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LENDING LIBRARY

VIDEOS – CDs – DVDs

Who can borrow videos, CDs and DVDs?

Anyone can borrow videos, CDs and DVDs, regardless of membership in the organization.

How long can I keep the videos, CDs and DVDs?

Resources are loaned for three weeks and the MS Society reserves the right to limit the number of items borrowed based on availability.

How much does it cost?

You have to pay for the return postage for videos, CDs and DVDs. Individuals who do not return resources are invoiced for the replacement value of the items borrowed.

Please be aware that this information does not necessarily represent the opinion of the MS Society of Canada nor carry the endorsement or support of the MS Society of Canada. For medical advice and opinion always consult a physician.

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Alternative Therapies and Wellness

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Skills for Healing	CD	
Guided mindful stress reduction exercise (34 minutes) and sitting meditation (20 minutes).		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Skills for Wellness	CD	
Guided breathing practice with mindful body scan and relaxation (45 minutes) and mindfulness meditation (27 minutes).		

Exercise/Rehabilitation

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Au mieux de sa forme... tout en douceur	DVD and VHS	2003
Adapté d'une videocassette intitulée "Welcome to... Gentle Fitness!" et offert aux États Unis par Catherine MacRae, elle-même atteinte de SP, ce programme vise à améliorer la condition physique des personnes aux prises avec la sclérose en plaques.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Body, Mind, and Soul: Adapted Yoga Exercises for MS	VHS	2003

Adapted Yoga Exercises takes the viewer through a comprehensive session of Hatha Yoga instructions. A brief introduction sets the tone and explains the value of Yoga exercise. The class itself is divided into three sections:

- Introductory Poses and Breathing
- Stretching and Postures
- Relaxation

The program is intended to adapt to the viewer's ability and need.

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
MS Wheelchair Workout	VHS	
A guided exercise video for those in a wheelchair or looking for an exercise routine from a seated position.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
It's your Choice Exercises for fitness and well-being for individuals with multiple sclerosis.	DVD	2007

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Yogability and You This video (60 minutes) on chair yoga was designed to help those who are physically challenged due to illness, accident, or surgery.	DVD and VHS	

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Yoga with Eric Small This DVD (100 minutes) was designed to help individuals with varied physical ability levels move through a sequence of breathing, postures and guided relaxation as part of the practice of yoga.	DVD	2000

Inspirational/Personal Stories

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
But You Still Look so Well... Living with Multiple Sclerosis Follows three individuals with MS and their families as they deal with many of the “invisible” symptoms of MS.	DVD and VHS	2005

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Life with Multiple Sclerosis Produced by the MS Society of Canada (BC Division), this video depicts four individuals with different types of MS and how the disease has affected their lives.	VHS	1996

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Timmy's Journey to Understanding MS Developed by the National Multiple Sclerosis Society (NMSS) and produced by students of the Art Institute of Pittsburgh, this animated video shares a little boy's adventure in learning about multiple sclerosis.	VHS	2004

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Voices of MS Voices of MS offers an insightful account of what it is like to live with multiple sclerosis. Members of the multiple sclerosis community describe how they experience this neurological disease on a daily basis and how they have learned to cope with its effects.	DVD	2004

MS: General/Medical

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
About MS This DVD gives a general overview of MS. Symptoms, causes, diagnosis, types of MS, treatments and symptom management and prognosis are all touched upon.	DVD	2008

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Educational Video on Multiple Sclerosis Four short discussions with neurologists on the following topics: <ul style="list-style-type: none">• What is Multiple Sclerosis?• The Symptoms of Multiple Sclerosis• Fatigue• Black Holes Also available in French.	DVD	2006

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Genetics of MS A presentation on genetic susceptibility of MS by Dr. Dessa Sadovnick. Dr. Sadovnick leads the world's largest genetic research project and is one of Canada's leading MS researchers.	DVD	2007

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
MS Patient Information The Winnipeg Health Science Centre hosted an information session for patients of the MS Clinic on Monday, December 14. Dr. Ruth Ann Marie, Dr. Michael Cossoy, & Dr. Brian Hardy explained the findings of Dr. Zamboni's CCSVI research, and answered questions from patients and their families who attended.	DVD	2009

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
The Comfort of Home: Caregivers – Let's Take Care of You Volume I 42 minute CD. Learn coping techniques to suit your individual needs and simple ways to reduce caregiver stress and encourage relaxation. Combines short stories, self-care tips and guided meditations.	CD	2007

MS Teleconference

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
2004 MS Research Teleconference	CD	2004
2 disk audio of February 25, 2004 teleconference on research with Dr. Paul O'Connor.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
2007 MS Research Teleconference	CD	2007
A two CD recording (approximately 2 hours in total) of a presentation by Dr. Mark Freedman. Dr. Freedman, MS specialist neurologist at Ottawa Hospital, talks about his research in bone marrow transplantation for MS and MS research in Canada. The presentation includes a question and answer segment.		

North American Education Conference Materials

Each year the Multiple Sclerosis Society of Canada and the National Multiple Sclerosis Society focus in on a particular theme and produce these invaluable educational tools. Ideal for the individual interested in learning more about a particular aspect of MS or for a group looking for an educational tool. The NAEC is available on video/DVD with an accompanying booklet; either resource can also be borrowed separately.

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
The Path Back From an MS Attack	DVD	2005
Includes information on coping with exacerbations and relapses including the use of rehabilitation in the recovery process. This resource includes discussions with a range of health care professionals involved in the rehabilitation process as well as personal stories from persons living with MS.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
MS: The Genetic Connection	DVD	2006
Deals with the issue of genetic susceptibility in Multiple Sclerosis. This resource includes a thorough overview of research into the role of genetics in MS, and discussions with leading researchers in the field.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
The Clues to Epidemiology	DVD	2007
Gives an overview into what is currently know about who gets multiple sclerosis and why, as well as how clues are being deciphered through current research.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Getting There: Staying Mobile with MS	DVD	2007
A symptom management guide, which discusses the role of such tools as exercise, rehabilitation and adaptive aids, in helping people with MS remain active and mobile.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Hold that Thought! Cognition and MS	DVD	2008
A program where recognized experts in the field of cognition and MS discuss the ways in which multiple sclerosis affects mobility and how you can help yourself manage cognitive symptoms.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
To Repair and Protect: The Future of MS Treatments	DVD	2008
Provides current information about nervous system repair and the many research initiatives surrounding this topic. In the video portion of the program, researchers discuss ways in which nervous system protection and repair provide hope for future treatments.		

<u>Title</u>	<u>Media Format</u>	<u>Year</u>
Clinical Trials: Solving one piece of the MS Puzzle	DVD	2009
The video program contains a discussion of ways clinical trials provide hope for future MS treatment. The program book contains information about current clinical trials, the strategies of these therapies, and research initiatives currently in development.		
