

Catalog of Informational Resources for People Living with MS

From the National Multiple Sclerosis Society

Publications

Videos

Información en Español



**National
Multiple Sclerosis
Society**

Access

Most of the publications listed in this catalog can be found at **nationalMSSociety.org/publications**.

Videos listed within and many others can be found at **nationalMSSociety.org/videos**.

Información en Español:
nationalMSSociety.org/espanol.

To request specific materials by mail, please call
1-800-344-4867 or email **ContactUsNMSS@nmss.org**.

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Topic-Specific Packets

Packets include a variety of publications listed herein as well as other resources. Call 1-800-344-4867 or email ContactUsNMSS@nmss.org to request. Packets available include materials on issues and concerns for: newly diagnosed, carepartners, cognitive challenges, emotional health, employment, possible MS diagnosis, recreation and wellness, MS research, and veterans.

Periodicals

Momentum®

The National MS Society's quarterly magazine that includes first-person stories by people living with MS, consumer reports, expert opinion from MS specialists, and reports on current events, MS activism and recent advances in MS research. Free print circulation to anyone with MS. momentummagazineonline.com

General Information and Newly Diagnosed

African Americans and Multiple Sclerosis

It is a myth that African Americans don't get MS. Become engaged with programs and resources supporting optimal care and living well with MS. Brochure. 2018 — BR0085

“But You Look So Good!”

Coping with invisible MS symptoms. 9 pages. 2016 — ER 6000

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 Society referral lists. Brochure. 2/13 — ER 6006

Connecting with Others Living with MS

Highlights the ways that one can connect with others who share similar life experiences with MS. Includes MSFriends®, Peer Connections, Self-Help Groups and Clubs, and MSConnection.org. Brochure. 2018 — ES6005

Diagnosis: The Basic Facts

Explains usual steps and tests. Includes information on how to prepare for an MRI. 6 pages. 2015

Disclosure: The Basic Facts

When, how, and whom to tell in personal and work situations. 6 pages. 2014

Disease-Modifying Therapies for MS

Information on the disease-modifying medications. Includes how each is taken, side-effects, benefits, and information on assistance to alleviate financial difficulties. Updated with breaking news as required at nationalMSSociety.org/DMT. 28 pages.

Driving with Multiple Sclerosis

Addresses questions and concerns about how MS might affect a person's ability to drive now or in the future. Includes information about driving evaluations and different types of auto adaptive equipment. 18 pages. 2016 — ER6022

The History of Multiple Sclerosis

Overview of MS from the Middle Ages to the present; highlights the role of the Society since 1946. 11 pages. 2015

Hormones: The Basic Facts

The most frequently asked questions about MS and hormones. 3 pages. 2014

Knowledge Is Power

A free educational series for people newly diagnosed with MS and their families. Available online or delivered by mail. Call 1-800-344-4867 or visit nationalMSSociety.org/knowledge.

MS Navigator®

Outlines how Society Navigators can help people explore all of the resources available to them. Brochure. 2018 — BR3007

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 pages. 2016

What Is Multiple Sclerosis?

Symptoms, disease patterns, diagnosis, prognosis, treatment and research efforts all briefly described. Brochure. 2018 — BR 3009

Employment, Legal and Financial Planning

ADA and People with MS

What the Americans with Disabilities Act means in employment, public accommodations and more. 22 pages. 12/15 — ES 6021

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 for the future and to meet financial challenges that often accompany life with MS. 85-pages. This guide is a collaboration of the National Endowment for Financial Education, the National MS Society, Paralyzed Veterans of America, Financial Education Partners and the National Academy of Elder Law Attorneys. 2017

Career Crossroads: Employment and MS

Focuses on the legal rights of employees with MS and examines ways to mitigate the effects of MS on work performance. A self-study workbook is also available. DVD. 2011

Disclosure: The Basic Facts

See page 3.

