

Resource Library Catalog



Books



and



Videos

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Library Resources can be taken out on loan by contacting:

**Multiple Sclerosis Society of Canada,
Saskatchewan Division**
150 Albert Street Regina, SK S4R 2N2
Phone: 522-5600 or 1-800-268-7582
Fax: 565-0477
E-mail: info.sask@mssociety.ca

Resources are loaned for a one month period. Resources will be forwarded at no charge. It is the financial responsibility of the borrower to return the resource.

Aspects of Multiple Sclerosis

Alternative Medicine and Multiple Sclerosis

Bowling, Allen C., Ph. D.: Demos Medical Publishing Inc., New York; 2001

Now people with multiple sclerosis (MS) can turn to a single source for accurate and unbiased information on a wide range of complementary and alternative (CAM) approaches that can aid in both the management of some MS symptoms and in promoting general health and wellness. The book offers reliable information on the relevance, safety, and effectiveness of various alternative therapies that are not typically considered in discussion of MS management, yet are in widespread use.

The Clinical Neuropsychiatry of Multiple Sclerosis

Feinstein, Anthony: Cambridge University Press, United Kingdom; 1999

This book provides a detailed survey of the emotional, behavioral, and cognitive disorders prevalent among patients with multiple sclerosis. This book will be of interest to psychiatrists, psychologists, nurses and other professionals involved in the management of patients with MS.

Coping with Multiple Sclerosis: Practical Suggestions for Persons with MS, and for Persons Close to Those with MS

Ahmad, Nahid, Vizer, Shirley, et al; 1988

Nahid Ahmad, M.A., a staff psychologist at Royal University Hospital in Saskatoon has prepared this self-help manual from her desire to share effective coping responses to MS with those who need them. She developed these responses from her experience as a psychologist in coping with the impact of long-term debilitating disease in her own life, as well as extensive experience she gained in working with MS patients and from initiating and facilitating the MS Self-Help Groups in Saskatoon.

Fatigue in Multiple Sclerosis: A Guide to Diagnosis and Management

Krupp, Lauren B., M.D.: Demos Medical Publishing Inc., New York; 2004

This practical guide for physicians and other health care professionals discusses the impact of fatigue on the individual with MS, the potential etiologies underlying MS-related fatigue, its workup and diagnosis, and pharmacologic and nonpharmacologic management strategies.

Improving Care for Persons with Multiple Sclerosis: Nursing in the New Millennium

National Multiple Sclerosis Society: Consortium of Multiple Sclerosis Centers;

This is a program guide for nursing to find how they can provide the best care to persons with multiple sclerosis and their families.

Living with Multiple Sclerosis: A Wellness Approach, Second Edition

Kraft, George H., and Catanzaro, Marci: Demos Medical Publishing Inc., New York; 2000

This question and answer format book deals with the cause and course of MS, symptom management, emotions, health, social issues, and treatments. Dr. Kraft is particularly interested in alternative therapies, wellness and fitness

Aspects of Multiple Sclerosis

Managing MS-Related Fatigue: A Guide for Individuals with MS and Their Families

Krupp, Lauren B., M.D.: Stony Brook Multiple Sclerosis Center, New York;

This booklet will help you to understand some of the causes of fatigue, how to recognize it, and how to manage fatigue successfully to improve your functioning and quality of life. Above all, I hope that people with MS and their families will learn from this booklet that fatigue is not an inevitable consequence of MS, and that fatigue should never be considered untreatable. Working together, there are many approaches that individuals with MS, their families and their health care providers can take to minimize, or even eliminate, fatigue.

Meeting the Challenge of Progressive Multiple Sclerosis

Coyle, Patricia K., M.D and June Halper, MSN, ANP, FAAN; Demos Medical Publishing Inc., NY; 2001

This book is written specifically for those individuals who have or are developing progressive MS. It focuses on ways to not only manage progressive MS and its symptoms but also to cope with life's changes that may accompany it.

Multiple Sclerosis: The Facts You Need

O'Connor, Paul, M.D.: Key Porter Books Toronto, Ontario; 1998

A fact-filled, comprehensive guide to living with MS, supported by diagrams, case histories, a drug table, and an extensive list of helpful books and organizations. Current treatments and future directions are presented and leave the reader with a sense of hope.

Multiple Sclerosis: A Guide for the Newly Diagnosed, 2nd Edition

Holland, Nancy J., RN, EdD, Murray, T.Jock, M.D., Reingold, Stephen C.: Demos Medical Publishing Inc., New York; 2002

Written specifically for anyone who has been newly diagnosed with MS, this excellent guide thoroughly explains the disease, its potential impact on your life, and medical treatments now available for managing it successfully.

MS: The Guide to Treatment & Management

Polman, Chris H et al: Demos Medical Publishing Inc., New York; 2001

A guide to the present therapeutic options, which will give the inquirer a balanced guide to the relative effectiveness of individual treatment.

