National
Multiple Sclerosis
Society
Oregon Chapter

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BOOKS

General Information

_____**MANAGING THE SYMPTOMS OF MULTIPLE SCLEROSIS, 4th Ed.** *By Randall T. Schapiro, M.D*. In clear, understandable language and with helpful illustrations, this book explores every symptom of MS and discusses clinically tested and proven methods for managing symptoms. 2003

_____ **MEETING THE CHALLENGE OF PROGRESSIVE MULTIPLE SCLEROSIS** *By Patricia K. Coyle, MD, and June Halper, MSN, ANP, FAAN.* Written specifically for those who have or are developing progressive disease. Focuses on management, symptoms, and life-changes. 2001

_____ **MULTIPLE SCLEROSIS: A GUIDE FOR THE NEWLY DIAGNOSED 2nd Ed.** *By Nancy Holland, T. Jock Murray, Stephan Reingold.* Provides answers and advice for the newly diagnosed and includes a valuable guide to further reading and resources. 2002

_____ **MULTIPLE SCLEROSIS: QUESTIONS AND ANSWERS** *By David Barnes. Published in England, 2000.*

_____ **MULTIPLE SCLEROSIS: THE QUESTIONS YOU HAVE; THE ANSWERS YOU NEED** *By Rosalind C. Kalb*. A question & answer book on medical, psychosocial adjustment, insurance issues, life planning, and employment aspects of living with MS. Resources and suggestions for further reading. 1999

_____ **THE FIRST YEAR: MULTIPLE SCLEROSIS, AN ESSENTIAL GUIDE FOR THE NEWLY DIAGNOSED** *By Margaret Blackstone*. A "patient-expert" living with MS herself, Blackstone guides the newly diagnosed step by step through their first year with MS. 2003

Self Care

_____**300 TIPS FOR MAKING LIFE EASIER** *By Shelley P. Schwarz*. A compilation of tips, techniques and shortcuts to help make MS more manageable. 1999

_____ **A DELICATE BALANCE: LIVING SUCCESSFULLY WITH CHRONIC ILLNESS** *By Susan Milstrey Wells*. The author gives her insight into living and dealing with her, and others close to her, chronic illnesses. 2000

_____ **BEYOND RAGE** *By JoAnn Le Maistre Ph.D.* The emotional impact of chronic physical illness: vignettes from actual cases illustrate the stages of emotional response to chronic illness. 1985.

_____ **EASY ELEGANT DINING** *By Gratia Greene Alkire*. Large print, easily prepared recipes. 1993

_____ **LIVING BEYOND MULTIPLE SCLEROSIS** *By Judith Nichols* and the online group of MS sisters (authors of Women Living with Multiple Sclerosis). Anecdotal and personal information regarding MS. 2000 *The authors recommend that you check with your medical practitioner before trying any of the treatments discussed by the group.*

_____ **LIVING WITH MULTIPLE SCLEROSIS: A WELLNESS APPROACH** *By George Kraft, MD & Marci Catanzaro, RN, Ph.D.* A question and answer handbook for maintaining a positive, well-informed, approach in coping with MS. 1996

_____ **MULTIPLE SCLEROSIS: A SELF-CARE GUIDE TO WELLNESS 2nd Edition** *Edited by Nancy J. Holland, Ed.D., and June Halper, MSN, RN, CS, ANP.* The physical and psychological needs of the person with MS are thoroughly addressed in this condensed notebook which includes a glossary of medical terms and comprehensive MS medications information. 1998

____ **SICK AND TIRED OF FEELING SICK AND TIRED** *By Paul Donoghue, Ph.D. and Mary Siegel, PhD.* Living with invisible chronic illness and coping with it. Dr. Siegel has been diagnosed with MS. 1992

_____ **WOMEN LIVING WITH MULTIPLE SCLEROSIS** *By Judith Lynn Nichols and her online group of MS sisters.* Women's issues related to living with MS. 1999

