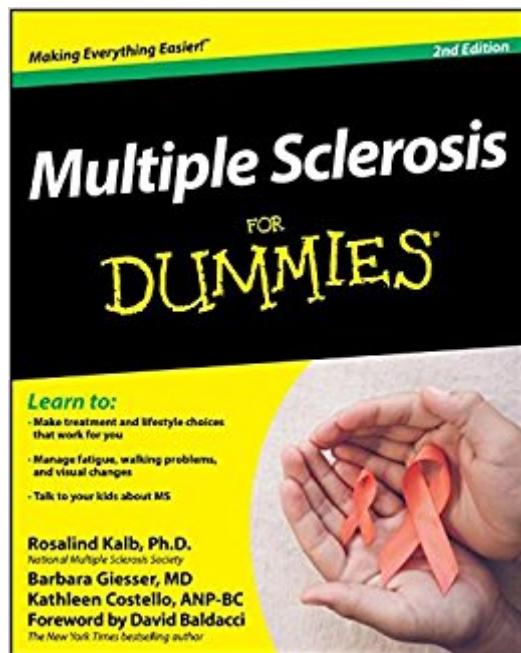


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# Multiple Sclerosis For Dummies



## Synopsis

Your trusted, compassionate guide to living with MS Being diagnosed with multiple sclerosis (MS) doesn't mean your life is over. Everyone's MS is different and no one can predict exactly what yours will be like. The fact is, lots of people live their lives with MS without making a full-time job of it. *Multiple Sclerosis For Dummies* gives you accessible, easy-to-understand information about what happens with MS—what kinds of symptoms it can cause, how it can affect your life at home and at work, what you can do to feel and function better, and how you can protect yourself and your family against the long-term unpredictability of the disease. You'll learn how to make treatment and lifestyle choices that work for you, what qualities to look for in a neurologist and the rest of your healthcare team, how to manage fatigue, the pros and cons of alternative medicine, why and how to talk to your kids about MS, stress management strategies, your rights under the Americans with Disabilities act, and so much more. Covers major medical breakthroughs that slow the progression of the disease and improve quality of life for those living with MS Helps those affected by MS and their family members understand the disease and the latest treatment options Helpful and trusted advice on coping with physical, mental, emotional, and financial aspects of MS Complete with listings of valuable resources such as other books, websites, and community agencies and organizations that you can tap for information or assistance, *Multiple Sclerosis For Dummies* gives you everything you need to make educated choices and comfortable decisions about living with MS.

## Book Information

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## Customer Reviews

Learn to: Make treatment and lifestyle choices that work for you Manage fatigue, walking problems, and visual changes Talk to your kids about MS Take charge of your MS and live a full, active life Need to know more about MS? This friendly, authoritative guide gives you expert advice on making personal treatment choices, managing symptoms, staying healthy, and maximizing your health insurance options ; as well as knowing how to deal with relapses and complications so you can keep your life on track. You have MS: now what? ; understand your diagnosis, get a handle on your feelings, and get to know the treatment options and healthcare professionals that can help Get a game plan ; develop immediate and long-term strategies for slowing disease activity, dealing with relapses, and managing symptoms Here's to your health ; find out how to take care of yourself with a balanced diet, the right kind of exercise, restful sleep, and stress management techniques Make it personal ; discover how to manage lifestyle issues with MS, from keeping the family rhythm going after diagnosis to building and maintaining healthy relationships Plan for the future ; get helpful, sensitive advice on facing scary "what-ifs" and making effective plans for an unpredictable future Open the book and find: The latest on medications and treatment options Tips on managing mood changes, memory problems, bladder challenges, and more Possible MS triggers Ways to keep daily life on track Considerations for complementary and alternative medicine Stress management strategies that work for you. How to explain MS to others Planning a family around your MS

Rosalind Kalb, Ph.D., Barbara Giesser, MD, and Kathleen Costello, ANP-BC, have over 80 years' combined professional experience in working with people living with multiple sclerosis. For each of them, MS was, is, and will be their chosen career.

Recently diagnosed with multiple sclerosis, my daughter was given a copy of *Multiple Sclerosis For Dummies* at the clinic. I purchased the book to learn more about the disease she is enduring and, the issues and, problems she is encountering in her every day life. As she lives in Alaska and, I live in Missouri this book has become a connection between us. I am extremely grateful to have the enormous wealth of information contained within and, I believe it will assist her in holding fast the confidence and, pride in herself she always maintained. The book is well written by professionals with advisement from experts in multiple related fields. It is all inclusive of the many facets of this unique accumulation of difficulties related to the disease, addressing each issue as a possibility and, sometimes a probability of what the holder is dealing with in each particular situation or case. Both factual and, well connected throughout by reference to other related information within, the

book is the helping hand all multiple sclerosis patients would benefit from. This is a must have.

I bought the updated version of this book because I bought the older version when I was originally diagnosed. I was looking for new information. I still pull out the book to look for answers for various things going on with my body. I often wonder if something going on is MS related or non MS related. The newer book does have new information. Since I bought the first one, there has been headway made in research and medicine development. Great book for the newly diagnosed, or even someone who's been diagnosed for a while.

I bought this book for my son who has MS. He has had it for 10 years. He needed information on how the disease progresses. He told me this book is for someone who is newly diagnosed. He said it is OK but it was too basic for what he wanted. So for anyone who is newly diagnosed it is a very good book.

It was kinda scary. I was diagnosed 3 months ago with MS. That was the 3rd For Dummies book I've read. I am 55 yrs old and still feel I have a lot of life to live. I may have MS but MS doesn't have me.

very good book, I think it would be easier to have this book as a book in hand not on your Kindle

This book may be one of the best books on the subject of MS in existence. It doesn't waste time on hundreds of meaningless case studies and horror stories. Instead, it gives excellent descriptions of symptoms, definition of terms, and clear explanations of what to expect. Every MS patient should have this book, especially if they are newly diagnosed.

Good basic overview of MS. A good starting point for understanding MS and providing other resources for more in depth review.

a family member has the disease recently diagnosed.....all the scary stories you hear..well this is the "real deal" in explaining the disease and the different types ..a great reference! This is one book used by the MS Society.

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