

Top Ten Publications

There is nothing like the Internet, but many people prefer to obtain new information on paper. The following reviews have been developed by the CMSC.

1. Multiple Sclerosis: A Self-Care Guide To Wellness, 2nd ed., by NJ Holland and J Halper.

New York, NY. Demos Medical Publishing, LLC, 2005. Covers a broad spectrum of topics related to MS and its effects. Practical tips on self-care are designed to promote maximum independence, well-being, and productivity.

2. Complementary and Alternative Medicine and Multiple Sclerosis, 2nd ed., by AC Bowling. New York, NY. Demos Medical Publishing, LLC, 2007.

Accurate and unbiased information on a wide range of complementary and alternative medicine (CAM) approaches that can aid both in symptom management and general health and wellness.

3. Managing the Symptoms of Multiple Sclerosis,

5th ed., by RT Schapiro. New York, NY. Demos Medical Publishing, LLC, 2007. With helpful illustrations, this book explores every symptom of MS and discusses clinically tested methods to effectively manage each.

4. Multiple Sclerosis: The Questions You Have—The Answers You Need, 4th ed., by RC Kalb. New York, NY. Demos Medical Publishing, LLC,

2008. The definitive guide for everyone concerned with this condition—those who have MS, those who share their lives with someone who has it, and all healthcare professionals involved with its management.

5. Multiple Sclerosis: 300 Tips for Making Life Easier, 2nd ed., by SP Schwartz. New York, NY.

Demos Medical Publishing, LLC, 2006. Contains tips, techniques, and shortcuts to help MS patients organize and simplify their lives.

6. Multiple Sclerosis: A Guide for Families,

3rd ed., by RC Kalb. New York, NY. Demos Medical Publishing, LLC, 2006. A highly readable guide for families living with MS that addresses the emotional and financial effects of the condition. Offers ways to strengthen coping skills and strategies for solving family issues.

7. Yoga and Multiple Sclerosis: A Journey to Health and Healing, by LM Fishman. Demos Medical Publishing, LLC, 2007. A comprehensive guide to

applying the principles of yoga to the management of MS. Different yoga poses that combat fatigue, reduce spasticity, and increase range of motion are included and illustrated.

8. Employment Issues and Multiple Sclerosis,

2nd ed., by PD Rumrill, M Hennessey, and SW Nissen. New York, NY. Demos Medical Publishing, LLC, 2008. A must read for any person with MS who has a question regarding employment and disability. Covers everything from vocational rehabilitation to job placement.

9. Multiple Sclerosis Sourcebook, 1st ed., by JB Shannon. Detroit, MI. Omnigraphics, 2007. An excellent

resource covering an array of topics, including nutrition and exercise guidelines and tips on choosing assistive equipment. Information about disability, financial, and legal issues is included, along with a glossary and directory of resources.

10. MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis, 1st ed.,

by A Shadday. Alameda, CA. Hunter House, 2006. Psychotherapist and MS patient Allison Shadday offers readers effective strategies for coping with the psychological trauma of MS. Using patient success stories to illustrate her step-by-step coping strategies, she offers readers hope, inspiration, and validation.

essential elements

MS Hot Topics and Resources



THE CONSORTIUM OF
MULTIPLE SCLEROSIS CENTERS

Hot MS *Topics and Resources*

Top Ten Tips for **Daily Living**

Right now, you are new to the world of MS and it is likely that you do not know anyone else with it. But the community includes more than 2 million people with MS worldwide and expands to at least double that when you consider the health professionals and caregivers in the MS community at large. With all this experience, there are some sure-fire tips that may help you as you start your journey to wellness with MS.

Top Ten Tips for Daily Living

MS expert June Halper is a certified adult nurse practitioner who has specialized in multiple sclerosis since 1978. She is the founding director of the International Organization of MS Nurses (IOMSN), and executive director of the Consortium of Multiple Sclerosis Centers (CMSC). She offers the following tips for living well with MS:

1. Seek help and support when you need it.

For example, contact the National Multiple Sclerosis Society (NMSS), the Multiple Sclerosis Association of America (MSAA), or the MS Foundation (MSF) to find out about services and support groups. These groups are dedicated to helping all those affected by MS and can tell you about current research and treatments that will help you keep a positive attitude.