Multiple Sclerosis: Psychological and Social Aspects

Simons, Aart F. William Heinemann Medical Books, London; 1984

This important international book on the psychological and social aspects of multiple sclerosis, has been prepared as a resource for all those working in the field of MS care and who study in this area, and for those people with MS who wish to read beyond the pamphlets handed out to them on diagnosis. The topics discussed include communicating the diagnosis, support of the patient and the family, the emotional disturbance that may accompany MS, and ways in which some of the limitations imposed by the condition may be overcome.

Aspects of Multiple Sclerosis

Multiple Sclerosis: Questions and Answers

Barnes, David: Merit Publishing International Florida; 2000

In this publication, Dr. David Barnes draws on his wide experience of the disease to provide a practical approach to answering questions about multiple sclerosis and how it will affect people living with MS in the future. Neurologists, family physicians and general practitioners, residents, informed careers, and people with multiple sclerosis will find it invaluable in their day-to-day activities.

Multiple Sclerosis: The Questions You Have – Answers You Need, 2nd Edition

Kalb, Rosalind C., Ph. D.: Demos Medical Publishing Inc., New York; 2000

Developed under the auspices of the Consortium of Multiple Sclerosis Center, chapters include treatment issues, nursing care, physical/occupational/speech therapy, swallowing, cognition psychosocial issues, stress and emotional issues, drugs, alternative treatments, sexuality, pregnancy/childbirth/gynecology, employment, life planning. Question-and-answer format.

Multiple Sclerosis: A Rehabilitation Approach to Management

Schapiro, Randall, M.D.: Demos Medical Publishing Inc., New York; 1991

The book was designed to aid in the understanding of various rehabilitation techniques available to the health professional working with people who have MS. Despite the fact that rehabilitation techniques are often highly effective, little documentation and research exists to provide a scientific basis for their application. The contributors to this volume all have extensive experience with the disease, and the practical techniques they found useful are presented in detail.

Multiple Sclerosis Revisited

Risidore, Lyn: Chadwick Macdonald Publications, Hamilton; 1994

By the author of the internationally acclaimed book *Multiple Sclerosis: The Kinder Side*. This book is helping you like who you are while guiding you to be the best you can be through most stages of MS. This book deals with MS from the mild to the most serious cases, based on comments expressed by people who have experienced the effects first hand.

Multiple Sclerosis: A Self-Care Guide to Wellness, Second Edition

Holland, Nancy: Demos Medical Publishing Inc., New York; 2005

This book focuses on staying well in the presence of MS, a disease that – while incurable can be managed. This book covers a broad spectrum of topics related to MS and its effects, focusing especially, on the needs of those who have been living with the disease for some time.

Aspects of Multiple Sclerosis

The Path Back from an MS Attack

National Multiple Sclerosis Society (NMSS) & the MS Society of Canada (MSS): North American Education Conference; 2005

This program booklet continues the successful collaboration between the National MS Society (USA) and the MS Society of Canada to provide the latest information about disease management and research in multiple sclerosis to thousands of people on our continent and around the world. The booklet provides: background information about MS, detailed discussion of the specific topics addressed by the speakers on the videotaped program, glossary of relevant terms, description of the NMSS research programs, summaries of research highlights from the past year, summaries of the MSS of Canada-funded research and recommended resources.

Reaching for New Frontiers in MS Research

National Multiple Sclerosis Society (NMSS) & the MS Society of Canada (MSS): North American Education Conference; 2002

This program booklet continues the successful collaboration between the National MS Society (USA) and the MS Society of Canada to provide the latest information about disease management and research in multiple sclerosis to thousands of people on our continent and around the world. The booklet provides: background information about MS, detailed discussion of the specific topics addressed by the speakers on the videotaped program, glossary of relevant terms, description of the NMSS research programs, summaries of research highlights from the past year, summaries of the MSS of Canada-funded research and recommended resources.

The Sharing Network: A Handbook on Self-Help Programs For People with Multiple Sclerosis and Their Families

MacLean, Sandra: Multiple Sclerosis Society;

A guide to running a self-help group. It includes: what is self-help, how to start a group, what rules to set up, preparing for the first meeting, ideas for discussion, how to keep the program moving, communication and listening techniques, how to make the group what you need, and the relationship between the group and the MS Society.

Symptom Management in Multiple Sclerosis, 3rd Edition

Schapiro, Randall T., M.D.: Demos Medical Publishing Inc., New York; 1998

Written for those who have MS, and their friends and family members, this book focuses on coping with the diverse and numerous symptoms that may occur with the disease. The book explores every symptom of MS that you may experience and its effective management. For each type of problem encountered, you'll find appropriate medication and rehabilitative therapies.

Aspects of Multiple Sclerosis

Therapeutic Claims in Multiple Sclerosis, Fourth Edition

Sibley, William A. M.D.: Demos Medical Publishing Inc., New York; 1996

Appointed board of editors of the International Federation of Multiple Sclerosis Societies produced a book which evaluates and presents a balanced view of the past and present therapeutic claims in multiple sclerosis. This is a comprehensive summary of suggested “treatments” for this chronic neurological disease. It has been written for persons with multiple sclerosis, their families, concerned health professionals and all interested public.