____ **YES, YOU CAN! GO BEYOND PHYSICAL ADVERSITY AND LIVE LIFE TO IT'S FULLEST** *By Janis Dietz, Ph.D.* Taking the hand you are dealt and developing the fullest maximum results. 2002

Medical and Research

_____ **ALTERNATIVE MEDICINE AND MULTIPLE SCLEROSIS** *By Allen C. Bowling, MD, Ph.D.* Covers complementary and alternative medicine, as well as various types of therapy for people with MS. 2001

_____ **THE ALTERNATIVE MEDICINE HANDBOOK** *By Barrie R. Cassileth, Ph.D.* A descriptive look at alternative and complementary therapies. 1998

_____ **CLINICAL TRIALS: WHAT YOU SHOULD KNOW BEFORE VOLUNTEERING TO BE A RESEARCH SUBJECT** *By J. Joseph Giffels.* Question and answer handbook on consenting to be a research subject. 1996

_____ **SYMPTOM MANAGEMENT IN MULTIPLE SCLEROSIS** 3rd ed. *By Randall T. Schapiro, MD.* Handy guidebook to the varied symptoms of MS and the multiple therapies used to manage them. 1998

_____ **TYLER'S HONEST HERBAL** *By Steven Foster and Varro Tyler, Ph.D.* A sensible guide to the use of herbs and related remedies. Be sure to read the prefaces, the section on pros and cons and laws and regulations. 1999

Family/Children

_____ **THE COMFORT OF HOME** *By Maria M. Meyer with Paula Derr, RN.* An illustrated step-by-step guide for caregivers. 1998.

_____ **CREATIVE CAREGIVING** *By James R. Sherman, Ph.D.* From the Caregiver Survival Series. Provides helpful and interesting ideas and creative approaches. 1994

_____**CROSSED SIGNALS** *By Caroline Courey.* A good book for the entire family, especially at the outset of diagnosis, as told from the family's teenager's point of view. 2000

_____ **MAINSTAY: For THE WELL SPOUSE OF THE CHRONICALLY ILL** *By Maggie Strong.* A personal account of a wife and mother after her husband is diagnosed with MS; includes resources, associations, and information and suggestions for the well caregiver. 1997

_____ **MULTIPLE SCLEROSIS: A GUIDE FOR FAMILIES** *By R. Kalb Ph.D*. A useful book for persons with multiple sclerosis and their families. Covers many issues that affect both the person with MS and the entire family. 1998

_____ **POSITIVE CAREGIVER ATTITUDES** *By James R. Sherman, Ph.D.* Strategies to cope with negative thoughts that may overwhelm the caregiver. 1994

_____ **PREVENTING CAREGIVER BURNOUT** *By James R. Sherman, Ph.D.* From The Caregiver Survivor Series. A manual of coping strategies for caregivers. 1994

Financial/Legal/Employment/Insurance

_____ **EMPLOYMENT ISSUES AND MULTIPLE SCLEROSIS** *By Phillip D. Rumrill, Jr., Ph.D., CRC.* Employment issues that are relevant to people with MS are identified and explored. 1996

_____ **MULTIPLE SCLEROSIS: YOUR LEGAL RIGHTS 2nd ed.** *By L. Perking and S. Perkins.* Legal aspects of living with MS, obtaining benefits, etc. 1999

_____ **TAX OPTIONS AND STRATEGIES FOR PEOPLE WITH DISABILTIES 2nd ed.** *By Steven B. Mendelsohn.* Detailed reference for assessing the application of tax laws that directly concern medical, educational or business deductions for people with disabilities. 1996

Personal Stories

_____ **COURAGE: THE STORY OF THE MIGHTY EFFORT TO END THE DEVASTATING EFFECTS OF MULTIPLE SCLEROSIS** *By Richard Trubo.* The moving story of one woman's unceasing devotion to her brother and how her dream to end the devastating effects of MS was transformed into one of the most powerful and effective national health organizations in the world. 2001.

