National
Multiple Sclerosis
Society
Upstate New York
Chapter

Literature Request Form

If you would like to receive any of the National Multiple Sclerosis Society (NMSS) health related materials, please check those you would like and return this form with your name and address.

- ☐ Program Brochure
- ☐ Just the Facts: FAQ's about MS and the National MS Society
- ☐ What is Multiple Sclerosis?
- ☐ Living with MS
- ☐ "But You Look So Good!"
- ☐ The Disease Modifying Drugs
- ☐ So You Have Progressive MS?
- ☐ Managing Progressive MS
- ☐ Research Directions in MS
- ☐ Managing MS through Rehabilitation
- ☐ At Home with MS: Adapting your Environment
- ☐ Taming Stress in Multiple Sclerosis
- ☐ Exercise as Part of Everyday Life
- ☐ Food for Thought
- ☐ Vitamins, Minerals, and Herbs in MS: An Introduction
- ☐ Clear Thinking About Alternative Therapies
- ☐ Multiple Sclerosis and Your Emotions
- ☐ Depression and Multiple Sclerosis
- ☐ Controlling Spasticity
- ☐ MS and Intimacy
- ☐ Urinary Dysfunction and MS
- ☐ The Win-Win Approach to Reasonable Accommodations
- ☐ Solving Cognitive Problems
- ☐ Fatigue: What You Should Know
- ☐ Information for Employers
- ☐ Should I Work? Information for Employees
- ☐ Choosing the Right Health-Care Provider
- ☐ Adapting: Financial Planning For a Life with MS
- ☐ A Guide for Caregivers
- ☐ PLAINTALK: A Booklet About MS for Families
- ☐ When a Parent Has MS: A Teenager's Guide
- ☐ Someone You Know Has MS: A Book for Families
- ☐ MS and the Mind (Reprint From Inside MS)
- ☐ A Place in the Workforce (Reprint from Inside MS)
- ☐ Focus on Employment
- ☐ Stretching for People with MS
- ☐ Stretching with a Helper for People with MS
- ☐ Children's Newsletter: Keep S'myelin

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Fact Sheets

- ☐ Acupuncture in MS
- ☐ Bowel Problems
- ☐ Dental Health
- ☐ Diagnosis: The Basic Facts
- ☐ Disclosure: The Basic Facts
- ☐ Early Intervention: NMSS Consensus Statement
- ☐ Gait or Walking Problems
- ☐ Genetics
- ☐ Health Care Proxy
- ☐ Hiring Help at Home
- ☐ Hormones
- ☐ MS and Pregnancy
- ☐ Pain
- ☐ Preventative Care Recommendations for Adults with MS
- ☐ Research Highlights
- ☐ Review of Regular Medications and Supplements
- ☐ Sleep Disorder and MS
- ☐ Speech and Swallowing
- ☐ The History of MS
- ☐ Tremor
- ☐ Vision Problems

Información en Español

Available upon request

I am a: ☐ Person with MS
☐ Family Member
☐ Health-Care Professional
☐ Other

Requests can be returned to:

National MS Society Upstate New York Chapter
1650 South Avenue, Suite 100
Rochester, NY 14620-3901
Phone: (585) 271-0801 (option #2) or 1-800-FIGHT-MS
Fax: (585) 442-2817
Email: nyr@nmss.org

(Please Print or Type)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: (__) _____