Unlocking the Mysteries of MS

National Multiple Sclerosis Society (NMSS) & the MS Society of Canada (MSS): North American Education Conference; 2004

This program booklet continues the successful collaboration between the National MS Society (USA) and the MS Society of Canada to provide the latest information about disease management and research in multiple sclerosis to thousands of people on our continent and around the world. The booklet provides: background information about MS, detailed discussion of the specific topics addressed by the speakers on the videotaped program, glossary of relevant terms, description of the NMSS research programs, summaries of research highlights from the past year, summaries of the MSS of Canada-funded research and recommended resources.

300 Tips for Making Life with Multiple Sclerosis Easier

Schwarz, Shelley Peterman: Demos Medical Publishing Inc, New York; 1999

These tips will help you increase the number of good days you have and encourage you to develop your techniques for making life easier.

MS: Family and Caregivers

The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers

Meyer, Maria M. with Paula Derr, RN: Care Trust Publications LLC, Portland, Oregon; 1998

A complete guide to home health care. Covers a wide range of topics, not just medical needs. You will find practical tips and illustrations solutions to help you with everyday activities, as well as with complicated and stressful situations.

Multiple Sclerosis: A Guide for Families

Kalb, Rosalind C: Demos Medical Publishing Inc., New York; 1998

Families experiencing multiple sclerosis often find themselves in uncharted territory. Prior patterns of interacting with each other may no longer work. This complete, yet highly readable, guide demonstrates how families living with MS can strike a reasonable balance between the interests and needs of its members, while accommodating the limitations imposed by MS.

Multiple Sclerosis and the Family

Kalb, Rosalind C., Ph.D. and Scheinberg, Labe C: Demos Medical Publishing Inc., New York; 1992

This book includes discussions from experts in the fields of medicine, psychiatry, sociology, social work, law, etc., dealing with ways in which MS impacts the family group. It describes strategies and resources that are available to help families more effectively manage their lives with MS.

When a Parent is Very Sick

LeShan, Eda: Little Brown & Company (Canada) Ltd., Toronto; 1986

This book provides practical, realistic insights to help children, and their families handle the complex physical, emotional and financial strains brought on by the serious illness of a parent.

Biographies/Inspirational Stories of Those Affected by MS

The Brow of Dawn: One Woman's Journey with MS

Edwards, Catherine: Acorn Press Publishing; 2005

This book tells the story of one woman's struggle with a crippling degenerative disease. Based on journal entries she wrote under the guidance of her Halifax neurologist, Dr. Jock Murray, this courageous first-person account will make readers cry and laugh out loud. The Brow of Dawn is not just a diary about a disease, it is a recipe for living life to the fullest.

Claude MSing Around

Mythen, John: Multiple Sclerosis Society, British Columbia Division; 1994

This book is a combination of personal insights by John Mythen, diagnosed as having MS in 1974. The book includes articles from several medical specialists, and of course, cartoons of Claude in situation no dog should ever be in-unless of course that dog is the creation of John Mythen.

Climbing Higher

Montel Williams with Lawrence Grobel: Nal Trade; 2005

Talk show host Montel Williams speaks openly and honestly about his struggles with MS and how he overcomes them.

Courage: The Story of the Mighty Effort to End the Devastating Effects of MS

Trubo, Richard: Ivan R. Dee Publisher, Chicago; 2001

Courage is the moving story of one woman's unceasing devotion to her brother and how her dream to end the devastating effects of MS was transformed into one of the most powerful and effective national health organizations in the world.

Fall Down Laughing

David L. Lander with Lee Montgomery: Jeremy P. Tarcher/Putnam a member of Penguin Putnam; 2002

David Lander kept his MS diagnosis a secret for 15 years even while living and working in Hollywood. Now, he chronicles his life story.

Irma

Devine, Marjorie: Vauve Press; 2003

Irma is the story of the living, and the dying, of a remarkable woman. Throughout her idyllic childhood in Estonia, her career as a teacher on the Russian border, her escape to refuge camps in Germany, and her life as a new Canadian, she shows again and again, an incredible independence. In the last years of her life, she valiantly struggles with MS, while reliving her colorful past, as told to her dear friend.

Biographies/Inspirational Stories of Those Affected by MS

The Last Dance is Mine

Horner, Bill: Optimum Publishing Inc., Toronto; 1992

This book provides insight into what it means to have and live with MS. It is the portrait of one courageous person's battle with a very tough opponent. While at once a very personal and intimate story, in many ways, it is also universal. Like author, Bill Horner, tens of thousands of Canadians have to learn to deal with the mysterious symptoms of MS that come and go as they try to keep their job and fulfill their responsibilities as husbands, wives, parents and neighbors.

