Publications

From the National Multiple Sclerosis Society

Brochures

Periodicals

Books/Guides

DVDs

National Multiple Sclerosis Society

Table of Contents

Periodicals

Momentum — The magazine for members 8
Keep S'myelin — Newsletter for children 8

General Information

Choosing the Right Healthcare Provider 8
Disease-Modifying Medications 8
Genetics: The Basic Facts 9
The History of Multiple Sclerosis 9
Just the Facts 9
Participating in Clinical Trials: For People with MS 9
Research Directions in MS: Progress and Strategies 9
What Is Multiple Sclerosis? 9

For Newly Diagnosed

MS Next Step® 10
Diagnosis: The Basic Facts 10
Disclosure: The Basic Facts 10
Living with MS 10

Employment Issues

ADA and People with MS 11
Focus on Employment 11
Information for Employers 11
A Place in the Workforce 11
Should I Work? Information for Employees 11
The Win-Win Approach to Reasonable Accommodations 12

Staying Well

Acupuncture and MS: The Basic Facts 12
Clear Thinking about Alternative Therapies 12
Dental Health: The Basic Facts 12
Exercise as Part of Everyday Life 13
Food for Thought: MS and Nutrition 13
Intimacy and Sexuality in MS 13
Managing MS through Rehabilitation 13
Minimizing Your Risk of Falls: A Guide for People with MS 13
Multiple Sclerosis and Your Emotions 13
Preventive Care Recommendations for Adults with MS: The Basic Facts 14

Stretching for People with MS 14
Stretching with a Helper for People with MS 14
Taming Stress in Multiple Sclerosis 14
Vitamins, Minerals, and Herbs in MS: An Introduction 14

Managing Specific Issues

Bowel Problems: The Basic Facts 15
"But You Look So Good!" 15
Controlling Spasticity in MS 15
Depression and Multiple Sclerosis 15
Fatigue: What You Should Know 15
Gait or Walking Problems: The Basic Facts 15
Hormones: The Basic Facts 16
MS and the Mind 16
MS and Pregnancy 16
Pain: The Basic Facts 16
Review of Regular Medications and Supplements 16
Sleep Disorders and MS: The Basic Facts 16
Solving Cognitive Problems 17
Speech and Swallowing: The Basic Facts 17
Tremor: The Basic Facts 17

Urinary Dysfunction and MS 17
Vision Problems: The Basic Facts 17

Managing Major Changes

A Guide for Caregivers 18
At Home with MS: Adapting Your Environment 18
Hiring Help at Home: The Basic Facts 18
Managing Progressive MS 18
PLAINTALK: A Booklet About MS for Families 18
So You Have Progressive MS? 19

For Children & Teenagers

Caring for Children and Teens with MS and Related Disorders 19
Keep S'myelin: An Activity Booklet for Kids about MS 19
Mighty Special Kids: An Activity Booklet for Kids with MS 20
Someone You Know Has MS: A Book for Families 20
Students with MS and the Academic Setting: A Handbook for School Personnel 20
Timmy's Journey to Understanding MS 20
When a Parent Has MS: A Teenager's Guide 20

Books/Guides

Adapting: Financial Planning for a Life with MS 21

Caring for Loved Ones with Advanced MS: A Guide for Families 21

Clinical Trials: Solving One Piece of the MS Puzzle 22

Hold That Thought: Cognition and MS 22

Maximizing Independence: A Guide to Planning for Changing MS Care Needs 22

Primary Progressive MS: What You Need to Know ... 23

Who? Why? How? Searching for the Cause of MS 23

Working for Me: Research in Understanding and Treating Progressive MS 24

DVDs

Hold That Thought: Cognition and MS 24

MS and Pregnancy: Kara's Story 24

MS in the Workplace 25

My Life, My MS, My Decisions 25

Pediatric MS: Understanding for Today, Hope for Tomorrow 25

Primary Progressive Multiple Sclerosis: Perspectives on Moving Forward 25

Información en Español

Las publicaciones aquí descritas pueden accederse en nuestro sitio en la Internet *nationalMSsociety.org/espanol.*

Controlando los Problemas de la Vejiga en la Esclerosis Múltiple *(Controlling Bladder Problems in Multiple Sclerosis)* 26

Cuidando de una persona con Esclerosis Múltiple — Una Guía para Cuidadores *(A Guide for Caregivers)* 26

¿Debo Trabajar? Información para Empleados que tienen EM *(Should I Work? Information for Employees)* 26