Employment Matters: Managing MS in the Workplace

Learn how to navigate the complexities of managing work and MS through this six-part video series and companion toolkit. DVD. 2013 (Also available online at nationalMSSociety.org/employment)

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. DVD. 2007

Focus on Employment

On disclosure, ADA, fatigue and cognitive issues on the job, and telework options. 30 pages. 9/07 — ER 4325

Information for Employers

A brochure for people to give to their employers if they decide to disclose their MS. Brochure. 4/16 — ER 6002

The Win-Win Approach to Reasonable Accommodations

A practical guide to obtaining the workplace accommodations described by the ADA. 18 pages. 2018 — ES 6025

Working with MS: Information for Employees

General overview of the employment issues that might concern people newly diagnosed. Brochure. 4/16 — ER 6001

Health and Wellness

Acupuncture and MS: The Basic Facts

An exploration of what is known and not known about this complementary therapy. 5 pages. 2014

Clear Thinking About Alternative Therapies

Facts and common misconceptions, plus practical ways to evaluate benefits and risks of unconventional therapies. 22 pages. 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 pages. 2014

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 pages. 2016 — 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 pages. 2016 — ES 6020

Free from Falls

A comprehensive fall prevention program for people with multiple sclerosis. Provides an introduction and overview of fall risk and prevention for people with MS who are ambulatory (alone or with a cane, walking stick or crutch). DVD. 2013

Managing MS Through Rehabilitation

An overview of what rehabilitation can do for mobility, fatigue, driving, speech, memory, bowel or bladder problems, sexuality, and more. 29 pages. 2/16 — ES 6022

Minimizing Your Risk of Falls: A Guide for People with MS

Identifies risk factors for falling and strategies to reduce those risks. 20 pages. 2019 — ES 6023

Mood and Cognition in MS: What You Can Do

Explores why and how people with MS experience changes in mood and cognitive functioning, and provides the latest information from clinicians at the forefront of MS research on how these symptoms can be addressed. (Published in partnership with MS Society of Canada for the 2014 North American Education Program.) 53 pages. 2014. Includes DVD upon request.

MS and Pregnancy

Covers pregnancy, delivery, nursing, hormones and questions about the disease-modifying medications. 16 pages. 5/06 — ER 4329

Preventive Care Recommendations for Adults with MS

A colorful chart detailing the medical tests, vaccinations, and general health and safety rules recommended for all adults with MS. 6 pages. 2018

Stretching for People with MS

An illustrated manual showing range of motion, stretching, and balance exercises for a basic at-home program. 26 pages. 2016 — 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 pages. 2019 — ES 6042

Taming Stress in Multiple Sclerosis

Guide to simplifying daily life. Instructions on muscle relaxation, deep breathing, visualization and more. 27 pages. 2016 — 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. 24 pages. 2018 — ES 6043

Wellness Discussion Guide for People with MS and their Healthcare Providers

Designed to ensure that people with MS and their healthcare providers have the information and materials they need to engage in effective conversations and decision-making around wellness and lifestyle interventions. 17 pages. 2016.
nationalMSSociety.org/wellnessguide

Treatment and Symptom Management

Bowel Problems: The Basic Facts

Ways to manage common bowel problems in MS. 9 pages. 2014

Controlling Spasticity in MS

Managing this common, sometimes disabling, MS symptom — roles of self-help, medications, physical therapists, nurses and physicians. 17 pages. 2016 — 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 pages. 2019 — ER 6003

Disease-Modifying Therapies for MS

See page 3.

Fatigue: What You Should Know

MS fatigue can be reduced with treatments and self-help. 22 pages. 2019 — ES 6046

Gait or Walking Problems: The Basic Facts

Walking problems and how they can be addressed. 9 pages. 2014

Intimacy and Sexuality in MS

MS can affect sexuality, both directly and indirectly, but problems can be resolved or minimized. 27 pages. 2018 — ES 6045

Making Treatment and Lifestyle Decisions: Thinking About Benefits and Risks

Learn about disease-modifying treatments, symptom-management strategies and lifestyle-related options that can improve quality of life from clinicians at the forefront of MS research and treatment. (Published in partnership with MS Society of Canada for the 2013 North American Education Program.) 50 pages. 2013. Includes DVD upon request.

