

## **Subject Areas** **General Introduction to MS, Treatments**

### **100 Questions and Answers: about Multiple Sclerosis**

[Length](#)   [Year](#)  
143 pages   2006

[Author](#)  
William A. Sheremata,

This book gives you authoritative, practical answers to your questions about MS's causes, treatment, sources of support, and much more. Written by a leading specialist in the treatment of MS with comments from an MS patient, this book is an invaluable resource for understanding and coping with the medical, psychological, and emotional turmoil of this frightening disease.

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### **Curing MS: How Science is Solving the Mysteries of MS**

[Length](#)   [Year](#)  
309 pages   2004

[Author](#)  
Howard Weiner,

This is Dr. Howard Weiner's moving, personal account of the long-term scientific quest to pinpoint the origins of the disease and to find a breakthrough treatment for its victims. He describes in clear and illuminating detail the science behind the symptoms and how new drugs may hold the key to "taming the monster." This book offers a message of hope about new treatments and makes a powerful argument that a cure can-and will-be found.

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### **Fast Facts: Multiple Sclerosis:**

[Length](#)   [Year](#)  
92 pages   2006

[Author](#)  
George D Perkin, Jerry S Wolinsky

This edition includes the revised set of diagnostic criteria as laid down by the International Panel on the Diagnosis of Multiple Sclerosis, an updated overview of Immunomodulatory drugs, the latest information on pain management and the use of cannabinoids. Reviews new pharmacological approaches to treatment with benefits and risks. Covers the current use of steroid therapy for acute attacks and the range of treatment options available to manage symptoms associated with the disease.

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### **Living with Multiple Sclerosis: A Wellness Approach**

[Length](#)   [Year](#)  
125 pages   2000

[Author](#)  
George Kraft, Marci Catanzaro

This guide systematically shows you how to live optimally with this neurologic disease. It offers advice on how to take control of your life in order to maximize your health. This book also pinpoints the ramifications of various behaviors and activities. The authors suggest some avenues for optimizing your health through exercise, nutrition, and stress management. This excellent resource provides all of the guidelines you need to start developing your own individualized wellness program.

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### **Multiple Sclerosis for Dummies: A Reference for the rest of us!**

[Length](#)   [Year](#)  
362 pages   2007

[Author](#)  
Rosalind Kalb, Nancy Holland

This gives you easy to access, easy to understand information about what happens with MS—what kinds of symptoms it can cause, how it can affect your life at home and at work, what you can do to feel and function up to snuff, and how you can protect yourself and your family against the long-term unpredictability of the disease. Also, this will tell you everything you need to know in order to make educated choices and comfortable decisions about life with MS.

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### **Multiple Sclerosis: A Guide for the Newly Diagnosed**

[Length](#)   [Year](#)  
240 pages   2007

[Author](#)  
Nancy Holland, T. Jock Murray

Written specifically for anyone who has been diagnosed with MS. As well as family members and friends. This provides information that is both substantive and accurate. It has been developed by MS professionals with many years of experience in managing the disease, and is written with a straight-forward and honest approach that provides all the information you need to begin to deal with this disease.

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## MS Society of Canada - BC Division Library Collection (Publications)

<b>Multiple Sclerosis: New Hope and Practical Advice for People with MS</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	325 pages	2008	Louis Rosner, Shelly Ross

Updated with the latest research and terminology, this revised edition gets to the bottom of every treatment option from the tried-and-true to today's cutting-edge and experimental therapies. Its trusted advice covers every step of living with MS, what you need to know, and what you need to ask. Dr. Louis Rosner and Shelley Ross explain what the disease is, who gets it and why, and what people with MS can do to continue living happy and healthy lives.

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<b>Multiple Sclerosis: The Facts You Need</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	155 pages	2008	Paul O'Connor,

The accessible text is supported by diagrams, case histories, a drug table and an extensive list of helpful books and organizations. Topics include: what MS is, and who gets it; how MS is diagnosed; why the disease affects different people in different ways; how "relapsing-remitting" MS differs from "progressive" MS; how people with MS, and their families, can adapt their homes, careers and lifestyles to cope with the disease; which treatments work, which don't and what help is on the horizon.

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<b>Multiple Sclerosis: The History of the Disease</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	592 pages	2005	T Jock Murray,

This book is a thorough retelling of these efforts, covering stories that reach back many centuries. Dr. Murray's encyclopedic book begins with a discussion about how MS was initially distinguished from similar diseases. Following this, he presents reports of early patients who are thought to have had MS before it was recognized as a separate condition. He includes sketches of 19th century physicians who described the disease clinically.

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<b>Primary Progressive Multiple Sclerosis: What You Need to Know</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	166	2010	Nancy J. Holland, Jack S Burks

This addresses the wide variety of physical and emotional issues experienced by people with PPMS and their families. Chapters explain the nature of the disease and its characteristics, as well as its comprehensive multidisciplinary management. These include medical and nursing care, physical and occupational therapy, social support, caregiver and family issues, mental health, and quality of life.

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<b>The A to Z of Multiple Sclerosis: A Concise Encyclopedia</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	336 pages	2005	Carol Turkington, Kaye Hooper

Research has revealed a great deal about the possible causes of MS, yet it remains one of the most baffling diseases to confront medical science. The A to Z of Multiple Sclerosis contains more than 500 entries covering the etiology, research, treatment, symptoms, causes, and lifestyle issues related to the disease. Up-to-date research and the history of multiple sclerosis are also discussed.

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<b>The MS Workbook: Living Fully with Multiple Sclerosis</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	243 pages	2006	Robert Fraser, George Kraft

A team of doctors and psychologists from the Western Multiple Sclerosis Center, the largest MS rehabilitation center in the country, offer this groundbreaking workbook for helping people with MS manage every aspect of their lives, covering topics ranging from managing medical and psychological symptoms to improving their sex lives, from budgeting their finances to exploring employment opportunities.

## MS Society of Canada - BC Division Library Collection (Publications)

### **The Puzzle of Multiple Sclerosis: from 1868 to 2007**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
30 pages	2007	Ted Nolan Thompson,

This book focuses on clinical research on Multiple Sclerosis during the nineteen fifties and then begins with biological research on this disease beginning at UCSF in 1960 followed by the author's unique experiences in trying to solve this puzzling problem beginning not just as a clinician having dealt with hundreds of cases but also as a delegate on MS conference around the world from 1977 to 1994. It challenges current thinking, specifically, that MS is an auto immune disease that continues through 2006. The author submits that it is not by virtue of intuitive reasoning.

### **Subject Areas** **Symptom Management (Fatigue, Bladder, etc)**

### **Fatigue and MS: Evidence-based Management Strategies**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
33 pages	1998	Clinical Practice Guidelines,

Clinical practice guidelines on MS fatigue management to the health-care community. The Guidelines Development Panel hopes that publication and dissemination of these guidelines will stimulate research on self-report measures such as the Modified Fatigue Impact Scale in day-to-day clinical practice. It covers Algorithm Development, Treatment Recommendations, Supplement and etc.

### **Fatigue in Multiple Sclerosis: A Guide to Diagnosis and Management**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
93 pages	2004	Lauren Krupp,

Extensively updated and expanded, Managing the Symptoms of Multiple Sclerosis, Fourth Edition (formerly Symptom Management in Multiple Sclerosis) emphasizes all aspects of living with and managing the disease. It remains the definitive guide to managing the symptoms of MS. Sections have been reorganized to better reflect these three areas of management:

### **Hold that Thought!: Cognition and MS**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
pages/30 n	2007	National MS Society,

North American Education Program 2008 - as a videotaped conference to offer this program to audiences at their convenience over the course of the year. In the video program, recognized experts in the field of cognition and MS will discuss the ways in which multiple sclerosis affects mobility and how you can help yourself manage cognitive symptoms. The program book provides current information about cognitive problems in MS, cognitive rehabilitation and current research.

### **Meeting the Challenge of Progressive MS:**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
123 pages	2001	Patricia K Coyle, June Halper

This book is designed specifically for people who have been told they have or are developing the progressive form of multiple sclerosis. It focuses on ways to not only manage the progressive disease and its symptoms but also to cope with the life changes that may accompany it. For those individuals who have or are developing progressive disease.

