



Transverse Myelitis Scotland Support Group

The group is affiliated with the worldwide organisation **The Transverse Myelitis Association (TMA)**.

Established in 2003, we have over 70 members in Scotland and meet bi month in the Southern General Hospital. Dates of our meetings are posted on the TMA website www.myelitis.org then click on the St. Andrews Flag.

The best information about TM is found on the website, of which this page is a part. TMA information includes scientific and medical articles about TM and related conditions (ADEM, Devic's Disease or NMO, Optic Neuritis), their causes, diagnosis and treatments. Other information includes: Frequently Asked Questions, articles with advice on symptom management (e.g. chronic pain, continence, and depression), video presentations from Symposiums, internet forums for members and further contacts.

The charitable objects for which the Scotland group is established are to:

- Provide information and support to those with Transverse Myelitis and related conditions (ADEM, Devic's Disease or NMO, Optic Neuritis) and to their carers, friends and families.
- Promote awareness to the public and professional sector about the conditions.
- Facilitate and support networking opportunities among members who are striving to ensure that the need for research is paramount to understanding correct diagnosis and causes.

Membership of the group is open to all patients with TM and its associated conditions living in Scotland and to their families, carers and friends. The group is a member of The Neurological Alliance of Scotland, Long Term Conditions Alliance Scotland, registered with The Towpath Trust and NHS24.

New members should click 'Become a Member' on the homepage of the website www.myelitis.org Your details will be forwarded from the TMA to the group leader from whom you will receive regular updates, contact details of other members and meeting notes, etc. All new members will receive an Information Pack by post, and then subsequent TMA publications: the TMA Journal (once per annum) and TMA Newsletters (twice per annum), by email or by post, if requested. There are no membership subscriptions so donations are welcome to cover costs of providing information.

For more information please contact Margaret Shearer tel no. 01292 476758 or email margaretshearer@myelitis.org

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