Diagnóstico: Hechos Básicos sobre Esclerosis Múltiple *(Diagnosis: The Basic Facts)* 27

Ejercicios Prácticos de Estiramiento para las Personas con Esclerosis Múltiple *(Stretching for People with MS)* 27

Ejercicios Prácticos de Estiramiento con un Ayudante para las Personas con Esclerosis Múltiple *(Stretching with a Helper for People with MS)* 27

El Viaje de Timmy para Entender la EM *(Timmy's Journey to Understanding MS)* 27

Hoja bilingüe de información sobre la esclerosis multiple *(Multiple Sclerosis Bilingual Fact Sheet)* 28

Información para los Empleadores *(Information for Employers)* 28

La Fatiga: Lo Que Usted Debe Saber *(Fatigue: What You Should Know)* 28

Los Medicamentos Modificadores de la Esclerosis Múltiple *(Disease-Modifying Medications)* 28

"¡Pero si te ves tan bien!" *("But You Look So Good!")* 29

¿Qué es la Esclerosis Múltiple? *(What Is Multiple Sclerosis?)* 29

Sigue Sonriendo *(Keep S'myelin)* 29

Disco Compacto (CD) "Hacia un Mejor Entendimiento de la Esclerosis Múltiple" *(A Better Understanding of MS)* 29

Periodicals

Momentum The Magazine for Members. A quarterly magazine on living well with MS, free to those with MS; a benefit to donors who request it.

Keep S'myelin A colorful newsletter for children, 5–12. Articles, interviews, games, activities, and a special pullout section for parents. Interactive edition available on the National Web site. Published 3 times a year. *nationalMSsociety.org/KS*

General Information

Choosing the Right Healthcare Provider Outlines some steps people with MS should take when choosing a healthcare provider and explains how professionals come to be listed on chapter referral lists. *4-panel brochure. 1/10 — ER 6006*

Disease-Modifying Medications Information on the disease-modifying medications (Avonex, Betaseron, Copaxone, Extavia, Gilenya, Novantrone, Rebif, and Tysabri). Includes how each is taken, side-effects, benefits, and information on assistance to alleviate financial difficulties. *18-page brochure.* Updated with breaking news as required. *nationalMSsociety.org/DMD*

Genetics: The Basic Facts Basic facts about MS and heredity. *7-page fact sheet. 2009*

The History of Multiple Sclerosis Overview of MS from the Middle Ages to the present; highlights the role of the Society since 1946. *11-page fact sheet. 2009*

Just the Facts Overview on multiple sclerosis and what the National MS Society does about it. *26-page brochure. 7/11 — ER 6007*

Participating in Clinical Trials: For People with MS Learn about the process of clinical trial participation and how to decide if a study is the right opportunity for you. *7-page fact sheet. 2008*

Research Directions in MS: Progress and Strategies Explains current research being done to find solutions to stop, repair and prevent MS. Looking for solutions at every stage of the disease. For non-scientists. *28-page booklet. 12/11 — ES 6017*

What Is Multiple Sclerosis? Symptoms, disease patterns, diagnosis, prognosis, treatment, and research efforts all briefly described. *5-panel brochure. 7/11 — BR 3009*

Newly Diagnosed

MS Next Step® Booklet and DVD designed to answer questions that are commonly asked immediately following a diagnosis. *2009 — BR 0058*

Diagnosis: The Basic Facts Explains usual steps and tests. Includes information on how to prepare for an MRI. *4-page fact sheet. 2006*

Disclosure: The Basic Facts When, how, and whom to tell in personal and work situations. *6-page fact sheet. 2004*

Living with MS Answers to the questions about daily life most often asked when the diagnosis is MS. *30-page booklet. 8/11 — ES 0087*

Employment Issues

ADA and People with MS What the Americans with Disabilities Act means in employment, public accommodations, and more. *22-page booklet. 8/12 — ES 6021*

Focus on Employment On disclosure, ADA, fatigue and cognitive issues on the job, and telework options. *30-page large format reprint from the Society's former national magazine. 9/07 — ER 4325*

Information for Employers A brochure for people to give to their employers if they decide to disclose their MS. *3-panel brochure. 4/08 — ER 6002*

A Place in the Workforce On employment strategies and options. *20 pages. Large format reprint from the Society's former national magazine. 3/07 — ER 4328*

Should I Work? Information for Employees General overview of the employment issues that might concern people newly diagnosed. *8-page brochure. 1/12 — ER 6001*