### **Mental Sharpening Stones: Manage the Cognitive Challenges of Multiple Sclerosis**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
260 pages	2008	Jeffrey N Gingold,

Manage the Cognitive Challenges of Multiple Sclerosis provides real-life techniques garnered from MS patients and their medical providers, sharing their practical methods for pushing back against the disruptive and potentially disabling cognitive symptoms that affect MS patients. The book offers strategies that will assist those living with MS to retain their intellectual faculties through sharpening their mental discipline.

## Multiple Sclerosis in Clinical Practice:

[Length](#)      [Year](#)      [Author](#)  
234 pages    1999    Stanley van den Noort, Nancy J Holland

This book emphasizes those therapies that can be used successfully by general neurologists and primary care physicians. It provides the basic skills needed to treat MS patients, emphasizing those therapies that can be used successfully in diverse clinical settings. It also provides the basic groundwork to the clinician whose patients have progressive chronic MS. It is designed for all physicians who manage the disease, emphasizing those therapies that can be used successfully by the non-MS specialist and indicating when referral is appropriate.

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## Multiple Sclerosis: The Guide to Treatment and Management

[Length](#)      [Year](#)      [Author](#)  
197 pages    2006      Chris Polman, Alan Thompson

This completely revised edition of the best-selling "Multiple Sclerosis: The Guide to Treatment and Management" is a comprehensive, accessible guide to the present therapeutic options and their efficacy. Special features include expert opinion statements for each MS therapy; a unique guide to the wide diversity of therapeutic options available; a thorough discussion of the usefulness, effectiveness, and side effects of individual treatments; a new chapter on unconventional therapies; and a detailed guide to further reading.

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## Multiple Sclerosis: Understanding the Cognitive Challenges

[Length](#)      [Year](#)      [Author](#)  
152 pages    2006      Nicholas LaRocca, Rosalind Kalb

This invaluable resource, written for patients and their families, offers an in-depth discussion of cognitive difficulties, including changes that can occur; helpful strategies for dealing with their impact in daily life; and a detailed overview of treatment options. Written by two clinical psychologists with contributions from two neuropsychologists - each an MS specialist, answers all questions patients may have about their condition.

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## Urinary Dysfunction and MS: Evidence-based Management Strategies

[Length](#)      [Year](#)      [Author](#)  
17 pages      1999      Clinical Practice Guidelines,

These guidelines are intended to supplement the standard neurological assessment and presuppose prior exclusion of coexisting pelvic floor pathology. No attempt has been made to address the more complex issues of overwhelming infections, of various mechanical and surgical diversion techniques, or of upper tract complications, all generally deferred to urological and other consultations.

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## **Subject Areas**    **Medical Research, Information for Professionals**

## Advanced Concepts in MS Nursing Care:

[Length](#)      [Year](#)      [Author](#)  
302 pages    2001      June Halper,

This is the companion book to an earlier work, Comprehensive Nursing Care in Multiple Sclerosis. This current book examines complex issues in MS management and reflects a new philosophy of MS care: one of empowerment. The focus is on the numerous practice settings in which MS nurses practice as well as their many roles and responsibilities in managing this highly variable and difficult disease.

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## MS Society of Canada - BC Division Library Collection (Publications)

<b>Case Management in Multiple Sclerosis: Stage-by-Stage Guide for Nurse Managers</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	32 pages	2005	Kathleen Costello, June Halper

Written for healthcare professionals who have a background or training in case management but who have relatively limited knowledge about the specifics of MS. The manual will explain how managing MS is different from a case management approach can be specifically tailored to the particular needs of the MS patient. This program attempts to look at the patient as a whole, by examining patient care needs according to the various stages of MS as the disease progresses.

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<b>Clinical Trials: What You Should Know Before Voluntering</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	42 pages	1996	Joseph Giffels,

This booklet is intended to help you understand some of the basics of clinical research. It covers: what is a clinical trail; your role and rights as a volunteer research subject; what to consider when deciding whether you will participate; what is Informed Consent; what you should ask about the study; and what you can expect from your participation; and what you should not expect.

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<b>Clinical Trials-2009 NAEP Program: Solving One Piece of the MS Puzzle</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	65 pages	2009	National MS Society,

2009 North american Education Program - this program book provides information about current clinical trials, the strategies of these therapies, and research initiatives currently in development. In the video program, researchers discuss the ways in which clinical trials provide hope for future MS treatments.

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<b>Comprehensive Nursing Care in MS:</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	286 pages	1997	June Halper, Nancy Holland

An Excellent Resource for all Nurses caring for patients with MS. Written by Clinicians who have aunique expertise in the Management of MS, this text addresses the physical, emotional, social and environment resources and medication sheets. Of particular interest are chapters on the disease modifying agents, the role of complementary therapies, and patient and family education.

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<b>Genetics in Multiple Sclerosis: A Guide for Nurses</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	36 pages	2007	Scientific Connexions,

This monograph is designed as an educational resource for nurses seeking a greater understanding of this complex disease. The content includes the basic principles of human genetics, an immunology primer, a brief overview of MS, and a discussion of genetics in MS. It also includes 2 case studies that illustrate the nurse's role when counseling patients about familial tendencies and the risk of MS. The objective of this monograph is to further enhance MS nurses' understanding of genetic principles and the role of genetics in MS. Website: <http://www.mscares.org/cmssc/images/pdf/genetics-in-ms.pdf>

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<b>MS Research 2000 &amp; Beyond: National Education Conference October 18, 2000</b>	<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
	102 pages	2000	National MS Society,

National Multiple Sclerosis Society's National Education Conference. The rapid growth of this program reflects the exiting developments that have occurred in the National Multiple Sclerosis Society, MS research and treatment, as well as the increasing commitment among individuals with MS and their family members to be active, knowledgeable participants in their own care. Part I Recognized medical experts will address research in MS. Part II A live, interactive question and answer segment with the featured presenters.

## MS Society of Canada - BC Division Library Collection (Publications)

**MS: Best Practices in Nursing Care: Disease Management, Pharmacologic Treatment**      [Length](#)      [Year](#)      [Author](#)  
32 pages      2004      Colleen Harris, June Halper

This monograph is intended to be a tool for MS nurses who are seeking clarification of their roles and responsibilities as well as for nurses interested in pursuing MS care as a specialty. It provides an overview of the MS disease process, proposes a definition and model for MS nursing, identifies medications used to manage MS and control symptoms, and explores the potential for MS nursing research to improve patient care.

**MS: Key Issues in Nursing Management: Adherence, Cognitive Function, Quality of Life**      [Length](#)      [Year](#)      [Author](#)  
44 pages      2004      Kathleen Costello, June Halper

This edition is a landmark work on MS, a monograph originally published to document the roles and contributions of MS nurses. Since the first edition, MS care has evolved and expanded and nurses have continued in their expanded roles. The authors of this monograph wish to thank Teva Neuroscience for their ongoing belief in the value of the role of nursing and for their ongoing support.

**Multiple Sclerosis: Nursing Update 2007**      [Length](#)      [Year](#)      [Author](#)  
40 pages      2007      Marie Namey, Linda Morgante

The objective of this monograph is to provide a basic understanding of MS and the treatment options available for patients. With the increase in pharmacologic treatments for MS, infusion nurses have become integral members of the MS care team. This monograph captures the shared experiences of MS nurse specialists and infusion nurse specialists. It provides information about the diagnosis, symptoms, and disease course of MS.

**Multiple Sclerosis: Psychosocial and Vocational Interventions**      [Length](#)      [Year](#)      [Author](#)  
164 pages      2002      Robert T Fraser, David C. Clemmons

Helpful to everyone concerned about the psychosocial and vocational status of people with MS, this acclaimed book begins with the disease process, symptoms, diagnosis, and medical treatment, and goes on to focus on vocational rehabilitation and psychosocial issues and interventions. The book was designed as a basic training text for an individual counselor or health professional seeking to learn more about MS.