Managing Bladder and Bowel Issues in MS

Bladder and bowel issues are manageable and treatable. Learn about the latest advances and recommendations from clinicians and people living with MS. (Published in partnership with MS Society of Canada for the 2015 North American Education Program.) 42 pages. 2015. Includes DVD upon request.

Managing Cognitive Problems in MS

Discusses mental functions most likely to be affected by MS. Self-help and information on cognitive rehabilitation. 21 pages. 2019 — ES 6029

Managing Pain and Sleep Issues in Multiple Sclerosis

Learn from scientists and clinicians strategies for managing these symptoms, available treatment options, and ongoing research to identify the cause of pain and sleep disorders in MS. (Published in partnership with MS Society of Canada for the 2012 North American Education Program.) 46 pages. 2012. Includes DVD upon request.

Multiple Sclerosis and Your Emotions

How to handle some of the emotional challenges created by MS. 22 pages. 2019 — ES 6007

Pain: The Basic Facts

Overview of treatments and strategies for managing MS-related pain. 8 pages. 2016

Sleep Disorders and MS: The Basic Facts

Reviews common sleep problems and what can be done about them. 4 pages. 2014

Speech and Swallowing: The Basic Facts

Speech and swallowing problems can be helped with exercises, medications, or technological aids. 5 pages. 2014

Tremor: The Basic Facts

A troubling MS symptom described. Coping strategies and research horizons. 7 pages. 2016

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. 22 pages. 4/16 — ES 6047

Vision Problems: The Basic Facts

Current therapy for MS-related eye disorders. Discusses low-vision aids. 7 pages. 2015

Progressive MS and Major Changes

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. 19 pages. 2/16 — ES 6035

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

This guide provides targeted information and support to those families who are providing significant daily hands-on care to loved ones with advanced MS. 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

A Guide for Support Partners

Practical issues faced by caregivers. Includes resource list. 28 pages. 2019 — ES 6010

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 pages. 2014

How to Choose the Mobility Device that is Right for You

Offers guidance on how to determine if and when a device (from the simplest cane to the most complex power chair) might be appropriate. Outlines the steps involved in a comprehensive evaluation for a wheeled mobility device and important safety tips. 27 pages. 8/13 — ES6051

Managing Progressive MS

An overview of symptom management and coping strategies when progressive MS makes the road rougher. 40 pages.

2018 — ES 6009

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. (Published in partnership with Multiple Sclerosis Association of America and the Multiple Sclerosis Foundation.) 34 pages. 2012

Primary Progressive Multiple Sclerosis: Perspectives on Moving Forward

This DVD profiles five people living with primary-progressive MS who offer strategies for managing the disease and moving forward with their lives. DVD. 2009

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 pages. 2/12 — ES 6044

For Children and Families

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

See page 13.

A Guide for Support Partners

See page 13.

Keep S'myelin® Activity Book

For younger children with a parent or loved one with MS. Discusses MS through stories and activities. Includes a separate parent section. 24 pages. 2016 — KS2006 and KS2008

Managing School-Related Issues: A Guide for Parents with a Child or Teen Living with MS

For parents on how to manage MS-related challenges in their child's school setting. 48 pages. 2011

Pediatric MS: Understanding for Today, Hope for Tomorrow

Features families with children who have MS, as well as researchers who are studying pediatric MS. The program is narrated by a person who was diagnosed with MS as a teenager. DVD. 2009

Plaintalk: A Booklet About MS for Families

Discusses some of the more difficult physical and emotional problems many families face. 28 pages. 8/15 — ES 0055

Someone You Know Has MS: A Book for Families

For children, age 5–12. A story about Michael and his family explains MS and explores children's fears and concerns. Cartoons. 31 pages. 2018 — 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 pages. 2018

Timmy's Journey to Understanding MS

A 15-minute animated cartoon that follows a boy's journey to learning about MS. DVD. 2007 — DR 5139
(Call to request.)