Life on Cripple Creek: Essays on Living with MS

Kramer, Dean: Demos Medical Publishing Inc.; 2003

Accompany Dean through her failures and victories. Experience life through her eyes. The book shows that with inner strength and a sense of humor, the intrinsic land mines one encounters with this disease need not be devastating

One Thing for Tomorrow: A Woman's Personal Struggle with Multiple Sclerosis

Brack, Joyce: Western Producer Prairie Books, Saskatoon; 1981

In 1955, Joyce Brack was newly married, happy and bursting with life. Three years later, she developed multiple sclerosis. Today, MS is a mystery, without known cause or cure. Then, it was almost a death sentence. But Joyce refused to accept her fate. Time after time, the disease knocked her down. Time after time, with her family's help, she fought her way back up. Joyce, together with Robert Collins, has written an honest and moving account of how she has lived with an incurable disease. One Thing for Tomorrow traces her triumphs and set-backs and describes how, during periods of remission, she has managed through sheer determination to live an astonishingly normal life.

Recycled: A Story of Hope

Giroux, Louise: Fenix Ryzing Associates Sudbury, Ontario; 1995

In a thoughtful and engaging manner, the author walks us through an incredible journey of personal challenges, struggles and triumphs. The concepts are clinically relevant while the style remains readable and poignant. Louise Giroux gives her readers an intimate account of the amazing power of the human spirit to overcome adversity and rise again.

MS: The Kinder Side

Lyn Risidore: Chadwick McDonald Publications, Ontario; 1987

Written by Lyn who suffers from MS but wanted to write about it from the other side of MS, the milder side, in order to give hope back to those diagnosed with MS.

Biographies/Inspirational Stories of Those Affected by MS

Our Candle in the Dark: A Young Man's Courageous Journey through Multiple Sclerosis

Rylan- Savidan, Rita with Polachic, Darlene: St. Peters Press, Saskatchewan; 2002

This is story of the intense journey of Bob's MS. It documents the rapid and distracted progression of his disease and the family's valiant efforts to care for Bob at home for as long as they were able. The story also follows Bob's parallel journey to spiritual wellness and is, therefore, one of inspiration and triumph.

Sharing MS: Three Women Share Their Conversations of Living with MS

Ironside, Linda: White Knight Publications, Toronto; 2004

This outspoken book opens up the day-to-day living of three women, connected electronically. It follows how they first knew of their shared challenge and how they learned to deal with it.

The Wake-Up Call

Courey, Caroline: CC Books, Caroline Courey Publishing, Montreal; 1999

The Wake-up Call is a fact-based, fictional story about multiple sclerosis and its impact on the family. Melanie, aged 15, learns that her mother has been diagnosed with MS. Family life becomes an emotional roller coaster. Just as they hit rock bottom, a change of attitude sets in and they seek help together. They embark on a state of transformation, looking for, and finding, a renewed sense of family love and unity.

When the Road Turns: Inspirational Stories about people with MS

Russell, Margot: Health Communication. Inc. Florida; 2001

A collection of stories written by people living with MS. This book reminds us to hold tight to our dreams.

The Winning Spirit – Life Lessons Learned in Last Place

Koplowitz, Zoe with Celizic, Mike: Doubleday Books; 1997

“The Winning Spirit...” challenges the university held belief that winning in the game of life is always about a first place finish, which forever belong to the swift and strong. It provides a nonpareil opportunity for readers to claim their personal power and to reinvent the words “win” and “achieve” in the context of their daily lives. With the wisdom and humor of memorable stories, and characters that live on long after the final chapter, it teaches the ultimate lesson - sometimes last can be first.

Living with a Chronic Illness

At the Will of the Body

Frank, Arthur: Houghton Mifflin Company, Boston/New York; 1991

Arthur Frank has survived two serious illnesses: a heart attack at age thirty-nine and cancer, diagnosed a year later. In this probing and life-affirming book, he tells us how illness affects us and what it can teach us about life.

Brain Facts: A Primer in the Brain & Nervous System

The Society for Neuroscience: Meadows Design Office Inc., Washington, D.C.; 2002

This book provides a glimpse of what is known about the nervous system, the disorders of the brain and some the exciting avenues of research that promise new therapies for many neurological diseases.

The Essential Patient Handbook: Getting the Health Care You Need – From the Doctors Who Know

Ettinger, Alan B. and Weisbrot, Deborah M: Demos Medical Publishing Inc., New York; 2004

With this book, you will learn: The 5 biggest problems and misunderstandings that arise between doctor and patient; empowering yourself for a doctor visit; why good physicians are not offended if you ask about medications, treatments, alternative and complementary medicines or getting a second opinion; your role in helping doctors avoid mistakes; and whether you get better service by being and “impatient patient.”

Healing with Humor

Fenwick, Cathy: St Peters Press, Saskatchewan; 1995

Cathy has a Masters Degree in Clinical Psychology and is a popular speaker on issues related to healing with humor. She grew up on a farm in Saskatchewan and has fought against advanced breast cancer.