The Win-Win Approach to Reasonable Accommodations A practical guide to obtaining the workplace accommodations described by the ADA. *18-page booklet. 2/11 — ES 6025*

Staying Well

Acupuncture and MS: The Basic Facts An exploration of what is known and not known about this complementary therapy. *5-page fact sheet. 2004*

Clear Thinking about Alternative Therapies Facts and common misconceptions, plus practical ways to evaluate benefits and risks of unconventional therapies. *22-page booklet. 8/11 — ES 6038*

Dental Health: The Basic Facts Basic overview of appropriate dental care, routine dental visits and problems, and information specific to people with MS. *4-page fact sheet. 2005*

Exercise as Part of Everyday Life Describing ways to make physical activity a regular part of staying healthy. Includes tips on handling MS symptoms. *24-page booklet. 11/10 — ES 6008*

Food for Thought: MS and Nutrition A guide to healthy eating, which includes managing symptoms, changing eating habits, and the effects of diet on MS. *38-page booklet. 1/12 — ES 6020*

Intimacy and Sexuality in MS MS can affect sexuality, both directly and indirectly, but problems can be resolved or minimized. *27-page booklet. 2/12 — ES 6045*

Managing MS through Rehabilitation An overview of what rehabilitation can do for mobility, fatigue, driving, speech, memory, bowel or bladder problems, sexuality, and more. *27-page booklet. 11/10 — ES 6022*

Minimizing Your Risk of Falls: A Guide for People with MS Identifies risk factors for falling and strategies to reduce those risks. *24-page booklet. 9/11 — ES 6023*

Multiple Sclerosis and Your Emotions How to handle some of the emotional challenges created by MS. *22-page booklet. 12/11 — ES 6007*

Preventive Care Recommendations for Adults with MS: The Basic Facts A colorful chart detailing the medical tests, vaccinations, and general health and safety rules recommended for all adults with MS. *6-page fact sheet. 2008*

Stretching for People with MS An illustrated manual showing range of motion, stretching, and balance exercises for a basic at-home program. *26-page large format booklet. 5/11 — ES 6041*

Stretching with a Helper for People with MS An illustrated manual showing most of the same exercises for individuals who need a helper. *26-page large format booklet. 2/12 — ES 6042*

Taming Stress in Multiple Sclerosis Guide to simplifying daily life. Instructions on muscle relaxation, deep breathing, visualization, and more. *28-page booklet. 1/12 — ES 6034*

Vitamins, Minerals, and Herbs in MS: An Introduction A practical guide to diet supplements for people with MS. Outlines what is and is not known, with references for further study. *27-page booklet. 8/11 — ES 6043*

Managing Specific Issues

Bowel Problems: The Basic Facts Ways to manage common bowel problems in MS. *9-page fact sheet. 2009*

"But You Look So Good!" Coping with invisible MS symptoms. *9-page brochure. 8/12 — ER 6000*

Controlling Spasticity in MS Managing this common, sometimes disabling, MS symptom — roles of self-help, medications, physical therapists, nurses, and physicians. *16-page booklet. 9/10 — ES 6037*

Depression and Multiple Sclerosis Discusses the symptoms of depression, the relationship between MS and depression, available therapies, and where to find help. *12-page brochure. 11/11 — ER 6003*

Fatigue: What You Should Know MS fatigue can be reduced with treatments and self-help. *22-page large format booklet. 1/12 — ES 6046*

Gait or Walking Problems: The Basic Facts Walking problems and how they can be addressed. *9-page fact sheet. 2010*

Hormones: The Basic Facts The most frequently asked questions about MS and hormones. *4-page fact sheet. 2005*

MS and the Mind Covers depression, cognitive problems and mood swings. Includes coping tips and information about medications. *24-page large format reprint from the Society's former national magazine 6/08 — ER 4326*

MS and Pregnancy Covers pregnancy, delivery, nursing, hormones, and questions about the disease-modifying medications. *16-page large format reprint from the Society's former national magazine. 5/06 — ER 4329*

Pain: The Basic Facts Overview of treatments and strategies for managing MS-related pain. *8-page fact sheet. 2004*

Review of Regular Medications and Supplements A form to help people keep track of their prescription drugs, over-the-counter remedies, herbals, vitamins, or other dietary supplements. *3-page form. 2008*

Sleep Disorders and MS: The Basic Facts Reviews common sleep problems and what can be done about them. *4-page fact sheet. 2003*