**Multiple Sclerosis: The Nursing Perspective**      [Length](#)      [Year](#)      [Author](#)  
168 pages      2007      Rosalind Kalb,

This book provides an overview of MS and its treatment, with an emphasis on the unique role played by nurses in the treatment process. Portions of this material were adapted from two professional education programs co-sponsored by the National Multiple Sclerosis Society and the Consortium of MS Centers.

**Nursing Practice in Multiple Sclerosis: A core curriculum**      [Length](#)      [Year](#)      [Author](#)  
2006      June Halper, Kathleen Costello

Additional benefits include: Review of pharmacologic strategies including the treatment of acute attacks, immunomodulating therapies, and symptomatic therapies, as well as nonpharmacologic interventions; concise and relevant information in an easy to read outline form; study questions and answers for the International Organization of Multiple Sclerosis Nurses (IOMSN) certification; reference material for additional reading; Case studies

## MS Society of Canada - BC Division Library Collection (Publications)

### Searching for the Cause of MS-2010 NAEP: Who? Why? How?

[Length](#)    [Year](#)    [Author](#)  
48 pages    2010

2010 North American Education Program - this program book provides What is the Cause of MS? The Role of Genetics in the Development of MS; Epidemiology: Who Develops MS? Environmental Factors & MS; Evidence for an Infectious Cause of MS; The Role of Immunology in MS; CCSVI: A Possible Factor in the Development of MS?

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### Talking to MS Patients About Difficult Topics:

[Length](#)    [Year](#)    [Author](#)  
90 pages    2006    MS Society of Canada, Hume Imaging

Have you ever felt that you were more of an 'expert' on multiple sclerosis than the physician treating you? Have you ever wished your doctor had dealt with an MS symptom more sensitively than they did? This publication was developed by the Professional Resource Center of the National Multiple Sclerosis Society (USA), the Canadian adaptation is a resource containing six publications which help physicians support their patients through some of the more challenging aspects of MS.

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### To Repair and Protect: The Future of MS Treatment

[Length](#)    [Year](#)    [Author](#)  
34 pages    2008    National MS Society,

2008 North American Education Program - to offer the program to audiences at their convenience as a videotaped conference. In the video program, researchers will discuss the ways in which nervous system protection and repair provide hope for future treatments. This program book provides current information about nervous system and repair and the many research initiatives surrounding this topic.

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## Subject Areas **General Health and Illness**

### Lean on Me: 10 Powerful Steps to Moving Beyond Your Diagnosis

[Length](#)    [Year](#)    [Author](#)  
271 pages    2000    Nancy Davis,

This inspiring testament from a woman with a life-threatening illness who nonetheless leads a blessedly normal life. This is her empowering, step-by-step guide to taking charge of one's own health care. This is the health advocate that each of us needs to adopt in the face of a medical crisis. This book shows how to navigate the health care waters, to find hope, to take positive action, and to celebrate progress-all kinds, every day.

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### The Everything Health Guide to: Multiple Sclerosis

[Length](#)    [Year](#)    [Author](#)  
307 pages    2009    Margot Russell, Allen C Bowling

Written by an MS sufferer who was diagnosed with the autoimmune disease ten years ago, this book helps readers: recognize signs and symptoms; understand the types of MS; get an accurate diagnosis; decide on treatment and find the right doctor; explore alternative therapies; take charge by Creating a Management Plan; manage symptoms and Understand Cognitive Changes; and, develop strength and avoid relapse. Filled with tips for daily living (like staying cool) and the latest information on new treatments, this reassuring book offers MS sufferers more than medical advice. It gives them the strength, knowledge and resources to get moving so they can live a full, active life!

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## MS Society of Canada - BC Division Library Collection (Publications)

### **The Joy of Appreciative Living: Your 28-day plan to greater happiness in 3 incredibly easy steps**

[Length](#)    [Year](#)  
204 pages    2008

[Author](#)  
Jacqueline Kelm,

It suggests we create whatever we want in our lives by focusing on, asking questions about, and creating mental pictures of what's right, what's working, and what we want most in our lives. It is based on the principles of Appreciative Inquiry, with constructs from Positive Psychology, law of attraction, chaos theory, and other strength-based approaches. There are three basic steps in Appreciative Living:  
1.Appreciating the present; 2.Imagining the Ideal; 3.Acting in Alignment.

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### **The Relaxation and Stress Reduction Workbook:**

[Length](#)    [Year](#)  
1996

[Author](#)  
Martha Davis, Elizabeth R Eshelman

This workbook is designed to teach you the most popular stress management and relaxation techniques and exercises used today. It will increase your awareness of your personal reaction to stress and build your sense of control and mastery over stressors in your life. This book offers easy-to-use, step-by-step instructions for using progressive relaxation, autogenics, self-hypnosis, visualization, thought stopping, worry control & and the list goes on.

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### **Subject Areas**    **Sexuality**

### **Enabling Romance: A Guide To Love, Sex, and Relationships for ...**

[Length](#)    [Year](#)  
200 pages    1992

[Author](#)  
Ken Kroll, Erica Levy Klein

The first comprehensive, practical guide to relationships for the physically challenged. Offers complete information on the social, romantic, and sexual requirements posed by a wide range of disabilities. The book includes lists of family-planning and independent-living organizations; dating, friendship, and pen-pal services; and mail-order catalogs, magazines, and videos. Illustrations.

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### **Subject Areas**    **Alternative, Complimentary Theories and Therapies**

### **Alternative Medicine and Multiple Sclerosis:**

[Length](#)    [Year](#)  
251 pages    2000

[Author](#)  
Allen C Bowling,

This is a single source for accurate and unbiased information on the many complementary and alternative medicines that can help manage some MS symptoms and promote general health. Readers will be able to: \* find unconventional options for therapy; \* learn of potentially dangerous interactions between alternative therapies and medical treatments; \* identify therapies that are effective, low risk, and inexpensive; \* recognize ineffective, dangerous, or costly alternative therapies.

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### **Complementary and Alternative Medicine and MS:**

[Length](#)    [Year](#)  
287 pages    2007

[Author](#)  
Allen C Bowling,

This source for accurate and unbiased information on complementary and alternative medicine approached for MS symptoms has been completely updated to reflect advances in the field since 2001. Therapies are organized alphabetically so that readers can easily pinpoint a specific treatment and learn about its origins, merits, and possible uses.

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## MS Society of Canada - BC Division Library Collection (Publications)

**Healing Mind, Healthy Women: Using The Mind-Body Connection to Manage Stress...**      [Length](#)      [Year](#)      [Author](#)  
422 pages      1996      Alice Domar, Henry Dreher

A range of therapeutic mind-body methods for women who wish to manage stress and begin a program of wellness. A valuable guide both to living well and to focusing the power of the mind on the special health issues of women. Based on the latest research, this book is a treasure trove of information and proven exercises that can lead to healing, peace of mind, and the awakening of the compassionate heart that is the core of women's wisdom.

**The Mayo Clinic: Guide to Alternative Medicine 2007**      [Length](#)      [Year](#)      [Author](#)  
127 pages      2007      Brent Bauer,

This guide is your complete plan for safely and effectively incorporating alternative therapies into your daily life; an easy-to-understand accessible manual that provides you the latest information on what works and what doesn't in the world of natural and holistic medicine. Mayo Clinic specialists offer practical advice on the benefits of the therapies such as herbal supplements, vitamins and minerals, acupuncture, yoga, medication and massage, as well as what to watch out for.

**The MS Solution: How I Solved the Puzzle of My Multiple Sclerosis**      [Length](#)      [Year](#)      [Author](#)  
212 pages      2008      Kathryn R Simpson,

Focuses on what actually are the most efficient tools to treat neurodegenerative diseases such as MS hormone therapies for the endocrine deficiencies that are often associated with these diseases. This is the only book that makes the crucial connection between endocrine malfunction and Multiple Sclerosis. It gives you the tools you need to resolve your symptoms.