Living a Healthy Life with Chronic Conditions, 2nd Edition

Lorig, Kate, R.N., Laurent, Diana, M.P.H, et al: Bull Publishing Company, Palo Alto, California; 2000

People with long-term conditions such as heart disease, diabetes, emphysema, asthma, and arthritis face challenges every day. Not only must they manage their condition medically, they must also maintain the ability to do the simple things life requires of them each day. At the same time, they often need to deal with the frustration, anger and depression that can accompany any chronic health problem. This is a revised edition of the original classic work. The new material includes updated information and totally revised sections on nutrition, exercises, working with health-care professionals and the health care system, and new information on using the power of mind to help manage symptoms. In addition, the authors have added a new chapter on sexual intimacy as well as the latest information on specific diseases.

Living with a Chronic Illness

Love, Medicine & Miracles: Lessons Learned about Self-healing from a Surgeon's Experience with Exceptional Patients

Siegel, Bernie S.: Harper Row Publishers, New York; 1986

Bernie S. Siegel, M.D. practiced general and pediatric surgery in New Haven, Conn. until he retired in 1989. In 1978, he began talking about patient empowerment and the choice to live fully and die in piece. He founded EcaP (Exceptional Cancer Patients) based on "carefrontation", a loving, safe, therapeutic confrontation that facilitates personal change, empowerment and healing. The resulting physical, spiritual and psychological benefits led to Bernie's desire to make everyone aware of his or her own healing power.

Not All Violins: Spiritual Resources by Woman with Disabilities and Chronic Illnesses

The Barb Wire Collective: United Church Publishing House, Toronto; 1997

The Barb Wire Collective is nine Canadian women of faith who live with disabilities and/or chronic illnesses. They have chosen to come together to write about their lives because they believe that other will be enriched by sharing the spiritual paths on which they travel and rest. Through sharing the differences and commonalities in their lives, they seek the gifts of respect, care, advocacy, and solidarity from those around them as they offer models of truth-telling, anger, passion, creativity, and humor that come with living on the edge.

Peace, Love & Healing: Body Mind Communication and the Path to Self-Healing

Siegel, Bernie S., M.D.: Harper & Row Publishers, Inc., New York; 1990

Peace, Love and Healing is about the very special people who have taken this path and the lessons we can learn from them. The dreams, stories and drawings of exceptional people are shared here to show how emotions can heal lives as well as cure diseases.

Sick and Tired of Feeling Sick and Tired

Donoghue, Paul J., Ph. D., Siegel, Mary E., Ph.D.: W.W. Norton & Company, New York; 1992

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

Stress Breakers

Lerner, Helene with Roberta Elins: CompCare Publications, Minneapolis;

In a world of fast lanes and fast living, discover Stress Breakers! New stress-release techniques are quick to learn, easy to use. Choose an Anger Absorber, a Tension Tamer, a Pleasurizer. Steer your mind into Quiet Coves, Try Positive Peptalks, Creative Talking Pictures. Lessen your stress with Helen Lerner's stress lessons and feel better NOW.

Living with a Chronic Illness

Telling My Sister's Story

Ripplinger Fenwick, Catherine: St. Peters Press, Saskatchewan; 1996

A poem paints a picture with words. Catherine Fenwick's poem capture poignant moments in the lives of women who have touched her heart. She paints pictures of women embracing life with courage and hope.

We Rage, We Weep: A Rural Caregiver's Experiences Coping with Alzheimer's Disease

Moulton, June Fuller: Canadian Cataloguing in Publication Data; 2000

The idea for this book was born when the author could find no advice in books, videos, or even pamphlets on how to deal with Alzheimer's disease while living in a rural setting where machinery, animals, and hazardous substances are a part of everyday life. After going through her caregiver role, Moulton decided to write about her experiences, hoping her words might help other people in similar situations. A touching and revealing story written from the heart for country caregivers everywhere.

Miscellaneous Books

Aids to Independent Living: Breaking Through The Barriers

Canadian Clearing House on Disability Issues: Government of Canada, Ottawa; 1994;

The Independent Living Series was first published in 1984 and due to its popularity, was reprinted a number of times. Ten years have passed, and there have been many advancements in aids and devices to facilitate independent living for persons with disabilities and older adults, which is why we have decided to update this valuable tool. The main objective of the book is the same, that is, to provide information on aids and other devices that can be made at home by the consumer, or those that are inexpensive.

The Blue Day Book: A Lesson in Cheering Yourself Up

Greive, Bradley Trevor: Andrews McMeel Publishing, Kansas City; 2000

In less than 100 sentences, this book covers this message with great compassion and humor. It is a wonderful collection of amusing, poignant animal photos and inspirational text designed to lift the spirits of anyone who's got the blues.

Bridging the Gap

Social Development Canada: Government of Canada, Ottawa; 2002

The booklet looks at the Government of Canada's Programs and Services of Interest to Canadians with Disabilities. It discusses topics such as accessibility, customs, excise and tax programs, education, employment and income supports, health, housing and residential services, human rights, and transportation.