Solving Cognitive Problems Discusses mental functions most likely to be affected by MS. Self-help and information on cognitive rehabilitation. *22-page booklet. 11/11 — ES 6029*

Speech and Swallowing: The Basic Facts Speech and swallowing problems can be helped with exercises, medications, or technological aids. *5-page fact sheet. 2009*

Tremor: The Basic Facts A troubling MS symptom described. Coping strategies and research horizons. *6-page fact sheet. 2004*

Urinary Dysfunction and MS A sophisticated explanation of treatments for MS-related urinary problems. Detailed descriptions of diagnostic testing, management strategies, and commonly prescribed medications. *20-page large format booklet. 11/10 — ES 6047*

Vision Problems: The Basic Facts Current therapy for MS-related eye disorders. Discusses low-vision aids. *7-page fact sheet. 2008*

Managing Major Changes

A Guide for Caregivers Practical issues faced by caregivers. Includes resource list. *30-page booklet. 12/11 — ES 6010*

At Home with MS: Adapting Your Environment Modify a house or apartment to save energy, compensate for reduced vision or mobility, and live comfortably when MS is severe. Many do-it-yourself changes. *20-page booklet. 12/11 — ES 6035*

Hiring Help at Home: The Basic Facts Checklists and worksheets for people who need help at home. Forms for a needs assessment, job description, and employment contract. *12-page fact sheet. 2005*

Managing Progressive MS An overview of symptom management and coping strategies when progressive MS makes the road rougher. *40-page booklet. 5/11 — ES 6009*

PLAINTALK: A Booklet About MS for Families Discusses some of the more difficult physical and emotional problems many families face. *32-page booklet. 9/11 — ES 0055*

So You Have Progressive MS? A veteran of 11 years writes frankly about life, family, work, dating, and pursuing your dreams when the diagnosis is "progressive" MS. *21-page booklet. 2/12 — ES 6044*

For Children & Teenagers

Caring for Children and Teens with MS and Related Disorders A brochure that offers information on the National MS Society Pediatric MS Centers of Excellence and services provided at the centers. Also includes information on support programs offered by the Society for children and teens with MS and their families. *3-panel brochure.*

Keep S'myelin: An Activity Booklet for Kids about MS For younger children with a parent or loved one with MS. Discusses MS through stories and activities. *24-page booklet. 2006 — KS 2006*

Mighty Special Kids: An Activity Booklet for Kids with MS For younger children who have been diagnosed with MS. Discusses MS through stories and activities. *20-page booklet. 2007 — DR 5141*

Someone You Know Has MS: A Book for Families For children, 5–12. A story about Michael and his family explains MS and explores children's fears and concerns. Cartoons. *31-page booklet. 2/12 — ES 0045*

Students with MS and the Academic Setting: A Handbook for School Personnel For school professionals working with a child or teen with MS. *31-page booklet. 2009*

Timmy's Journey to Understanding MS A 15-minute animated cartoon that follows a boy's journey to learning about MS. *2007 — DR 5139*

When a Parent Has MS: A Teenager's Guide For older children and teenagers who have a parent with MS. Discusses real issues brought up by real teenagers. *24-page booklet. 9/09 — ES 6024*

Books/Guides

Limited quantities available

Adapting: Financial Planning for a Life with MS
Addresses financial organization, planning, insurance options, employment concerns, and benefit issues important to people with MS and their families; provides information and strategies to help families plan wisely for the future and meet financial challenges that often accompany life with MS. *72-pages. (This guide is a collaborative project of the National Endowment for Financial Education, the National MS Society, and Paralyzed Veterans of America.)*

Caring for Loved Ones with Advanced MS: A Guide for Families This guide was developed to provide targeted information and support to those families who are providing significant daily hands-on care to loved ones with advanced MS. The guide addresses challenges in advance MS. The guide was developed with the help of clinicians, home services providers, attorneys, palliative care specialist, persons with MS, society staff, and family caregivers. *112 pages. 2010 — BR0068*

Clinical Trials: Solving One Piece of the MS Puzzle
Provides information about current clinical trials, the strategies of these therapies, and research initiatives currently in development. *66 pages. Includes DVD upon request. (Published in partnership with MS Society of Canada for the 2009 North American Education Program)*