**Thinking About Complementary/Alternative Medicine?: How to Find and Evaluate Claims**      [Length](#)      [Year](#)      [Author](#)  
12 pages      2006      Thomas Stewart, Allen C Bowling

An Introduction for People with MS on How to Find and Evaluate Claims about Complementary and Alternative Medicine. Topics: Definitions and examples; frequency and patterns; evaluating the evidence; consider risk, cost and other factors; special considerations relating to biologically based forms; conclusion and resources.

### **Subject Areas**      **Caregiving**

**I'll Take Care of You: A Practical Guide for Family Caregivers**      [Length](#)      [Year](#)      [Author](#)  
220 pages      1999      Joseph Ilardo, Carole Rothman

Using real-life examples, inventories, and self-quizzes, this guide discusses what it means to be a caregiver with advice on how to deal with special situations. This book is for all caregivers, regardless of the age or special needs of the person for whom they provide care. An Essential Guide for Caregivers. Learn to take care of yourself as well as your loved ones. Gives practical, sensitive and insightful guidelines.

**Living with Multiple Sclerosis: A Caregiver's Story**      [Length](#)      [Year](#)      [Author](#)  
181 pages      2003      John Morris Fenley,

All about John Morris Fenley, ...his life odyssey...trials...joys, woes...problems, solutions...from caregiver-neophyte to caregiver-extraordinaire...on-the-job training...culminating as Eileen's caregiver for her last 44 years of his marriage...a good example for budding caregivers. His caregiver training started early in life, extended through the 44 years after Eileen was diagnosed as having multiple sclerosis, and did not end until her death in 2001.

## MS Society of Canada - BC Division Library Collection (Publications)

- |  | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>           |
|--|------------------------|----------------------|----------------------------------|
| <b>Love, Honor &amp; Value: A Family Caregiver Speaks Out about the Choices and Challenges of Caregiving</b>   | 200 pages              | 2002                 | Suzanne Mintz,                   |
| <p>Personal story by Suzanne Miniz on her caregiving for a family member. As featured on "The Today Show" -- An inspirational and practical guide for family caregivers themselves - their health and their well being - from the only charitable organization dedicated to making life better for family caregivers.</p>  |                        |                      |                                  |
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| <b>Mainstay: for the Well Spouse of the Chronically Ill</b>  | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>           |
|  | 325 pages              | 1988                 | Maggie Strong,                   |
| <p>A moving personal account and a companion guide. Strong shows that being the spouse of a chronically ill person is more than just hard work--there are many emotional changes to be dealt with as well, from keeping anger and guilt tucked away to being constantly aware that the situation will only get worse. Interspersed with Strong's own story are chapters full of concrete, vital information on how to cope with the challenges of living with someone with a chronic illness.</p>  |                        |                      |                                  |
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| <b>Multiple Sclerosis Care: a practical manual</b>   | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>           |
|  | 450 pages              | 2007                 | John Zajicel, Jennifer Freeman   |
| <p>This is a concise and easy to use reference source for all aspects of care in the management and understanding of Multiple Sclerosis (MS). It is useful for all health professionals involved in the care of people with MS, including hospital doctors and Gps, therapists and social workers, as well as interested carers and people affected by the condition. It takes account of the latest scientific evidence and guidelines in the management of MS, and takes a practical and pragmatic approach to the evaluation of controversial aspects of MS care.</p> |                        |                      |                                  |
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| <b>Navigating Canada's Health Care: A User Guide to Getting the Care You Need</b>  | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>           |
|  | 335 pages              | 2006                 | Michael Decter, Francesca Grosso |
| <p>An indispensable practical guide to getting the best care within the existing system. Filled with concrete, up-to-date information and surprising facts, the book follows best-practice health care through the 3 stages of life. It offers the health care consumer, much-needed information about what the system does and does not provide, it outlines strategies for you to become a better advocate for yourself and for your loved ones, and it educates you on how you can improve your chances for better health and better care.</p>                        |                        |                      |                                  |
| <hr/>  |                        |                      |                                  |
| <b>Peace of Mind: Care for the Caregiver</b>   | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>           |
|  | 130 pages              | 2009                 | Lynn Longmuir,                   |
| <p>This book will help you to reduce stress, to find assurance and to experience peace of mind. It is written for anyone who is a caregiver for their parents, siblings, children, friends, partners or spouses. The purpose is to inform, to comfort, and to bring peace to individuals who are caring for a loved one. It contains useful information regarding how to care for oneself, while also taking care of someone we love.</p>  |                        |                      |                                  |
| <hr/>  |                        |                      |                                  |
| <b>The Comfort of Home: An Illustrated Step by Step Guide for Caregivers</b>   | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>           |
|  | 365 pages              | 2002                 | Maria Meyer, Paula Derr          |
| <p>Promises to take the fear out of home and bring confidence and peace of mind to caregivers. Positive and empowering, full of ideas, simple and practical, contains checklists, resources and tips to make your job easier as a caregiver. An excellent guide on caregiving in the home. Home health professionals will find it to be a useful tool in teaching family caregivers. Particularly helpful to those who live in rural areas and do not have professionals readily accessible.</p>   |                        |                      |                                  |

## MS Society of Canada - BC Division Library Collection (Publications)

### **The Common Threads of Teenage Grief: A Handbook for Healing**

[Length](#)   [Year](#)  
112 pages   1998

[Author](#)  
Janet Tyson,

This is a book about understanding grief and healing. It is for teens, their families, and friends. Written by a middle school counselor and nine teens, using their own words and experiences to illustrate their struggles with grief and how they overcome it. The first and last section of this book provide helpful guidance for teens and people involved in helping them with their grief. The middle section contains special stories by 9 teen-agers who have experienced their own personal loss and grief.

### **Subject Areas**   **Daily Living, including Family Life**

### **Coffee in The Cereal: The First Year with Multiple Sclerosis**

[Length](#)   [Year](#)  
96 pages   2003

[Author](#)  
Lorna Moorhead,

Moorhead is a real-life person with real-life reactions to MS-she fights back when people attach her for parking in the handicapped spot even though she looks normal and she faces life with a spunky humor that will lift the spirits and encourage others fighting the disease. "Not Tonight Dear, I Have MS" give readers a quick insight into the mind of this vibrant, intelligent woman.

### **Living Beyond Multiple Sclerosis: A Women's Guide**

[Length](#)   [Year](#)  
260 pages   2000

[Author](#)  
Judith L Nichols,

This second installment from the online group dedicated to supporting each other in the fight against MS includes encouragement, understanding, and useful information for MS sufferers and their families. Talks about ways to live beyond the limitation of MS. Topics include updated information of the elusive diagnosis, sustaining positive doctor/patient relationships, the newest treatments etc.

### **Living Well: 21 Days to Transform your Life, Supercharge Your Health, and Feel Spectacular**

[Length](#)   [Year](#)  
304 pages   2008

[Author](#)  
Montel Williams,

Starts with taking a snapshot of your feeling and goals and goes on to give information about the top "power house" foods. Articles by well-known, trusted experts back Montel's theories, and many simple recipes are scattered throughout the book. He finishes with an in-depth resource section listing choices of "best reads" for books on nutrition, diet and fitness, including internet resources.

### **Managing Personal Assistants: A Consumer Guide**

[Length](#)   [Year](#)  
65 pages   2000

[Author](#)  
Gordon Casebolt, Stephen F Gilson

This guide contains general advice to those seeking personal care assistance in their home. Featuring: \*Recruiting, Hiring, Training, Keeping, and Firing Personal Assistants. \*Funding Sources. \*Tax Information. \*Forms. It is not an authoritative legal treatise and should not be relied upon as authority for acting or failing to act. Readers may wish to consult a tax specialist or attorney with specific questions.

### **Mommy's Story: An Introduction for Younger Children to learn about a parent's MS**

[Length](#)   [Year](#)  
16 pages   2006

[Author](#)  
Susan Wells,

Suitable for children ages 3 to 7. This publication was written to encourage parents with MS to begin the conversation about the diagnosis and ongoing implications if MS with your children. It is hoped that as parents share this special book with young children, it will be the start of a conversation that is continuous throughout the children's development as the family learns to live together with the disease.