Canada Pension Plan: A Guide to Disability Benefits

Salcluti, B., Elena, B. Comm.: Multiple Sclerosis Society of Canada, Alberta Division

This booklet is intended to provide you with information and assistance when applying for Canadian Pension Plan, Disability Benefits. The booklet will help answer some of the common questions you may have. A complete overview of the appeal process is given, in the event that you are denied or disagree with a decision that is made.

Clinical Trials: What You Should Know Before Volunteering To Be a Research Subject

Giffels, Joseph J.: Demos Medical Publishing Inc., New York; 1996

This booklet is intended to help you understand some of the basics of clinical research.

The Creative Will: An Exhibition of Works by Thirty-one Artists with MS

National MS Society, Pomegranate Artbooks, San Francisco; 1993

Project Rembrandt is a juried, national exhibition of works by vital professional artists who share in common a debilitating disease-multiple sclerosis

Miscellaneous Books

Defining Disability

Human Resources Development Canada: Government of Canada, Ottawa; 2004

The purpose of this paper is to provide essential knowledge to assist the Government of Canada in improving the understanding of its key disability programs, and to help clarify the differences between definitions, objectives and eligibility criteria as they relate to those initiatives. The document does not provide comprehensive information on these key programs, nor is it meant to assess the adequacy of the programs; however, by providing a clearer picture as a first step, it should help guide further discussions to improve program coherence and communication and to help address broader issues facing persons with disabilities.

Frequently Asked Questions

Social Development Canada: Government of Canada, Ottawa; 2004

This guide answers some common questions about programs and services available to Canadians with disabilities. It brings together questions frequently asked by persons with disabilities as well as by family members, government officials, employers, health and social workers, disability groups and others who live and work with persons with disabilities.

Go For It: A Guide to Choosing and Using Assistive Devices

Health Canada: Government of Canada, 2002

This guide focuses on assistive devices. It covers the many issues seniors, veterans, individuals with a disability and their caregivers need to consider before starting the process of obtaining assistive devices. Having this information empowers you in finding the right solution.

Helping You Helps Me: A Guide Book for Self-Help

Hill, Karen: Social Service Programs Branch, Health and Welfare Canada; 1987

A practical guide to starting and maintaining a self-help group. Leadership, membership, recruitment, fundraising, problem solving and decision making are among the more than 20 topics covered.

Help Yourself: Hints from Persons with Disabilities

Harvey, Margaret and the West End Achievers: Minister of National Health and Welfare, Ottawa; 1984

This book is compiled from the many suggestions and ideas brought forth by persons with disabilities to illustrate how they have learned to adapt their households, invent and improve gadgets, and devise new ways of doing ordinary chores in order to make daily living easier.

Miscellaneous Books

A Hug for the Apostle: On Foot from Chartres to Santiago de Compostela

Dennett, Laurie: MacMillan of Canada, Toronto; 1987

In the spring of 1986, Laurie Dennett, a Canadian living in England, undertook a pilgrimage from Chartres in France to Santiago in Spain. She traveled alone and on foot, following the famous medieval route that has drawn pilgrims for centuries. Her object was to raise money to support research into multiple sclerosis, a disease in which her mother suffers, and by the time her walk was over she had succeeded in raising \$60,000 in England and \$30,000 in Canada through corporate and individual donations. Her walk touched many people, and many people affected her. This personal day-by-day account of her experience – part diary, part travelogue, part history, part inspiration – is by turns fascinating, humorous, moving, and enjoyable.

Paralysis Resource Guide

Sam Maddox with the Christopher & Dana Reeve Paralysis Resource Center: Christopher Reeve Paralysis Foundation, Springfield New Jersey; 2003

The Paralysis Resource Guide is brought to you by the Christopher and Dana Reeve Paralysis Resource Center (PRC). The goal of the PRC is to help people navigate the chaos of paralysis. They 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. This book is a tool to help you find what you need to stay healthy and positive.

Regina Accessibility Guide for 2005

City of Regina,

The purpose of this guide is to assist persons with disabilities to choose City of Regina facilities that best meet their accessibility requirements. The guide is intended to aid persons with disabilities to understand and utilize the accessibility features of each City of Regina facility. City of Regina facilities listed in this guide are accompanied by a numbered list of accessibility features and a diagram of each building. Each accessibility feature corresponds to a number on the diagram. This format is intended to enable people to easily identify areas of importance such as accessible parking, entrances, and washrooms. The information contained in this guide was compiled through accessibility audits completed at each facility. This guide is limited to City of Regina owned and operated facilities have had an accessibility audit done. This guide will be expanded and updated as new accessibility audits and access renovations are completed.

