



Enjoy Your Monthly *PVA Post* Newsletter!

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MS AWARENESS MONTH

1 IN 4 PVA MEMBERS LIVE WITH MULTIPLE SCLEROSIS

March is MS (Multiple Sclerosis) Awareness Month. MS is a progressive autoimmune disorder that attacks the nervous system, including the brain, spine and optic nerves, and can lead to pain, fatigue, paralysis and blindness. There is no cure, and many people with MS end up using a wheelchair due to their decreased mobility.

Every year, 30,000 Veterans are diagnosed with MS.

If you, or a Veteran you know has been diagnosed, check out resources on PVA's [website](#) and the [National MS Society website](#). MS can be a scary diagnosis, but you are not alone.

SEE HOW PVA IS HELPING VETS WITH MS

FEATURED HERO STORY

MEET TONY

U.S. NAVY VETERAN



U.S. Navy Veteran Tony was stationed in Bahrain when he first started experiencing weakness and fatigue. At the time, he blamed it on the desert heat, but as his symptoms progressed to tingling in his left hand, he knew that it was something more serious and eventually he was diagnosed with MS. Tony refused to give up. Read how PVA helped Tony thrive on our [website](#).

READ TONY'S STORY

PVA IN ACTION



FRED DOWNS

PURPLE HEART RECIPIENT

**PVA PROSTHETICS
CONSULTANT**

In honor of Vietnam Veterans Day coming up on March 29, we spoke with Fred Downs, a decorated Vietnam Veteran and Purple Heart recipient. After an illustrious military career, Fred dedicated himself to advocating for other disabled Veterans (he now works at PVA, as a prosthetics consultant). Read his incredible story on our [website](#), or listen to the audio version on [Soundcloud](#).

LISTEN TO THE INTERVIEW

PVA IN THE NEWS



[Flying with an injury? You can get help at the airport](#) (Washington Post)

PVA Associate Executive Director of Government Relations, Heather Ansley, advises passengers with disabilities and injuries on the importance of contacting an airline ahead of a flight.



'It saved my life': Veterans praise wheelchair rugby at PVA's annual Raleigh tournament (CBS 17)

CBS 17 highlights the impact of the Wheelchair Rugby Invitational on the lives of the Veterans who participate.



'The impact this place has had on my life is immense': Paralyzed Army vet finds peace, happiness through PVA (KMTV)

This article discusses how Army Veteran Chris Parnell was able to find a sense of purpose through the PVA's Great Plains chapter and preparing for the National Veterans Wheelchair Games.

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