## MS Society of Canada - BC Division Library Collection (Publications)

### **Multiple Sclerosis and Having A Baby:**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
186 pages	1999	Judy Graham,

By the author of the bestselling Multiple Sclerosis, here is an essential resource for anyone with MS who is considering having a child. Judy Graham gives factual answers to all the questions you have about starting a family. She offers practical advice on how to make the most of parenthood, what it means to be a parent with MS.

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### **Multiple Sclerosis: 300 Tips for Making Life Easier**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
114 pages	2006	Shelley Schwarz,

This invaluable book is packed with practical information for those dealing with the special challenges of multiple sclerosis. From general advice to unique solutions for saving time and energy to specific ideas, the book contains more than 300 tips, techniques, and shortcuts to help MS patients organize and simplify their lives. Among the topics addressed are home safety and accessibility; meal planning and preparation; grooming and dressing tips; computers and technology; and improving memory and concentration.

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### **Multiple Sclerosis: A Guide for Families**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
200 pages	1998	Rosalind Kalb,

This extensively revised and updated edition of "Multiple Sclerosis" is a comprehensive discussion of the impact of multiple sclerosis on the family and of the recommended strategies and resources for dealing with the disease. It is written for families who are trying to cope with MS, yet it is sufficiently comprehensive to be a valuable resource for professionals.

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### **My Grampy Can't Walk:**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
20 pages	2006	Vanita Oelschlager,

Grampy has multiple sclerosis and uses a wheelchair, but that doesn't keep him from doing some pretty spectacular things with his grandchildren in this inspiring and enlightening story. It shows children everywhere that wheelchairs don't limit people. By depicting active fun and quiet loving moments, Vanita Oelschlager helps normalize disability for everyone.

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### **The Art of Getting Well: A 5-Step Plan for Maximising Health When You Have a Chronic illness**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
210 pages	2002	David Spero, Martin Rossman

Written for the chronically ill by a man diagnosed with multiple sclerosis, this guidebook offers five ways for readers to come to terms with illness and take charge of their lives. The author has years of experience as a journalist and a health educator, and, in this unique book, he offers encouragement and practical advice on how to get through difficulties and truly live a positive, healthy life.

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### **The Chronic Illness Experience: Embracing the Imperfect Life**

<a href="#">Length</a>	<a href="#">Year</a>	<a href="#">Author</a>
362 pages	1999	Cheri Register,

This inspiring book probes the psychological and emotional realities of living with chronic illness. Based on the author's experience with Caroli's disease and interviews with people who live with diseases such as multiple sclerosis, epilepsy, diabetes, and asthma, this book reveals how people faced with chronic illness can achieve meaningful lives.

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## MS Society of Canada - BC Division Library Collection (Publications)

### **The Disable Woman's Guide: To Pregnancy and Birth**

[Length](#)   [Year](#)  
528 pages   2006

[Author](#)  
Judith Rogers,

Intimate, in-depth interviews with 90 disabled women with 22 different types of disabilities come together in this thoroughly researched and informative book. This is a practical guide for both disabled women planning for pregnancy and the health professionals who work with them. Provides information to readers, it is meant to be a guide and does not provide medical advice. Always consult your Doctor for Medical Advice.

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### **The First Year - Multiple Sclerosis: An Essential Guide for the Newly Diagnosed**

[Length](#)   [Year](#)  
230 pages   2002

[Author](#)  
Margaret Blackstone,

A Patient-Expert walks you through everything you need to learn and do. From the first moment of her diagnosis, author Blackstone took charge and educated herself on every aspect of her condition. Now, as a patient-expert, she guides those newly diagnosed step-by-step through their first year with MS. Margaret Blackwood takes charge and educates herself on every aspect of her new condition. She gives a step by step guide those newly diagnosed for the 1st year.

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### **Who's in Control of Your Multiple Sclerosis?: Pieces of the MS Recovery Puzzle**

[Length](#)   [Year](#)  
222 pages   2005

[Author](#)  
William Code, Denise Code

An essential guide to hope and recovery. The authors present the most current research and simple, little known strategies that halt the progression of MS. The book's emphasis is on safe, effective, natural solutions based on sound scientific evidence. Learn how you can control your MS, so that MS does not control you! In this book, Dr Code shares how he gained control of his MS - information that even most physicians don't know.

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### **Women Living with Multiple Sclerosis:**

[Length](#)   [Year](#)  
256 pages   1999

[Author](#)  
Judith L Nichols,

For the 400,000 North Americans with MS, Nicols offers wisdom--and humor--about everything this disorder affects, including diagnosis, family reactions, sexuality, pain control, and depression. For families and friends of those with MS, this is an intimate look into what it's like to have the disease. MS sufferers reading this book will truly feel they are not alone. As one member of the group writes "walking may be difficult, but together we fl

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### **Yes You Can!!!: Go Beyond The Physical Adversity**

[Length](#)   [Year](#)  
102 pages   2000

[Author](#)  
Janis Dietz,

Embraces the premise that life should be lived to the fullest extend possible, disability or not. Dr Dietz shows you that life itself offers the joy of living as well as the responsibility to live it right. Page after page, she shows you how to make the most of life-how to weather challenges, illnesses, and disabilities. When you finish reading this book you'll have a new zest for life and a new feeling of what you can accomplish.

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## **Subject Areas**   **Personal MS Stories**

### **Black Patent Shoes: Dancing with MS**

[Length](#)   [Year](#)  
260 pages   1996

[Author](#)  
Eva Marsh,

Compelling story of a 35 year old living with MS. Learn about decades old research which led Eva to challenge accepted perceptions and devise successful strategies for full recovery. Follow Eva, diagnosed at the age of 22, as she dealt with the medical system, single parenthood, and university as an adult student.

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## **Blindsided: lifting a life above illness: a reluctant memoir**

[Length](#)      [Year](#)      [Author](#)  
236 pages    2004      Richard Cohen, Richard Ferrone

Autobiographical at its roots, repotorial, and expansive, 'Blindsided' explores the effects of illness on raising three children and his relationship with his wife. Cohen tackles the nature of denial and resilience, the ins and outs of the struggle for emotional health, and the redemptive effects of a loving family. And while he may not have chosen to live with illness, illness did choose him. Written with grace, humor, and lyrical prose, Blindsided presents a life brimming over with accomplishment and joy in adversity.

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## **Body Breakdowns: Tales of Illness + Recovery**

[Length](#)      [Year](#)      [Author](#)  
164 pages    2007      Janis Harper,

A collection of true tales about brushes with mortality and the medical establishment. Some are serious, some are funny; all are about illnesses, both minor and major. The pieces are all related to aging and are told in strong, engaging, and authentic voices. They are about people suddenly discovering they're vulnerable and the different ways they come to terms with that, as well as how they deal with the health professionals whose job it is to provide care for our bodies. They are also about how people who have physically suffered learn to find words for and, thus, shape the new world they find themselves in. These stories remind us that everything can change in a moment. And that we're all in these aging bodies together.

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## **Climbing Higher:**

[Length](#)      [Year](#)      [Author](#)  
225 pages    2004      Montel Williams,

Television talk show host Montel Williams describes his struggle with multiple sclerosis. Williams, who was diagnosed in 1999 after suffering mysterious ailments for nearly 20 years, discusses the disease's disabling symptoms and the emotional impact it has had on him and his family. He reveals the anger, depression, and denial that accompanied his diagnosis and its aftermath. Williams also advises on how to inform friends and family of a diagnosis, and how to live a productive, determined life despite having MS.

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## **Facing the Cognitive Challenges of MS:**

[Length](#)      [Year](#)      [Author](#)  
136 pages    2006      Jeffrey N Gingold,

This is a courageous and compelling personal account of one man's struggle with this aspect of the disease. It was written for the silent majority of people with MS who must deal with these same cognitive symptoms which often go unrecognized and are diffi

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## **How to Beat MS and: the Things That Your Doctor Didn't Tell You**

[Length](#)      [Year](#)      [Author](#)  
162 pages    2000      Nadine Wooley,

This book describes in detail all the things you need to know that your doctors couldn't or wouldn't tell you. An MS patient who refused to accept there were not answer for this disease, account of a cure that is returning her to the ambulatory life she once knew. In language that is clear and down-toearth, she talks both to those who have the disease and to those wh care about them.