Hold That Thought: Cognition and MS Explores the effects of cognitive difficulties on people's lives. Cognition includes things such as learning, memory, problem solving, information processing, attention and concentration. Experts and people living with MS share information about the effects of MS on cognition and the tools that can be used to improve cognitive ability. Learn about rehabilitation and management techniques, medications, and research into treating cognitive issues. *50 pages. Includes DVD upon request.*

Maximizing Independence: A Guide to Planning for Changing MS Care Needs A guide to help families anticipate and plan for the future to assure loved ones living with MS will receive the support and assistance they need to manage their disease and lead full and enriching lives. *34 pages. 2012. (Published in partnership with Multiple Sclerosis Association of America and the Multiple Sclerosis Foundation.)*

Primary Progressive Multiple Sclerosis: What You Need to Know Addresses the wide variety of physical and emotional issues experienced by people with PPMS and their families; explains the nature of the disease and its characteristics as well as its comprehensive multidisciplinary management including medical and nursing care, physical and occupational therapy, social support, caregiver and family issues, mental health, and quality of life. *166 pages. 2010. Includes DVD. (Jointly sponsored by the National MS Society and the MS Association of America)*

Who? Why? How? Searching for the Cause of MS Explores the efforts to find the cause of MS and how understanding the cause of MS can direct research efforts and lead to treatments and hopefully a cure. The program profiles discussions with leading medical researchers on the causes of MS and how these efforts may lead to treatments and even finding a cure. The DVD and booklet highlight specific studies in the areas of the causes of multiple sclerosis such as immunologic, environmental, infectious, and genetic, as well as examining the possible link between chronic cerebro-spinal venous insufficiency (CCSVI) and multiple sclerosis. *48 pages. Includes DVD upon request. (Published in partnership with MS Society of Canada for the 2010 North American Education Program)*

Working for Me: Research in Understanding and Treating Progressive MS What causes MS to get worse? Who is likely to have a more progressive course of the disease, and why? Why do some people experience progression, while others have a relapsing form of the disease? What can be done to stop progression? Hear from scientists and clinicians who are working on finding the answers to these and other questions about progressive MS, and learn about studies that are completed or in process. *52 pages. 2011. Includes DVD upon request. (Published in partnership with MS Society of Canada for the 2011 North American Education Program)*

DVDs

Limited quantities available

Hold That Thought: Cognition and MS A DVD that gives tips on managing cognitive difficulties for people with MS. Companion booklet also available. *See under "Books/Guides" above.*

MS and Pregnancy: Kara's Story This DVD covers one woman's journey through her own decision to become pregnant while answering many of the questions associated with pregnancy and MS; includes interviews with experts in the field of pregnancy and MS. Ideal for doctors, neurologists, and women with MS who are thinking about becoming pregnant and their partners.

MS in the Workplace Perfect for employers, this video provides information on multiple sclerosis in the workplace. Starting with profiles of employees with MS, the video examines the Americans with Disabilities Act and issues related to disclosure and accommodation.

My Life, My MS, My Decisions Living with a disease like MS requires making many decisions, both personal and medical. This DVD follows three people who are living MS through their lives as they make decisions about choosing doctors, deciding on medications, participating in clinical trials, and wellness.

Pediatric MS: Understanding for Today, Hope for Tomorrow Features families with children who have multiple sclerosis, as well as researchers who are studying pediatric multiple sclerosis. The program is narrated by a person who was diagnosed with MS as a teenager.

Primary Progressive Multiple Sclerosis: Perspectives on Moving Forward A companion DVD to the book *Primary Progressive MS: What You Need to Know* *(see under "Books/ Guide" above).* This program profiles five people living with primary-progressive MS, who offer strategies for managing the disease and moving forward with their lives.

Información en Español

Las publicaciones aquí descritas pueden accederse en nuestro sitio en la Internet *nationalMSsociety.org/espanol.*

Controlando los Problemas de la Vejiga en la Esclerosis Múltiple (Controlling Bladder Problems in Multiple Sclerosis) Se explica como la esclerosis múltiple puede afectar el sistema urinario y lo que se puede hacer para controlar estos problemas. *Folleto de 20 páginas con ilustraciones. 3/00 — ES 6040*

Cuidando de una persona con Esclerosis Múltiple — Una Guía para Cuidadores (A Guide for Caregivers) Cuestiones prácticas que enfrentan los cuidadores; incluye una lista de recursos. *Folleto de 40 páginas. 11/08 — ES 6011*