_____ **FALL DOWN LAUGHING: HOW SQUIGGY CAUGHT MULTIPLE SCLEROSIS AND DIDN'T TELL NOBODY** *By David L. Lander.* David Lander played Squiggy on "Laverne and Shirley," a popular sitcom in the seventies. This is his story. Get ready to laugh. 2000. (Available on CD also.)

_____ **MULTIPLE SCLEROSIS: A PERSONAL EXPLORATION** *By Alexander Burnfield.* Written by a psychiatrist discussing what MS is, how it affects people, and how to cope with its symptoms. He writes from a personal point of view. 1996

_____ **WAIST-HIGH IN THE WORLD: A Life Among the Nondisabled** *By Nancy Mairs*. Struggles and challenges of being disabled are confronted frankly on many levels. Offers fresh and profound insight. 1998

_____ **THE WINNING SPIRIT** *By Zoe Koplowitz with Mike Celizic.* An inspirational account of one person's courage, perseverance and lessons learned while fighting MS. 1997

The following are video tapes unless DVD is indicated

Education Series' by the National MS Society

_____ ***AND THOSE WHO CARE*** by the National MS Society.

_____***MS: The Genetic Connection"*** From the National MS Society's 2006 North American Education Conference

_____***Updates in MS Research*** Bruce Bebo, PhD talks about the latest in MS Research at the Oregon Chapter's 2005 Annual Fall Forum. Also included is a motivational talk by Lee Patton, PhD T (2 hours)

_____ ***The Path Back From an MS Attack*** From the National MS Society's 2005 North American Education Conference

_____***"BODY, MIND and SPIRIT"*** A 2-tape series produced by the Oregon Chapter from the 2004 Body Mind and Spirit Conference. Presentations from five providers of complementary and alternative medicine (CAM) who have substantial knowledge in their fields as well as experience in treating people with MS. The five areas presented are: Herbs & Nutrition, Acupuncture, Yoga, Meditation and Massage.

_____***CAREER CROSSROADS: EMPLOYMENT AND MS***

_____***OHSU MS HEALTHY TALKS SERIES.*** Featured Speakers: Dr. Bourdette, Cinda Hugos and Lois Copperman. Talks include exercise, fatigue and cognitive issues. (3 hours)

_____***Complementary & Alternative Therapies and MS*** Panelists: Dr. Allen Bowling, author of *Alternative Medicine and MS* and Dr. Bourdette, OHSU MS Center Co- Director, Moderator Bernie Perry, BSN. 2001

_____***Genetic Research and Research of Complementary Therapies in MS*** MS Panelists: Dr. Dennis Bourdette, Dr. Stephen Hauser; Moderator Bernie Perry, BSN. 2000

Research

_____***MAGNETIC RESONANCE IMAGING: ILLUMINATING THE MYSTERY OF MULTIPLE SCLEROSIS*** Very informative regarding MRI's use in clinical diagnosis. 1999. (18 min)

_____***MS AND THE MRI*** Lecture by Dr. Donald Paty, 1998.

_____***SEX HORMONES AND MS*** Dr. Voskuhl. 1999.

Insurance/Medical Planning

_____***BEFORE I DIE*** Hypothetical scenarios surrounding end-of-life medical care are presented to a panel of professionals, forcing them to role play in situations where right choices – both professional and personal are not always evident. 1997. (60 min)

_____***INSURANCE PLANNING FOR PEOPLE WITH MS*** w/ Laura Cooper, Esq. Attorney at Law and nationally recognized expert on life planning issues for young adults with disabilities and chronic illness, Ms. Cooper hosts this popular workshop on insurance planning including ways to bulletproof your insurance portfolio. 6/04. (3 hours, 23 min) © 2004 by Laura D. Cooper, Esq.