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## **Incidental Heroes: Disabling The Myths About Multiple Sclerosis**

[Length](#)      [Year](#)      [Author](#)  
31 pages      1999      ckie Girsky Popper, Gina Minielli Gunkel

About personal stories of MS persons and how they keep on their lives. Each story comes with a professional photo. Those stories help to educate people about multiple sclerosis and to provide newly diagnosed individuals with a realistic view of life with MS. The goal is to tell the stories of people tackling a disease rather than to focus on the disease itself.

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## MS Society of Canada - BC Division Library Collection (Publications)

### **Life on Cripple Creek: Essays on Living with Multiple Sclerosis**

[Length](#)   [Year](#)  
149 pages   2003

[Author](#)  
Dean Kramer,

About a woman who writes about the reality of MS. Follow her as she goes through her failures and victories. This book shows that with inner strength and a sense of humor the disease need not be devastating. 'Essays on living with multiple sclerosis'. Witty, honest and humourous account of the author's life.

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### **Life Side Up: Encounter Disability, Experience Life**

[Length](#)   [Year](#)  
128 pages   2005

[Author](#)  
Ron Didur,

Jay an active healthy man, develops a debilitating disease and loses the ability to fly airplanes, drive or even walk. When an unfortunate car accident takes the life of Jay, the story takes an unusual turn: he wakes up as someone else and finds that he is no longer disabled. He can do all the things he could do in his previous able-bodied life, but he's missing one thing-the love of his life, Janet.

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### **My Story: A photographic essay on life with MS**

[Length](#)   [Year](#)  
113 pages   2004

[Author](#)  
Ameila Davis,

Amelia Davis' unique book of photographs about people living with MS is educational and beautiful. Her powerful photography is honest in portraying lifes realities. This is a much-needed book, especially today when we are faced with challenges and look for emotional support. My Story offers visual and emotional support to people not only living with MS, but any disease or obstacle encountered in life.

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### **One Woman's Journey: A Story of MS and Spiritual Awakening**

[Length](#)   [Year](#)  
363 pages   2007

[Author](#)  
Leslie DeHart,

This book is part of the author's life, it is her Journey. This book tells how having a disease come into you is a wake-up call. It includes many Journey that the author did with a Shamann. The book tells how she has grown with her diagnosis. She hope that her experiences will make others stronger and help them deal with whatever they have.

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### **People with MS: With the Courage to Give**

[Length](#)   [Year](#)  
165 pages   2003

[Author](#)  
Jackie Waldman,

The author has collected 24 inspiring personal stories. All of the people profiled in this book has refused to be defined by their illness. Instead they have created - art, companies, foundations. They have given back to the community in numerous ways, including fundraising, making gardens accessible, raising awareness, working toward a cure - to name just a few.

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### **Phone in the Fridge: Five Years with MS**

[Length](#)   [Year](#)  
205 pages   2006

[Author](#)  
Lorna Moorhead,

In the quirky, sassy voice that has made her popular on health websites and with the women of MS MOMS, the author recounts the experiences of her first five years with multiple sclerosis (MS). With a vitality unique in the often gloomy world of personal medical histories, she offers the best of her personal insights into life with MS in this ompilation of essays on everything from fighting depression to being an effective parent.

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## MS Society of Canada - BC Division Library Collection (Publications)

**Victory: One Man's Inspirational Triumph Over MS: How to live life to the fullest**      [Length](#)      [Year](#)      [Author](#)  
229 pages      2007      Suzanne Couchman, Robert Bertolas

The purpose of this book is simply to share Robert's thoughts, how he reached his goals and how he developed such a positive attitude towards life, while living with MS. What makes him happy, is being able to help other people to become successful in reaching what ever personal goals they have set for themselves.

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**Walking a Fine Line: pressing on through chronic illness**      [Length](#)      [Year](#)      [Author](#)  
262 pages      2009      Kathy McWhirter,

The compelling story describes someone with the courage to take risks, embrace change and fulfil her dreams. Her journey into the world of MS is woven through the life experiences of love, divorce, death, children, travel, parenting, friendship and increasing spirituality. Dramatic, humorous and insightful, the book offers messages of hope and encouragement, while examining the struggles of dealing with chronic illness.

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### **Subject Areas**      **Emotional Aspects - Depression, Stress, Adjustment**

**After Disability: A Guide to Getting on with Life**      [Length](#)      [Year](#)      [Author](#)  
171 pages      2006      Lisa Bendall,

This is a practical, information-packed guide for Canadians learning to live with a disability. Geared to the rising number of adults who have experienced injury, stroke, disease, arthritis or the effects of aging, it offers valuable strategies and resources. "After Disability" is essential reading for those living with disability, and for the men and women who care for them.

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**But You Look Good: A Guide to Understanding and Encouraging People**      [Length](#)      [Year](#)      [Author](#)  
45 pages      2002      Sherri Connell,

This is a one-of-a-kind resource that is urgently needed for a neglected group of people--those who look healthy, but have a chronic physical problem that saps their energy, racks their bodies, and taxes their souls. This booklet teaches us how to have compassion on the person suffering from an invisible disability and how to offer real help instead of platitudes. Those who read it will come away wiser and more hopeful.

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**Celebrate Life: New Attitudes For Living with Chronic Illness**      [Length](#)      [Year](#)      [Author](#)  
232 pages      1999      Kathleen Lewis,

"What the caterpillar thinks is the end, the butterfly knows is just the beginning". A cheerful, practical guide to facing daily life with a chronic illness, written by a registered nurse and lecturer who has lupus and fibromyalgia. Chronic illness can force you to make some painful and dramatic changes. Celebrate Life teaches you to grieve your losses and embrace the joys of your new beginning.

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**MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis**      [Length](#)      [Year](#)      [Author](#)  
238 pages      2007      Allison Shadday,

This book offers readers hope, inspiration and validation, teaching them how to come to terms with an MS diagnosis; strategies for identifying and managing stress triggers; ways to cope with fear, guilt, anger, loss, depression, and isolation; steps to enhance intimacy and develop a greater sense of emotional security; and more. Patient success stories illustrate the techniques described.

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**Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness**      [Length](#)      [Year](#)      [Author](#)  
284 pages      1994      Paul J Donoghue, Mary Siegel

For people who suffer from invisible chronic illnesses, this book offers hope and the means to cope with their ailments. It teaches them how to become aware of the attitude they have toward the illness and the way they talk to themselves about it and about themselves. It shows how, with awareness and practice, they can change their illness narrative, and how they can communicate with loved ones and doctors in a way that meets their needs.

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**When the Body Says No: The Cost of Hidden Stress**      [Length](#)      [Year](#)      [Author](#)  
306 pages      2004      Gabor Maté,

In this groundbreaking book, Dr Gabor combines a passionate examination of his patients' life histories with lucid explanations of the science behind mind-body unity. Offering profound insights into the link between emotions and disease, "When the Body Says No" is an important contribution to literature on the physiological connections between stress and health.

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## **Subject Areas**      **Miscellaneous**

**Paralysis Resource Guide:**      [Length](#)      [Year](#)      [Author](#)  
310 pages      2003      Christopher Reeve, Dana Reeve

The goal of this book is to help people navigate the chaos of paralysis. We do this with reliable information, and with a message of hope. Beyond the aggravation of learning to live with a new body, beyond the fear and the frustration, there is still hope and love and all the things that were in your life before paralysis. This book is a tool to help you find what you need to stay as healthy, as active and as independent as possible.