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. 25 pages. 7/14 — ES 6024

Research

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

Leading medical researchers discuss efforts to find the causes of MS and how these efforts may lead to treatments and even finding a cure. Highlights include specific studies in the areas of the causes of MS such as immunologic, environmental, infectious and genetic, as well as the possible link between chronic cerebro-spinal venous insufficiency (CCSVI) and MS. 2010 (Published in partnership with MS Society of Canada.) 48 pages. Includes DVD upon request.

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 pages. 2016

Research Directions in MS: Strategies and Progress

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 pages.

4/16 — ES 6017

Información en Español

Estas publicaciones y muchas otras se puede acceder en la internet en nationalMSSociety.org/espanol.

Cómo Tomar Decisiones Acerca de Tratamientos y Estilo de Vida: Evaluación de Riesgos y Beneficios (Making Treatment and Lifestyle Decisions: Thinking About Benefits and Risks)

Los avances en el cuidado y tratamiento de las personas con esclerosis múltiple (EM) desde 1993 han sido extraordinarios. Como nunca antes, las personas con EM y sus familiares tienen más recursos a su disposición, lo que incluye tratamientos que modifican la enfermedad, estrategias para el manejo de los síntomas y opciones relacionadas con el estilo de vida que pueden mejorar la calidad de vida. Este video con subtítulos en Español y folleto se centran en los factores que toman en cuenta las personas con EM, sus médicos y familiares, al considerar las opciones de tratamiento y estilo de vida. 51 páginas. 2013

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. 20 páginas. 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. 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. 10 páginas. ER 6005

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

Explica los procedimientos y exámenes utilizados en el diagnóstico de la EM. Incluye como prepararse para una RM (MRI por sus siglas en inglés). 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. 28 páginas. 9/07 — ES 6049

**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. DVD. 2007 — DR 5139

Estado Anímico y Cognición con Esclerosis Múltiple: Lo Que Puede Hacer Al Respecto (Mood and Cognition: What You Can Do)

Este folleto ofrece un panorama general de tipos comunes de cambios de estado anímico que ocurren con la esclerosis múltiple, como también los tipos de problemas cognitivos que enfrentan las personas con esclerosis múltiple. Además ofrece resúmenes de las estrategias más exitosas desarrolladas por investigadores, profesionales clínicos y personas particulares para enfrentar dichos desafíos. (Publicado en asociación con la Sociedad de EM de Canadá para el Programa de Educación Norte Americano 2014.) 48 páginas. 2014. DVD disponibles bajo petición.

Información Bilingüe Sobre la Esclerosis Múltiple (Bilingual Information About Multiple Sclerosis)

Este formato permite a las familias bilingües aprender lo básico sobre la esclerosis múltiple. 16 páginas. 5/15 — 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. 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. 32 páginas. 2/07 — ES 6027

Navegante para la EM® (MS Navigator®)

Describe como los Navegantes de la Sociedad pueden ayudar a las personas a explorar todos los recursos que están disponibles para ellos. Folleto. 2015 — BR3011

“¡Pero Si Te Ves Tan Bien!” (“But You Look So Good!”)

Algunas maneras de manejar los síntomas “invisibles” de EM. 12 páginas. 10/15 — ER 6011

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

Un resumen de los síntomas, desarrollo de la enfermedad, diagnóstico, pronóstico, tratamiento, e investigación. 5 páginas. 11/14 — BR 3008

Sigue Sonriendo (Keep S’mylelin® Activity Book)

Libro de actividades a color para que los niños aprendan sobre la esclerosis múltiple. 24 páginas.

The National MS Society’s mission is for people affected by MS to live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever. To fulfill this mission, the Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world, and provides programs and services designed to help people with MS and their families move their lives forward.



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nationalMSSociety.org

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