_____***MEDICARE PART D*** Discusses the new prescription drug coverage. 2005

Information on MS, Lifestyle Changes, Coping Skills

_____***ADAPTING TO LIFE WITH MULTIPLE SCLEROSIS*** Education, Support, and Treatment are Key. 1999.

_____***AFTER YOU'VE BEEN TOLD*** Info on MS and living a fulfilling life.

_____***BUILDING AND REMODELING FOR ACCESSIBLITY*** A "How-To"Video Guide from Hometime Video Publishing.

_____***BUT YOU LOOK SO WELL Living with MS*** This documentary focuses on those individuals who 'look so well' to the outside world, yet suffer from such "invisible" symptoms as pain, numbness, fatigue, depression, vision and cognitive problems. 2005 (85min)

_____***COPING WITH MULTIPLE SCLEROSIS*** Grief/crisis theory and coping skills. (45 min)

_____***ENABLE People with Disabilities and Computers*** a Microsoft Enable Production. (1999) (45 min)

_____***FATIGUE: TAKE CONTROL*** 2-tape series produced by the National Multiple Sclerosis Society and designed by MS experts to teach individuals with MS fatigue how to manage this common, complex, and disabling condition. Tape 1 is a brief overview of fatigue including types of fatigue and how to take charge of your own fatigue issues. Tape 2 is a series of short segments about each of the major issues mentioned in Tape 1. Examples are: Cognitive fatigue; Heat fatigue; Food and fatigue. (Total running time: 90 min.)

_____***FRIENDSHIP, SUPPORT & BUILDING COMMUNITY*** 3-tape series from the 2001 Women's Day Conference in Portland, Oregon. Keynote speaker Judith Lynn Nichols, author of *Women Living with MS* and *Living Beyond MS*.

_____***HEALTHY TALK*** Presentation about a healthy approach to MS (5/04)

_____***HOW TO GAIN STRENGTH FROM ADVERSITY*** Presentation by Al Siebert, Ph.D. (Author of the book by the same title). Exploration of coping systems for all manner of physical and emotional adversity. (60 min.)

_____***LIFE BEFORE AND NOW*** Profiles of people with MS in So. CA. (15 min)

_____***THE NEUROPSYCHOLOGICAL EVALUATION & MS*** Dr. Julien Guillaumot answers questions about what you can expect from a Neuropsychological Evaluation and why you might need one. 2006 (45min)

_____***STRAIGHT TALK TO THE NEWLY DIAGNOSED*** 30-minute video produced by NMSS, NY City Chapter. Provides a realistic and optimistic look at life after diagnosis. Answers to many vital questions concerning the disease are given by a group of people with MS. 1999.

_____***PERFORMING WELLNESS V*** Well Arts Institute tape series 2003 (2 hr 20 min)

_____***WOMEN EMPOWERED: MANAGING MS*** 3-tape series from the 2000 Women's Day Conference in Portland, Oregon. Keynote speaker Dr. Herman Frankel and workshops on stress, cognitive changes, depression, employment, complementary therapies, and yoga. 2000.

Family, Partner, Caregiver Related Issues

_____***"ABOVE IT ALL: MAINTAINING HUMOR AND PERSPECTIVE AS A CAREGIVER"*** Presentation by Wendy Lustbader, LCSW. 6/14/00.

_____***THE EDUCATED CAREGIVER: A COMPREHENSIVE GUIDE FOR CAREGIVERS AND THEIR FAMILIES*** A three-video series that represents an encyclopedia of information, an instruction guide and a "video support group." Offers a wealth of information, strategies, and support for those caring for a loved one. 1998.

_____***FAMILY DAY AT THE OREGON ZOO*** "MS: The Modern Therapeutic approach, with Dr. Stanley Cohan, Pac NW MS Center", "MS: Our Story, with David Lander, Actor (120 min). 2001.

_____***THE FAMILY GUIDE TO LONG-TERM CARE*** 3-volume series: "Getting Started," (35 min.), "Making the Right Choice," (50 min.), and "Staying In- volved," (31 min.). 2000.

_____***KIDS TALK MS*** Discussion with kids whose parents have MS. (10 min)

_____***THE HOME CARE COMPANION: HELP FOR FAMILY AND FRIENDS WHO ARE CARING FOR SOMEONE AT HOME*** Volume 2: How to help someone who uses a wheelchair without hurting yourself.