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## **Subject Areas**      **Exercise, Physical Therapy**

**Exercises for Multiple Sclerosis: A Safe and Effective Program to Fight Fatigue, Build Strength, and Improve Balance**      [Length](#)      [Year](#)      [Author](#)  
154 pages      2006      Brad Hamler,

A specially-designed, easy-to-follow program to feel better and improve your quality of life. Written by a licensed postrehabilitation specialist who has worked extensively with MS patients, Exercises for Multiple Sclerosis provides a tested program. An essential reference for anyone who suffers from MS. With an easy-to-follow, simple workout designed to adapt to many energy levels, this book will help MS sufferers to achieve a healthier, happier, more productive life.

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**Moving with MS: An Exercise Guide for People with MS**      [Length](#)      [Year](#)      [Author](#)  
28 pages      1985      Iris Kimberg,

Reviewed by the Professional Education Committee of the National Multiple Sclerosis Society's Medical Advisory Board. This book contents: Tips before you start / Special Terms / Passive Range of Motion and Stretching Exercises / Active Exercises / Coordination and Balance Exercises / Spasticity. This exercise manual comes with easy to understand drawings.

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## MS Society of Canada - BC Division Library Collection (Publications)

**TAOIST TAI CHI for People with Special Needs: Adapted Exercises for Improved Health and Relation**      [Length](#)      [Year](#)      [Author](#)  
136 pages      1993      Taoist Tai Chi, Society of Canada

This book is designed to provide guidelines for the practice of Taoist Tai Chi by people with disabilities. These guidelines aim to optimize the benefits of this art for those who might not be able to practise the form in the usual manner. The descriptions and illustrations included here should help to give students an image of the basic Tai Chi movements in their adapted form.

**TAOIST TAI CHI for Seniors: Instructions in the foundation exercises of Taoist Tai Chi**      [Length](#)      [Year](#)      [Author](#)  
73 pages      1995      Dr Elliot Kravitz,

This companion volume to the television series "Taoist Tai Chi for Seniors" is meant to discuss the underlying bases of Taoist Tai Chi from both Chinese and Western medical perspectives. It is hoped that with this basic understanding of the foundation exercises, interested readers will seek the professional instruction of accredited Taoist Tai Chi instructors.

**Therapeutic Tai Chi: My Journey with MS; My Path with Tai Chi**      [Length](#)      [Year](#)      [Author](#)  
202 pages      2006      Gary Paruszkiewicz,

This is a gentle form of daily physical activity, developed with medical experts and physical therapists, that is based on the ancient forms of Tai Chi Ch'uan. Therapeutic Tai Chi is the tool used by the author to rise above crippling Multiple Sclerosis. The book includes over fifty gourmet recipes from the "Chef Garibaldi" cookbook. Each chapter is fully illustrated with photography that details the movements.

**Yoga and Multiple Sclerosis: A Journey to Health and Healing**      [Length](#)      [Year](#)      [Author](#)  
274 pages      2007      Loren Fishman, Eric Small

A comprehensive and user-friendly guide to applying the principles of yoga to MS management. You will learn a variety of yoga poses that will help combat fatigue, reduce spasticity, relieve stress, and increase range of motion. Yoga and Multiple Sclerosis contains information for people experiencing symptoms across the MS spectrum, including those who are in wheelchairs or have limited mobility.

### **Subject Areas**      **Diet, Nutrition**

**Comparative Guide to Nutritional Supplements: A Compendium of Over 500 Products Available in CANADA**      [Length](#)      [Year](#)      [Author](#)  
121 pages      2003      Lyle MacWilliam,

"The guide examines the remarkable powers of vitamins, minerals, and antioxidants and presents scientific evidence supporting the use of nutritional supplements to help achieve optimal health. The presentation of fourteen quality-selection criteria enlightens the reader on what to look for in a high quality nutritional supplement. Over 500 nutritional products are compared to an independent nutritional benchmark, developed from the individual recommendations of seven recognized scientific authorities.

**Cooking Well MS: Over 75 easy & Delicious Recipes for Nutritional Healing**      [Length](#)      [Year](#)      [Author](#)  
150 pages      2009      Marie-Annick Courtier,

This book provides you with all the information you need to maximize the benefits of certain nutrients, and enjoy delicious and healthy recipes at the same time. This is an essential tool for good health and better quality of life. This comprehensive guide includes detailed shopping guides and cooking tips, meal plans to help you organize week after week of exciting, appetizing meals.

## MS Society of Canada - BC Division Library Collection (Publications)

- |   | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>               |
|---|------------------------|----------------------|--------------------------------------|
| <b>Healing Multiple Sclerosis: Diet, Detox &amp; Nutritional Makeover for Total Recovery</b>  | 333 pages              | 2007                 | Ann Boroch,                          |
| <p>Though MS is widely believed to be incurable, Boroch's breakthrough treatment protocol--a combination of diet, detox, and nutrition--can dramatically restore patients to health. This book not only reveals a new paradigm underlying this disease but provides a powerful user-friendly therapeutic approach. This is a vitally important must read for patient and families alike. Filled with useful information that, when combined with the desire and intention of someone who chooses to be a survivor and participate in their healing, can provide results which far surpass what is expected.</p>               |                        |                      |                                      |
| <hr/>   |                        |                      |                                      |
| <b>Healthy Eating for Seniors: English, Punjabi, Cantonese</b>  | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>               |
|   | 213 pages              | 2008                 | BC Ministry of Health,               |
| <p>A handbook on nutrition for seniors age 65 and over from across British Columbia and Canada. It includes information about what to pay attention to when it comes to food and supplements, gives tips on how to prevent or manage common chronic diseases, and provides advice on simple ways to eat with less salt and fat, how to read labels and how to keep a healthy body weight, and many other topics on healthy eating of interest to seniors.</p>   |                        |                      |                                      |
| <hr/>   |                        |                      |                                      |
| <b>The MS Recovery Diet: Take Control of Your Health, Change What you.....</b>  | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>               |
|   | 416 pages              | 2007                 | Ann Sawyer, Judith Bachrach          |
| <p>The "MS Recovery Diet" explains the background, science, and development of an alternative treatment that can ease the ravaging symptoms of multiple sclerosis. This book shows readers how to pinpoint their specific food sensitivities and offers more than 100 simple recipes. This book reveals the treatment plan that has dramatically changed their lives and the lives of others who have discovered it.</p>  |                        |                      |                                      |
| <hr/>   |                        |                      |                                      |
| <b>The Multiple Sclerosis Diet Book:</b>  | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>               |
|   | 111 pages              | 2007                 | Tessa Buckley,                       |
| <p>This book explains the role diet may play in MS as well as in other auto-immune diseases, such as coeliac disease and type 1 diabetes. It also looks at how a low-fat diet and the popular Best Bet Diet may improve the health of people with MS. For many people, MS and candida go hand in hand; Tessa Buckley provides an anti-candida diet to tackle this problem. This book shows how diet may improve your condition and add to your quality of life.</p>   |                        |                      |                                      |
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| <b>The Multiple Sclerosis Diet Book: A Low-Fat Diet for the Treatment of MS</b>   | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>               |
|   | 380 pages              | 1977                 | by Laver Swank, Barbara Brewer Dugan |
| <p>This book describes methods by which patients with multiple sclerosis can take the best possible care of themselves. By following the precepts developed over the years, the great majority of patients can expect to remain free of disability for up to 36 years if these methods are initiated before disability has developed and are faithfully adhered to. Over 350 Healthful and delicious recipes for every meal. These recipes taste terrific but stick to the diet rules for controlling Multiple Sclerosis.</p>   |                        |                      |                                      |
| <hr/>   |                        |                      |                                      |
| <b>Understanding Fats &amp; Oils: Your Guide to Healing with Essential Fatty Acids</b>  | <a href="#">Length</a> | <a href="#">Year</a> | <a href="#">Author</a>               |
|   | 74 pages               | 1996                 | Michael T Murray, Jade Beutler       |
| <p>A brief yet comprehensive review of the vital role of fats and oils in the diet. You will learn of the phenomenal healing powers of a specialized class of nutrients identified as essential fatty acids - and much more. Including: Which fats are bad and which are good; dietary recommendations, recognizing a deficiency of essential fatty acids, lowering cholesterol and blood pressure with essential fatty acids; flaxseed oil and cancer, recipes incorporating healthy flaxseed oil. Join the healthy fat revolution as people everywhere are experiencing the profound benefits of essential fatty acids.</p> |                        |                      |                                      |

# MS Society of Canada - BC Division Library Collection (Publications)

## **Subject Areas** Advocacy, Employment, Government Programs

**Auto Accident Survivor's Guide for BC: Navigating the Medical-Legal-Insurance System**      [Length](#)      [Year](#)      [Author](#)  
337 pages      2005      Jill Franklin,

This book guides you through the intricacies of what happens after a motor vehicle accident and is a must for everyone in British Columbia - especially anyone involved in an accident as a driver, passenger or pedestrian, family or friend of an injured person, health care provider, or legal professional. This step-by-step guide will tell you who you can trust, how to protect your rights and your health, what benefits you're entitled to and when to hire a lawyer and take legal action.

