

Selma Blair Just Shared A Health Update On MS Treatments And Photo From The Hospital On Instagram

"I can walk much better."

BY **JENNIFER NIED** AUG 23, 2019



- ▶ *Selma Blair posted a photo of herself testing makeup and contouring her nose in the hospital.*
- ▶ *She shared a health update from her stem cell treatments for multiple sclerosis and hospital stay in Chicago.*
- ▶ *Selma adds she is 'improving' after being diagnosed with the autoimmune disease in 2018.*

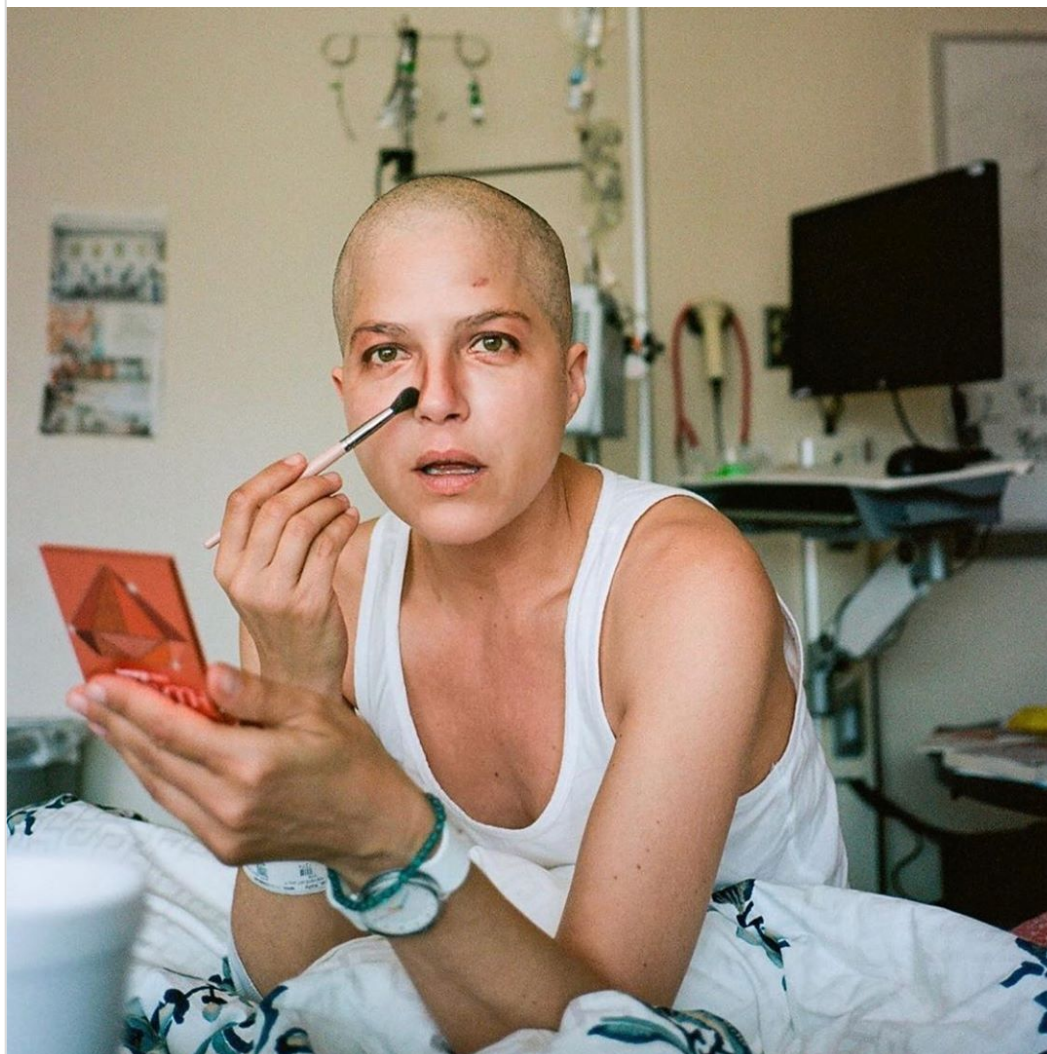
Selma Blair continues to mix humor with serious health updates. Since she was diagnosed with multiple sclerosis last year, she has been sharing the ups and downs of her MS treatment, and lately that includes many squares filled with laughter and goofy antics.

In a new update, Selma shares a #FBF photo on Instagram of herself testing makeup trends. She starts off in the caption: "When I was in the hospital in Chicago , @arttavee and @carolyngriffin came bearing gifts. (my all time favorite @patmcgrathreal eyeliner, I will never go without now 💋) I got to play with wigs and makeup and we laughed at my horrendous application of contour. Seen here. Days and days of the same. And then the laughter. Thank you friends ❤️ ."

Yet another technique, like wearing wigs, that looks a lot easier on screen than IRL. Selma shares that she's been doing a lot more than playing around with cosmetics. She has undergone stem cell treatments for MS. She also added a new geotag to the snap, Northwestern Memorial Hospital in Chicago, explaining more of where she's been away this summer.

**selmablair**

Northwestern Memorial Hospital

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When I was in the hospital in Chicago , @arttavee and @carolynggriffin came bearing gifts. (my all time favorite @patmcgrathreal eyeliner, I will never go without now 🍷) I got to play with wigs and makeup and we laughed at my horrendous application of contour. Seen here. Days and days of the same. And then the laughter. Thank you friends ❤️ . I am improving due to #hsct #drburt. Thanks to @jennifer_grey and my sister both sharing their hope for me. I can walk much better. I am swollen and joints are in pain. My eyes still don't focus. Chemo and other high dose drugs come at a price. I need to start physical therapy and get moving more. It will feel better. The beginning is hard. Remember. Sending love to you all. 📧 @creativerehabnyc. #contourqueen #fbf #hudabeauty

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Selma shared in the caption: "I am improving due to #hsct #drburt. Thanks to @jennifer_grey and my sister both sharing their hope for me. I can walk much better. I am swollen and joints are in pain. My eyes still don't focus. Chemo and other high dose drugs come at a price." She also replied in a comment, "The high doses for transplant are harder now than when getting them. Body in shock."

The hashtag #hsct stands for hematopoietic stem cell transplantation, which is an FDA-approved treatment that helps reboot the immune system and combat active relapsing MS, according to the [National Multiple Sclerosis Society](#). The stem cells, which are blood cell-producing, come from the patient's bone marrow or blood.

First, the stem cells are collected and stored. Next comes chemotherapy drugs, which deplete the immune system. Then, the stored hematopoietic stem cells are reintroduced to the body. The new stem cells help restore the immune system over time. Dr. Richard Burt, MD, chief of Immunotherapy and Autoimmune Diseases in the Department of Medicine at [Northwestern](#), is lead author of a preliminary trial of the treatment and calls it a win-win.

[Selma](#) shares more about what the future treatment looks like. "I need to start physical therapy and get moving more," she continues. "It will feel better. The beginning is hard. Remember. Sending love to you all."

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