2. Keep working. If you choose not to work full time, it does not mean an end to productivity. Whether your contribution is time, skills, funds, or ideas, you can make a big difference. Try charity work, consulting, or even teaching classes.

3. Focus on your individual quality of life. Spend time doing something that you never had a chance to do. For example, read poetry; a poem can change your mood and give you a boost of mental energy. Listen to your favorite music, or rent a movie or comedy collection and watch it during the day.

4. Continue lifelong learning. Look through books at the library and online resources for information, agencies, and organizations that can help you to meet your personal life challenges.

5. Do not make MS your career. Let yourself relax and even forget that you have MS; you'll rejuvenate yourself and feel stronger for the week ahead. Go out with your family, children, or a favorite friend.

6. Pursue your lifelong dreams. For example, if you want to have children, your MS usually will not affect your chances for a healthy pregnancy and a healthy baby.

7. Keep a log or diary if you are experiencing new symptoms or trying a new medication. The **Essential Elements Daily Journal** is designed for this. If you do not write them down, you will only remember the symptoms you are feeling on the day you are at your doctor's office.

8. Learn all about your insurance coverage, so that you will have access to the treatment and therapy you need and get reimbursed properly.

9. Arrange your home for convenience. Even fairly simple changes to your home and workspace can help you conserve energy, be more efficient in your daily tasks, and avoid dangerous falls.

10. Make simple changes in your diet, and increase your level of physical activity. Both will create a strong foundation for you to fight MS in the years to come.

Top Ten Web Sites

The Internet is a great source to start learning about MS, keeping up with new treatment options as they are approved, and staying current on the latest developments in research.

Be aware, however, that not all Web sites about MS are medically accurate, so be careful to check out any new information you obtain with your physician or nurse. **The Health On the Net Foundation (HON)** issued a code of conduct (HONcode) for medical and health Web sites, verifying the usefulness of medical information on the Internet. To check if the Web site follows the HONcode for medical accuracy, go to www.hon.ch.

Here are some top picks for reliable places to start learning more:

1. National Multiple Sclerosis Society

www.nmss.org

The NMSS organizes a wide range of programs that support the newly diagnosed. The Web site features videos, a send-to-friend feature, easy ways to volunteer and participate in MS walks or bike events, and user-generated personal stories.

2. Multiple Sclerosis Association of America

www.msassociation.org

The MSAA is dedicated to enriching the quality of life for everyone affected by MS. The Web site offers information about MS, programs and services, a list of publications, and much more.

3. National Institute of Neurological Disorders and Stroke

www.ninds.nih.gov

Provides an information page about MS that includes comprehensive information about available treatments including conventional as well as complementary and alternative medicine, clinical trials, organizations, and related NINDS publications and information.

4. International MS Support Foundation

www.msnews.org

The IMSSF provides a support network for people with MS, their families, friends, and physicians. The Web site provides educational programs on research, clinical trials, and treatments from specialists and research centers throughout the world.

5. Multiple Sclerosis Foundation

www.msfacts.org

MSF helps people with MS maintain health and well-being. The Web site offers programming and support for helping people with MS stay self-sufficient and keep their homes safe; it also provides educational programs to heighten public awareness and promote understanding.

6. The Consortium of Multiple Sclerosis Centers

www.ms-care.org

Rich with resources, this Web site includes daily research news updates, downloadable podcasts, clinical trial information, professional medical slide presentations, links to the *International Journal of MS Care*, and more.

7. MSWorld: Patients Helping Patients

www.ms-world.org

The primary mission of MSWorld, Inc. is to end the isolation that people feel when diagnosed with MS. MSWorld offers chats, message boards, a resource center, an online magazine, and a community of people who can share your daily challenges.

8. This Is MS

www.thisisms.com

This is an unbiased, unaffiliated site dedicated to helping readers stay on top of MS research and treatment. The Web site includes information on MS drugs in development, clinical trials, discussion forums, and the ability to create an online journal of your own.

9. PatientsLikeMe

www.patientslikeme.com

PatientsLikeMe is the leading online community for people with life-changing conditions. Currently the site has 10,000 members sharing their experiences with MS.

10. Well Spouse Association

www.wellspouse.org

The Well Spouse mission is to provide emotional peer-to-peer support to the wives, husbands, partners, and caregivers of people with chronic conditions. Members can share their thoughts and feelings openly with others facing similar circumstances in a supportive, nonjudgmental environment.