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**Employment Issues and MS:**      [Length](#)      [Year](#)      [Author](#)  
179 pages      1996      Phillip D Rumrill,

This book focuses on the employment issues relevant to MS, With contributions from authorities in medicine, vocational rehabilitation, and law, chapters consider correlates of employment, vocational assessment strategies, job placement and retention interventions, the American with Disabilities Act, and tax benefits and work incentives.

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**How to Create a Trust: A Resouce Guide: for People Reciving "Persons with Disabilitiues" Benefits & their Families**      [Length](#)      [Year](#)      [Author](#)  
72 pages      2004      Laurette Yelle, Joanne Farrall

A Resource Guide for people receiving "Persons with Disabilities" benefits and their families. This resource tried to provide the information as clearly as possible. It is hoped that it will help families clarify their goals and prepare them to seek a lawyer. Pleae use this book as a starting point and then seek professional advice.

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**The CSIL Handbook: A Resouce Guide: for the "Choice in Supports for Independent Living" Program**      [Length](#)      [Year](#)      [Author](#)  
150 pages      2005      Laurette Yelle, Joanne Willette

A form of individual funding whereby the consumer is given money to hire home support staff and manage their own care. This resource guide is divided into four main sections: 1) information and practical advice on how to apply for CSIL phase I & II; 2) Managing CSIL; 3) Summary of Relevant Legislation; 4) Samples of letters and forms.

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**When Walking Fails: Mobility Problems of Adults with Chronic Condition**      [Length](#)      [Year](#)      [Author](#)  
350 pages      2003      Lisa lezzoni,

In this warm and engaging book. Lisa sends the important message that life should not stop when walking fails. Using the stories of ordinary people, she inspires families, health care professionals, and political representatives to help remove the barriers and enable all those with mobility challenges to lead full and productive lifes.

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## **Subject Areas** Home Renovation, Independent Living

**Accessible Building Design:**      [Length](#)      [Year](#)      [Author](#)  
40 pages

This publication is to take the reader, specifically a wheelchair user, through a typical building tht is accessible and show how most codes address particular situations.

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## MS Society of Canada - BC Division Library Collection (Publications)

### **Building Access Handbook: Illustrated Commentary on Access Requirements in the 1998 BC Building Code**

[Length](#)    [Year](#)  
96 pages    1999

[Author](#)  
BC Ministry, Municipal Affairs

Building Requirements for persons with disabilities from the British Columbia Building Code 1998 including illustrations and commentary - with Building Access Checklist. This Handbook gives users background information on the reasons for certain requirements. It also gives suggestions, through text and illustrations, on how many of the requirements can be implemented.

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### **Design Options: for Barrier-Free and Adaptable Housing**

[Length](#)    [Year](#)  
238 pages    1996

[Author](#)  
Canada Mortgage, & Housing Corp

This is a simple, inexpensive architectural concept that can be easily integrated into building projects. This publication provides design information that will enable developers to make informed decisions on accessibility. It aims to stimulate the production of housing that responds better to social and demographic trends so that the residential stock remains adequate to house Canadians.

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### **Maintaining Seniors' Independence: A Guide to Home Adaptations**

[Length](#)    [Year](#)  
80 pages    2005

[Author](#)  
Canada Mortgage, & Housing Corp

Good practical advice for seniors or people with minor or major disabilities. Adapting their home is one way to help elderly people maintain or restore independent lifestyles and stay in their own homes. The main objectives are to identify, implement and evaluate minor home adaptations that are easy and inexpensive to carry out and that help older people to continue the routine activities of daily living with some degree of independence.

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### **Multiple Sclerosis: A Self-Care Guide to Wellness**

[Length](#)    [Year](#)  
274 pages    2005

[Author](#)  
Nancy J. Holland, June Halper

This 2nd edition has been expanded to include new chapters on disease management, general health issues, managing financial resources, health insurance options, community living options, and the promise of research. All chapters have been updated and revised to reflect advances in the field and changing management strategies. This book emphasizes the needs of readers who have been living with the disease for some time and may have developed neurologic defects as a result.

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## MS Society of Canada - BCY Division Library Collection (other Media)

### Subject Areas **General Introduction to MS, Treatments**

About MS:	DVD	
Living with Multiple Sclerosis: Produced for the MS Clinic at UBC	VHS	30 min
Multiple Sclerosis: After the Diagnosis	VHS	16 min
Primary Progressive Multiple Sclerosis: Perspectives on Moving Forward	DVD	
Timmy's Journey to Understanding MS:	DVD	

### Subject Areas **Symptom Management (Fatigue, Bladder, etc)**

Hold that Thought!: Cognition and MS	Publication or DVD	50 pages/30 min
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### Subject Areas **Medical Research, Information for Professionals**

2009 MS Research Teleconference: with Dr Peter Rieckmann 2 CDs	CD	
Bone Marrow Transplant Project:	DVD	
CCSVI: MS Patient Information	DVD	85 min
Clinical Trials-2009 NAEP Program: Solving One Piece of the MS Puzzle	DVD	65 pages
MS Research 2000 & Beyond: National Education Conference October 18, 2000	Publication or VHS	102 pages
Searching for the Cause of MS-2010 NAEP: Who? Why? How?	DVD	
To Repair and Protect: The Future of MS Treatment	Publication, DVD or VHS	34 pages

## MS Society of Canada - BCY Division Library Collection (other Media)

### Subject Areas **General Health and Illness**

Educational Video on Multiple Sclerosis:: (French)

DVD

MS Today: Evidence-Based Treatments for MS

DVD

90 min

### Subject Areas **Sexuality**

Sexual Intimacy & Multiple Sclerosis:

DVD

### Subject Areas **Alternative, Complimentary Theories and Therapies**

Advances in Treating MS: An Update on Disease Modifying Therapies

DVD

### Subject Areas **Personal MS Stories**

Off Balance: Dragon Boat Team

DVD

30 min

### Subject Areas **Exercise, Physical Therapy**

Body Mind & Soul: Adapted Yoga Exercise

DVD

120 min

Chair Exercise:

VHS

Exercise and MS:

DVD

How to Learn Tai Chi Chuan: Sit & Be Fit Series

VHS

56 min

It's your Choice: Exercies for fitness & well-being for individuals with MS

DVD

120 min

Practising Tai Chi Chuan Video 1: Sit & Keep Fit Series

VHS

43 min

Practising Tai Chi Chuan Video 2: Sit & Keep Fit Series

VHS

10 min

## MS Society of Canada - BCY Division Library Collection (other Media)

<b>Restorative Yoga: Healing Through Breath And Stillness</b>	VHS	88 min
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<b>YOGA for MS &amp; Related Conditions: Pathways Exercise Vid for people with Ltd Mobility</b>	VHS	48 min
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<b>Yoga for Your Eyes: Natural Vision Improvement Excercises</b>	VHS	82 min
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<b>YOGA with Eric Small:</b>	VHS	

### **Subject Areas** Diet, Nutrition

<b>Healthy Eating for Seniors: English, Punjabi, Cantonese</b>	Publication or DVD	213 pages
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### **Subject Areas** MS Society, MS Clinics, Self-Help groups, Other

<b>Mind Matters: Living Well with MS</b>	DVD or VHS	98 min
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