

The National MS Society mobilizes people and resources so that everyone affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your healthcare professional and contacting the National MS Society.



**National  
Multiple Sclerosis  
Society**

**[nationalMSsociety.org](http://nationalMSsociety.org)  
1-800-344-4867**

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# Knowledge Is **POWER**



Knowledge Is Power contains current and accurate information relevant for people facing a new diagnosis of multiple sclerosis (MS), presented in a series of easy-to-understand topics.

Knowledge Is Power (KIP) is an introduction and guide for adjusting and living well with MS. Learning about MS and the impact it may have in your life is perhaps the first step. KIP will support each step in your process of understanding, dealing with, and planning for unpredictability and uncertainty—and ultimately living your best life with MS.

Explore topics at your own pace, using a variety of tools and methods, including by mail\* or online at **[nationalMSSociety.org/KIP](http://nationalMSSociety.org/KIP)**—which features videos, interactive worksheets and more. Spanish videos and booklets are also available.

\*Request home delivery at **[nationalMSSociety.org/KIP](http://nationalMSSociety.org/KIP)** or call 1-800-344-4867 and speak with an MS Navigator. Family and friends are welcome to receive this information as well.

## Topics include:

- Taking the First Steps
  - > What is MS?
  - > Dealing with Your Diagnosis
  - > Disclosure
- Treatments for MS
- Employment and Financial Security
- Treating Yourself Well
- Maintaining Healthy Relationships
- Working with Your Doctor
- Building and Maintaining Intimate Relationships
- Parenting with MS
- Glossary of MS Terms
- Supplement for Family Members



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