The Road Map to the Future: A Financial Planning Guide for Families of People with Disabilities

McLeod, Rita, Ph.D.: Saskatchewan Association for Community Living, Saskatoon; 2003

This document focuses on parents preparing finances for adult children with disabilities. Although, some of the information may not apply to MS sufferers, some of the suggestions, worksheets and information is relevant to everyone planning for the future

Miscellaneous Books

Self-Advocacy Guide

Salcluti, B., Elena, B. Comm.: Multiple Sclerosis Society of Canada, Alberta Division

This booklet is aimed at providing you with information on how to deal with issues that are important to people with disabilities. We will be looking at general suggestions for effective self-advocacy. As well, we will take a look at information that may help you when you are dealing with the legal system, medical system and political system.

Self Help Guide to Independent Living

Saskatchewan Voice of People with Disabilities Inc.; 2000

This booklet is designed to assist people with disabilities and their families in accessing services and providing information for becoming independent. Some topics include: education, employment, financial assistance, justice, health, housing, travel, etc. It also includes helpful tips and hints.

Tai Chi for Special Needs

Taoist Tai Chi Society of Canada: Toronto Ontario

This book shows adapted exercises for Improved health and relaxation. This manual includes photographs and detailed descriptions of several Taoist Tai Chi exercises adapted for people with special needs, along with the first 17 moves of the Taoist Tai Chi set show from a sitting position.

Taking Charge of the Air Travel Experience: A Guide for Persons with Disabilities

Minister of Public Works and Government Services: Government of Canada; 1998

This guide, prepared by the Canadian Transportation Agency (CTA), is designed to help travelers with disabilities plan and prepare their trip by air within Canada.

Fitness Videos

Gentle Fitness (20 min.)

Catherine MacRae, Wisconsin

She blends the wisdom of yoga, T'ai chi & Felden Kraus movement awareness with today's state of the art exercise sciences, leading views through movements and stretches that are easy, natural and therapeutic. Catherine is a fitness expert and also has MS.

Gentle Yoga for the Physically Challenged (58 min.)

Demonstrates stretching and breathing routines to help restore energy and balance to your system.

Pathways to Better Living with Arthritis, 1997 (52 min.)

This tape is for those with a variety of types of arthritis and related conditions.

This program includes breathing techniques, stretches, strengthening exercises, an aerobic section and total body relaxation. A range of ages and levels is shown, making it appropriate even for those who prefer to do most of the program seated.

Sit & Be Fit

This 30 minutes tape includes warm-up circulation, stretches and strengthening exercises appropriate for the condition of multiple sclerosis.

Taoist Tai Chi for People with Parkinson's Disease

In this video, several Taoist Tai Chi exercises are taught which have been adapted for anyone with health problems affecting their ability to do the traditional standing set for Taoist Tai Chi.

Wheelchair Exercises Moving Forward

North Carolina

Exercises to help improve your muscle strength and become more flexible while remaining in your wheelchair

Informational Videos

But You Look So Well... (60 min.)

A well thought out documentary from beginning to end, “But you look so well...” focuses on several people newly diagnosed with MS – people who have no visible signs of the disease. This video will be of most value to those newly diagnosed. It will calm their fears, showing them that they may have MS, but they can also have a career, a family, and, most important, a valuable life.

Canada Pension Plan, Disability Benefits; Application Guide

The video was produced by the Saskatchewan Voice of People with Disabilities Inc. to assist people to fill out their application guide.

Cameco MS Neuroscience Research Center (10 min)

Produced by Cameco and the MS Society of Canada, 1996

Connect with a Cure: A Video about the MS Society of Canada

Produced by the MS Society of Canada, 1999

Faces (4.5 minutes)

Produced by the National MS Society, 2000

The video was created for the opening of the 2001 National Leadership Conference and focuses on the many faces of multiple sclerosis – faces of people who have MS; faces of those who work to find the cause and cure; faces of families; faces of volunteers and staff

Mimi’s Story

Produced by the National MS Society

This is the video story of Mimi and her fight against multiple sclerosis.

Managing Multiple Sclerosis, 1996 (24 min.)

Produced by the Fairview MS Centre, in Minneapolis, Minnesota.

In the video, people with MS along with health care professionals, discuss the importance of positive attitude, avoiding temperature extremes, staying active, reducing stress, immune system suppression, the proper use of medication, and state of current research.

MS: A Family Affair, 1986

This video shows how the disease of multiple sclerosis affects the whole family.

MS Challengers (8:27 min)

Persons with MS discuss the challenges of living with multiple sclerosis. Diagnosis, system management and research are discussed.

MS: Hoping for the Future, Coping with the Present

Informational Videos

MS Research Luncheon, May 2, 2003 in Saskatoon

Keynote Speaker: Dr Dessa Sadovnick

MS Therapies: Choosing the Right Treatment for You

Produced by Teva Neuroscience

This video is looking at the drug Copaxone by Teva .

MS Today: Making a Difference for People Living with MS

Practical, long term, management strategies for people with MS, their families and caregivers. 2001

Multiple Sclerosis: After the Diagnosis (16 min.)

This video is a good introduction to the basic aspects of MS. Diagnosis, symptoms, types and treatments of MS are discussed.

