

MANAGING BOWEL AND BLADDER SYMPTOMS WITH MS

This virtual program provides an overview of how multiple sclerosis (MS) impacts bladder and bowel function. The objective is to offer professional guidance and evidence-based interventions for managing bladder and bowel dysfunction symptoms in individuals with MS.

Sofie Rogado is a Registered Nurse with over 25 years of experience. She became the MS Program Lead Nurse at the Dignity Health MS Clinic under Dr. John Schafer in 2013, focusing on the care and education of patients living with MS. As the John A. Schafer, MD Multiple Sclerosis Achievement Center Nurse Navigator, she educates patients on disease management and helps them navigate the healthcare system. Sofie's philosophy is that better understanding of a diagnosis empowers patients and families to maintain health and improve quality of life.

Tuesday, May 26, 2026

12:30pm - 1:30pm PDT

Registration is required and a ZOOM link will be emailed to registrants. This will not be recorded.

Space is limited.

*Please register by **May 20th.***



To register, contact: 916.453.7966 or
Melissa.Watkins901@commonspirit.org

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