_____***MS: A FAMILY AFFAIR*** How families cope w/ chronic illness. (28 min.)

_____***MS THROUGH THE EYES OF A CHILD*** Kids express thoughts and feelings regarding facts about MS. (6 min.).

_____***PARENTS TALK MS*** Discussion with parents about impact of MS on their children. (18 min.)

_____***A PRESCRIPTION FOR CAREGIVERS: TAKE CARE OF YOURSELF*** Features workshop led by Wendy Lustbader . (60 min.).

_____***TIMMY'S JOURNEY TO UNDERSTANDING MS*** An educa- tional cartoon that explains MS to children (available in DVD)

Advocacy

_____***THE THIRD STEP TO DIGNITY (LONG TERM CARE CAMPAIGN)*** The what, who and how of long term care. (18 min.)

_____***EMPLOYMENT PREDICTION FOR SUCCESS: JOB RAISING PROGRAM***

_____***YOU'RE IN THE PICTURE: HOW CITIZENS AFFECT PUBLIC POLICY***

_____***THE FUTURE OF THE ADA*** (33 min.)

_____***THE TIME IS NOW: HEALTH CARE REFORM WITH LONG TERM CARE*** Description of need and call to action. (13 min)

_____***LONG TERM CARE: EVERY FAMILY'S CONCERN*** (6 min)

Exercise

Check with your doctor before starting a new exercise program. Listen to your body! Make modifications and adaptations when necessary! For more information on exercising and MS, contact the Chapter.

_____***AQUA EXERCISE FOR MULTIPLE SCLEROSIS*** Description of water exercises. (20 min)

_____***BEDTOP Yoga*** Simple stretches & Yoga Techniques you can do lying down. For home and Travel. (30 min)

_____***CHAIR DANCING® SIT DOWN & TONE UP*** Uses energizing and uplifting music; appropriate for many people with MS. A wheelchair variation is not demonstrated but many exercises could be done by some in a wheelchair. (20 min.)

_____***COMING BACK! AN EXERCISE PROGRAM FOR PEOPLE WITH PHYSICAL LIMITATIONS*** (SE Texas Chapter) Emphasizes range of motion, gentle strengthening and proper breathing; most exercises are done sitting. (50 min.)

_____***EXERCISE AND MS*** Discussion about the beneficial effects of exercise based on Maximizing Your Health. Some demos. (30 min.)

_____***"FITNESS IS FOR EVERYBODY"*** Part One – Chair Exercise, Sitting. Easter Seals Ability Hour.

_____***"FITNESS IS FOR EVERYBODY"*** Part Two – Chair Exercise, Standing. Easter Seals Ability Hour

_____***GENTLE FITNESS*** Simple exercises and stretches for flexibility, (range-of-motion) strength, and breathing.

_____***GENTLE YOGA FOR THE PHYSICALLY CHALLENGED*** with Margot. Two 30 minute stretching and breathing routines.

_____***THE MS WORKOUT TAPE*** (NY City Chapter) Moderate workout, standing or sitting, featuring Jimmy Huega. (30 min.)

_____***MS EXERCISE SERIES ,VOL 2*** Tai Chi and Yoga for people with MS. Produced by the MS Awareness Foundation. 2005 (DVD)

_____***MS EXERCISE SERIES COMPILATION DVD*** Includes an exercise program, the Feldenkrais Method and Pilates for people with MS. Produced by the MS Awareness Foundation. 2004 (DVD)

_____***PATHWAYS*** Exercise video for people with limited mobility. (48 min)

_____***SIT AND BE FIT FOR MULTIPLE SCLEROSIS*** This 30 minute tape includes warm-up, circulation, stretching and strengthening exercises appropriate for the condition of multiple sclerosis. (30 min)

_____***THE WHEELCHAIR WORKOUT*** (NY City Chapter) Exercise geared toward people in wheelchairs. (30 min)

_____***"YES, YOU CAN!"*** An exercise video designed and produced exclusively for people living with multiple sclerosis. Not recommended for those who use wheelchairs. (39 min)

Materials are sent in postage-paid mailbags for free, easy return