Multiple Sclerosis of Romania, the organizer of this campaign, together with its partners, local patient organizations and patient federations to which the organization is affiliated, provides early information, counseling and support to all affected patients in Romania. This is done through local groups or associations developed by the organization in 20 counties. Members can participate in the regular meetings which also enable them to develop a personal social network, share experience, and provide mutual encouragement.

Additionally, in Oradea and in Alba-Iulia long-term recovery services are provided at the day center and at the community service center developed by the patients' national movement.

Currently, 12 specialized medical centers are available for treatment, including the Oradea County Hospital starting with 1 April 2017, under the coordination of Dr. Monica Sabău, who attended with her entire team of specialists, together with the patients, our "MS Cycling Relay" Campaign. In these centers, out of a total of over 10,000 people affected by MS in Romania, 3,930 patients are being treated through the National treatment Program.



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The full list of these centers and the terms under which treatment is granted can be found at:
<http://www.cnas.ro/page/program-national-de-tratament-al-bolilor-neurologice.html>

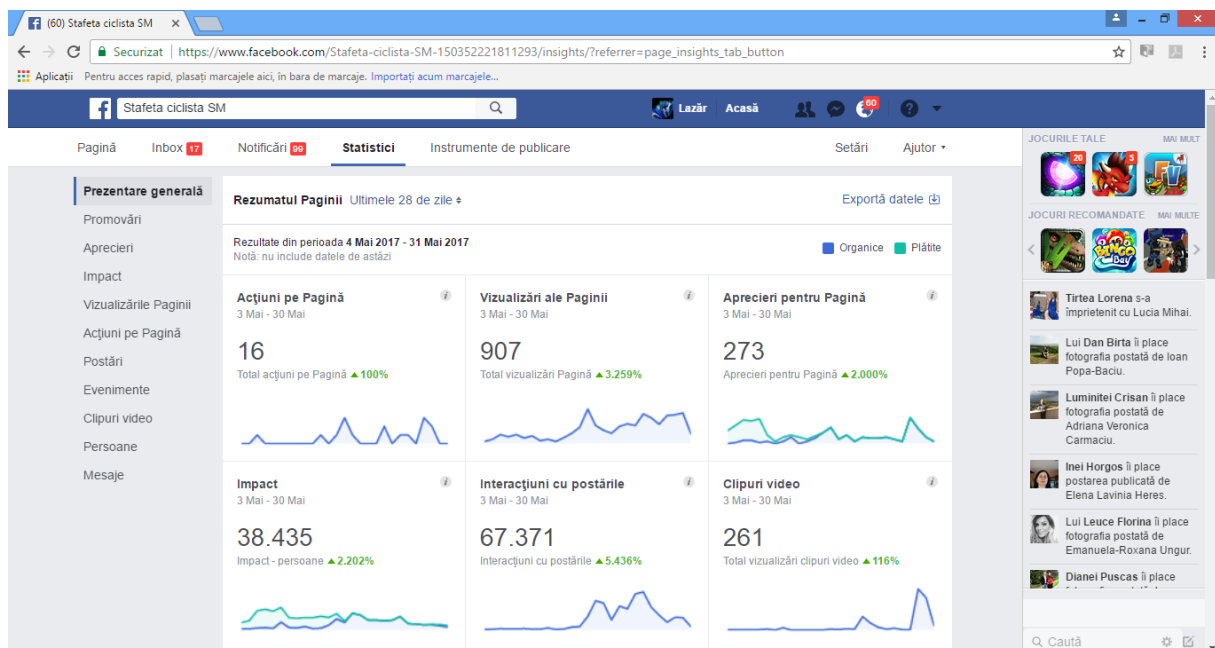
Additional details on the disease, the related campaign, and the national MS patients' movement can be found at: www.sclerozmultipla.ro



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MS Cycling Relay 2017 in data and photos:

- About 1,000 collected messages;
- About 1,000 participants in the national campaign, people affected by MS, supporters and sponsors;
- Over 20 group and individual sessions of kinetotherapy;
- Over 20 group and individual sessions of psychotherapy;
- More than 60 press materials published in the local and national press from 1 to 31 May 2017;
- Over 15,000 views in the social media;
- 1,000 guides in kinetotherapy printed and ready for release
- 16 patient groups involved in the campaign, from as many localities;
- More than 20 persons affected by MS in Romania involved in the coordination team;
- Facebook impact of over 38,000 people
- Over 67,000 interactions with facebook posts



Articles in the Expenditure Budget of the event:

- Board and accommodation for the national relay team
- Fuel for the assistance vehicle
- Activity materials
- Expenditure for meetings with patient groups (protocole)



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Media results:

Location	Data	1	2	4	3
Oradea	17 mai	Crisana	JB	JB2	Digi24
		Bihon	ziare	O-online	evenimente
		evensi	Vinsieu.ro	Umblat.ro	Stiriziare.ro
		Stirilocal24	Oradea.ro	Oradeamagazin	Ziarelive.ro
Cluj-Napoca	18 mai	Radio Cluj	Cotidian Tr	ilikecluj	wherevent
		CotidianulTr	Umblat.ro	allevents	
Bistrița	19-20 mai	ObservatorBN	RadioTransilv	RadioTransilv2	ziarultineret
		BistritaNews	Timponline	Portalziare	
Reghin	21 mai	JurnalReghin			
Târgu Mureș	21 mai				
Miercurea Ciuc	22 mai				
Sfântu Gheorghe	23 mai	covasnamedia	StiriAZ	3szek.ro	Hirmondo
		sepsiradio.ro			
Brașov	23 mai				
Sighișoara	24 mai				
Mediaș	24 mai	Mircea	Sibiu100%	NovaTV	RadioMedias
Alba-Iulia	25 mai	Unirea	Alba24	Transilvania24	Infoalba
		presaonline	Diacaf	ziarelive	Romania24
		Ziarepenet	RevistadAlba	IndexStiri	Stirilazi
		RadioCluj	Urbeamea.ro		
Sibiu	26 mai				
Călimănești (Vâlcea)	27 mai				
Craiova	28 mai	Gazeta Sud	TVRCraiova		
București	29 mai	medicalmanag			
București	30 mai	News.ro	TrinitasTV	RadioRomania	SanatateaTV
București	31 mai	Acasa.ro	Scoalapacien		
Alte localități		Buzău	Iasi		
International		MSIF			
Pagini web		Speromax	ASMR	SMile	
Pagina Facebook		StafetaCiclista			



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Event photo album:

Event location	data	1	2	3	4	5
Oradea	17 mai	Oradea				
Cluj-Napoca	18 mai	Cluj				
Bistrița	19-20 mai	Workshop1	Workshop2	Wokshop3	Ștafeta	Spectacol
Reghin	21 mai	Reghin	Drum			
Târgu Mureș	21 mai	Continental	Domiciliu			
Miercurea Ciuc	22 mai	Ciuc				
Sfântu Gheorghe	23 mai	Parc				
Brașov	23 mai	Brașov	Centru			
Sighișoara	24 mai	Sighișoara				
Mediaș	24 mai	Mediaș				
Alba-Iulia	25 mai	Cetate	Lansare			
Sibiu	26 mai	Sibiu				
Călimănești (Vâlcea)	27 mai	Călimănești				
Craiova	28 mai	Craiova				
București	31 mai	Sf.Anton	Domiciliu	Ibis		Manuc

Thanks to event partners:

Asociația SM Speromax Alba

Asociația SM Bistrița

Fundația SM Bihor

Asociația SM București

Asociația Centrul Smile Cluj

Asociația SM Dolj

Asociația SM Vâlcea

Coaliția Organizațiilor Pacienților cu Afecțiuni Cronice din România (COPAC)

Federația Filantropia

Cluburile Impact Oradea

Asociația Green Revolution România

Episcopia Ortodoxă a Oradiei

Mitropolia Ardealului



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TZ Dance
Benedek Margit
Gyuricza Aniko
Andras Istvan

Media partners:

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JURNAL BIHOREAN
TRINITAS TV
NEWS.RO
HÁROMSZÉK
HÍRMONDÓ
OBSERVATORUL DE COVASNA
SEPSIRÁDIÓ

Event team members:

Ștefania Pescariu – președinte ASMR,
București
Dragoș Zaharia, Alba
Preda Alex, Alba
Cristina Bungărdean, Bistrița
Loredana Dombrea, Bistrița
Florin Pinte, Bistrița
Georgeta Olimpia Răduțiu, Cluj
Zoltan Opreșan, Cluj
Urs Cecilia, Cluj
Stanca Potra, Cluj
Claudia Manoliu, Mureș
Emilia Rusu, Reghin
Cosmina Stoica, Harghita
Jozsef Kovari, Covasna
Kinga-Krisztina Kovari, Covasna
Benedek Margit, Covasna
Gyuricza Aniko, Covasna
Rodica Carapalea, Brașov
Liliana Vezetiu, Vâlcea
Cătălin Vezetiu, Vâlcea
Elena Niculicioiu, Vâlcea
Camelia Babeș, Dolj
Andreea Enea, Dolj
Gelu Gaja, București
Mitică Manea, București
Mariana Drăghici, București
Laurențiu Lazăr

Event volunteers:

Adina Petruș
Alexander Popescu
Robert Beșe
Claudia Torje
Lorena Țirtea





ziua mondială SM
31 mai 2017

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Trei voluntari și un început de drum alături de bicicleta cu SM

ziua mondială SM
31 mai 2017

"Mobilizează și unește oameni"

17 mai 18 mai 19-20 mai 21 mai 21 mai 22 mai 22 mai 23 mai

Oradea ✱ Cluj-Napoca ✱ Bistrița ✱ Reghin ✱ Târgu Mureș ✱ Piatra Neamț ✱ Miercurea Ciuc ✱ Sf. Gheorghe

✱ Brașov ✱ Sighișoara ✱ Mediaș ✱ Alba Iulia ✱ Sibiu ✱ Călimănești ✱ Craiova ✱ București

23 mai 24 mai 24 mai 25 mai 26 mai 27 mai 28 mai 29-31 mai

Organizatori naționali:

✱ Asociația de Scleroză Multiplă din România

Organizatori locali:

Oradea: Fundația de Scleroză Multiplă Bihor, Asociația Filantropia Oradea; Cluj-Napoca: Asociația SM Smile; Bistrița: Asociația de Scleroză Multiplă Bistrița; Alba-Iulia: Asociația Speromax Alba; Sibiu: Asociația SM Sibiu; Călimănești: Asociația SM Vâlcea; Craiova: Asociația SM Craiova; București: Asociația de Scleroză Multiplă din România;

Sponsori și colaboratori:

#LifewithMS

Campanie conectată internațional

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