Multiple Sclerosis: The Facts, 1995 (22 min.)

Produced by the Fairview MS Center, in Minneapolis, Minnesota.

This video describes multiple sclerosis, how to recognize the symptoms of the disease, the various types of MS and what current medical research reveals about possible causes of MS.

Multiple Sclerosis: Review, Rethink and Respond

Produced by Serono, 2001

Parents Talk MS, 1993 (18 min.)

Parents with multiple sclerosis discuss the disease with their family members and friends.

Partners for a Hopeful Future: MS Treatment Optimization Strategies (1½ hrs)

Produced by Serono & the MS Society of Canada

The Path Back From an MS Attack: North American Education Conference

Produced by the National Multiple Sclerosis Society in 2005

Quest for a Cure (8:45 min)

Cameco and the MS Society of Canada, 1994

Road to Access: Travel for the Physically Challenged (21 min.)

Instructs potential travelers and their companions in methods and techniques for traveling by air, train, bus or subway. 1992

Informational Videos

Sexuality & MS – In Their Own Words, (16 min.)

Persons with MS and their partners speak frankly about their sexual activity and MS. Recommended for persons with MS and their spouses, health care professionals, especially sex therapists or counselors. Excellent for the group discussion.

Spasticity Released: A Treatment alternative, 1993 (15 min.)

Discusses the intrathecal delivery system of Baclofen which acts on the central nervous system to relieve spasms, cramping and tightness of muscles caused by spasticity in MS.

Straight Talk for the Newly Diagnosed

Nine men and women who have personally faced the challenges of MS share their experience and offer advice to two newly diagnosed individuals who pose their most compelling question and concerns.

Telehealth Satellite Presentation on MS

Kim Lytle, 2000

Unlocking the Mysteries: North American Education Conference (25 min.)

Produced by the National Multiple Sclerosis Society in 2004

Volunteers in Action

Looking at the many volunteers who give their time.

W5 Special on MS: Bone Marrow Transplant

The CTV program W5 aired a segment on multiple sclerosis on February 5th. The hour long program followed Dyan, a Toronto woman and mother of two sons, as she underwent a bone marrow transplant procedure in hopes of stopping particularly aggressive MS. The bone marrow transplantation study is funded by the MS Scientific Research Foundation which is closely related to the MS Society of Canada.

Children's Books and Videos

Dewey Doo-it; Helps Owlie Fly Again (book)

Weager, Braden and Green, Alan; Randall Fraser Publishing 2005

A children's story inspired by Christopher Reeve and his heroic battle to overcome paralysis. This clever beautifully drawn picture book teaches kids to be kind and compassionate.

Recommended for ages 3-7. CD includes 9 original songs.

Just Like Us, 1994 (10 min.)

This video was made for the purpose of helping children who have a parent with MS deal with the feelings they have as a result of their parent's illness. The video is meant to be a tool to stimulate discussion, to encourage children to talk about their situations and feelings and to share their experience and insights with others like themselves.

Kids Talk MS (18:47 min)

Produced by the National MS Society

Kids talk about how their lives have been affected by MS.

Mighty Special Kids: An Activity Book for Kids With MS

National Multiple Sclerosis Society (NMSS) & the MS Society of Canada (MSS): Teva Neuroscience; 2004

The National MS Society (USA) and the MS Society of Canada are proud to be a source of information about multiple sclerosis. Our comments are based on professional advice, published experience and expert opinion, but do not represent therapeutic recommendations or prescriptions. This activity book is a tool to help you talk to your child about his or her diagnosis of MS. We hope this will allow you to discuss different issues with your child and use it to open up conversation about, sometimes difficult, topics. This book is designed for children ages 5-12.

MS Journey Club Passport

Kahb, Rosalind, PhD, Kimberly Koch, MPA and Melissa Roby, LSW; NMSS; 2004

This is the booklet that accompanies *Timmy's Journey to Understanding MS* video/dvd. It is an activity book that will help children understand MS. Captain Kip S'myelin leads the children through the book and their journey to understand the disease that their parent has.

Myelin Is Getting On My Nerves, 1995 (10 min.)

This video is designed for children aged 6 to 12 years who have a parent with MS. The animated character "Myelin" explains multiple sclerosis in a way that children can easily understand, while children of parents who have MS share about what it is like to live with a mother or father with MS

Timmy's Journey to Understanding MS (DVD or VHS)

National Multiple Sclerosis Society, 2004

This animated video shares a little boy's adventure in learning about MS, the disease his father has. A superhero takes Timmy on an adventure through the body, where Timmy learns how MS affects the central nervous system.

Compact Discs

MS Research Teleconference with Dr. Paul O'Connor

February 25, 2004

Fall Down Laughing

David L. Lander with Lee Montgomery: Jeremy P. Tarcher/Putnam a member of Penguin Putnam; 2002

David Lander kept his MS diagnosis a secret for 15 years even while living and working in Hollywood. Now, he chronicles his life story.