¿Debo Trabajar? Información para Empleados que tienen EM (Should I Work? Information for Employees) Información general sobre las preocupaciones relacionadas al empleo que pueden tener las personas recientemente diagnosticadas con EM. *ER 6005*

Diagnóstico: Hechos Básicos sobre Esclerosis Múltiple (Diagnosis: The Basic Facts) Explica los procedimientos y exámenes utilizados en el diagnostico de la EM. Incluye como prepararse para una RM (MRI por sus siglas en inglés). *Folleto de 9 páginas. 2006*

Ejercicios Prácticos de Estiramiento para las Personas con Esclerosis Múltiple (Stretching for People with MS) Un manual ilustrado con ejercicios de estiramiento y equilibrio que se pueden realizar en el hogar. *Folleto de 28 páginas. 9/07 — ES 6049*

Ejercicios Prácticos de Estiramiento con un Ayudante para las Personas con Esclerosis Múltiple (Stretching with a Helper for People with MS) Un manual ilustrado con ejercicios de estiramiento y equilibrio utilizando un ayudante. *Folleto de 32 páginas. 4/02 — ES 6050*

El Viaje de Timmy para Entender la EM (Timmy's Journey to Understanding MS) Caricatura animada de un niño y su viaje para aprender de la esclerosis múltiple. *Dura 15 minutos. 2007 — DR 5139*

Hoja bilingüe de información sobre la esclerosis multiple (Multiple Sclerosis Bilingual Fact Sheet) Este formato permite a las familias bilingües aprender lo básico sobre la esclerosis múltiple. *Folleto de 8 páginas. 2007 — ER 6010*

Información para los Empleadores (Information for Employers) Para darse a los empleadores cuando Ud. quiera dar a conocer su diagnóstico de esclerosis múltiple. *Folleto de 6 páginas. 11/08 — ER 6004*

La Fatiga: Lo Que Usted Debe Saber (Fatigue: What You Should Know) Información sobre las posibles causas de la fatiga y como aprender a manejarla. *Folleto de 32 páginas. 2/07 — ES 6027*

Los Medicamentos Modificadores de la Esclerosis Múltiple (Disease-Modifying Medications) Resumen de los fármacos Avonex, Betaseron, Copaxone, Extavia, Gilenya, Rebif, Novantrone y Tysabri. Incluye: el método de administración; los efectos secundarios más comunes; los beneficios; y explica la ayuda que ofrecen los fabricantes de dichos fármacos para aliviar las dificultades financieras causadas por el alto costo de los fármacos modificadores de la enfermedad. *Folleto de 24 páginas. Continuamente se actualiza con las últimas noticias. ER 6009*

"¡Pero si te ves tan bien!" ("But You Look So Good!") Algunas maneras de manejar los síntomas "invisibles" de EM. Disponible sólo en la Internet. *Folleto de 5 páginas. 4/08 — ER 6000*

¿Qué es la Esclerosis Múltiple? (What Is Multiple Sclerosis?) Un resumen de los síntomas, desarrollo de la enfermedad, diagnóstico, pronóstico, tratamiento, e investigación. *Folleto de 5 páginas. 7/11 — BR 3008*

Sigue Sonriendo (Keep S'myelin) Libro de actividades a color para que los ninos aprendan sobre la esclerosis múltiple. Disponible sólo en la Internet. *Folleto de 24 páginas con ilustraciones.*

Disco Compacto (CD) "Hacia un Mejor Entendimiento de la Esclerosis Múltiple" (A Better Understanding of MS) Este disco le acompana a las siguientes publicaciones: ¿Qué es la Esclerosis Múltiple?, Diagnósticos: hechos básicos y ¡Pero si te ves tan bien! *BR 0004*

Join the National MS Society

Get involved!

Make an annual membership contribution of $30 or more on our website, and receive all the benefits of being a member — including advance notice of the digital version of *Momentum*, the Society's quarterly national magazine. Give today and sign up at: *nationalMSsociety.org/membership*

People with MS are invited to call 1-800-344-4867 for free publications, information, and free or low-cost programs.

Order

To order, call 1-800-344-4867 or visit *nationalMSsociety.org/brochures.*

This catalog may not reflect recently updated publication dates. The majority of our publications are available on our website.

MS STOPS PEOPLE FROM MOVING.

WE EXIST TO MAKE SURE IT DOESN'T.

JOIN THE MOVEMENT®

National Multiple Sclerosis Society

nationalMSsociety.org

For Information:

1 800 FIGHT MS (1 800 344 4867)

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