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## MS Society of Canada Publications

The Multiple Sclerosis Society of Canada is pleased to offer a variety of publications and materials dealing with the many aspects of life with MS. These publications are available for people with MS, families, friends, caregivers and young people and are grouped by the following headings for easy access.

**For publications no longer in print (i.e. available online only), please consider making own photocopies if your home/office capacity permits. To access the resource library online, visit: <https://mssociety.ca/about-ms/resource-library/ms-society-publications>**

*\*\*Limited quantities. Order while supplies last.*

About Us	
<b>Client Services: Ontario &amp; Nunavut Division</b> Services: Division de l'Ontario et du Nunavut	A basic information pamphlet outlining MS; client services; MS Clinics and contact information.
Online in PDF	
<a href="#">Multiple Sclerosis and how we can help</a> Sclérose en Plaques: Nous pouvons vous aider	Contains basic facts about multiple sclerosis and information on the MS Society's programs and activities.
MS – General Information	
<b>**<a href="#">Exploring Your Options: Considering Risks and Benefits of MS Medications</a></b> Vos options : Évaluer les risques et les bienfaits des médicaments contre la SP	Choosing the best treatment option will be a very personal decision that will be influenced by many factors. This booklet discusses the risks and benefits of MS medications. (Please visit <a href="https://beta.mssociety.ca/about-ms/treatments">https://beta.mssociety.ca/about-ms/treatments</a> for most up-to-date information on treatment options)
<b><a href="#">Living with Progressive Multiple Sclerosis</a></b> Vivre avec une forme progressive de sclérose en plaques	Both straightforward and supportive, this publication provides information about progressive MS and addresses some of the special concerns associated with having a progressive course of the disease.
<b><a href="#">MS: Its Effects on You and Those You Love</a></b> La sclérose en plaques: ses effets sur vous et sur ceux qui vous sont chers	A handbook for those newly diagnosed with MS. It answers some of the most frequently asked questions about the disease and also describes effective coping mechanisms.
Online in PDF	

<p><b><u>Clinically Isolated Syndrome (CIS)</u></b> À propos du syndrome clinique isolé (SCI)</p>	<p>This brochure describes the first neurological event (CIS), its symptoms and treatment options.</p>
<p><b><u>Newly Diagnosed (information sheet)</u></b> Diagnostic récent de sclérose en plaques (fiche de renseignement)</p>	<p><b>NEW!</b> A web and printer-friendly information sheet describing what multiple sclerosis is and key information for those who are newly diagnosed.</p>
<p><b><u>My MS Healthcare Team Guide</u></b> Guide de discussion avec mon équipe soignante</p>	<p><b>NEW!</b> A short document to assist individuals waiting for a diagnosis or recently diagnosed to speak with their MS healthcare team.</p>
<p><b><u>Red Flags, Green Lights</u></b> Drapeaux rouges et feux verts - Accès à des informations fiables sur la santé</p>	<p>This booklet helps to identify warning signs of potentially unreliable information about MS on the internet, magazines, newspapers, television programs and radio commentaries.</p>
<p><b><u>You and MS: Considering Your Treatment Choices</u></b> La SP et vous : connaître vos options de traitement</p>	<p>When your doctor first tells you that you have multiple sclerosis, the news can feel overwhelming. A thousand questions crowd your mind. This booklet explains what may happen to you during the course of the disease, why you have symptoms, and the medications that are available to treat your MS.</p>

<b>Managing MS Symptoms</b>	
<p><b><u>Cognitive Change &amp; Multiple Sclerosis</u></b> Changements cognitifs et sclérose en plaques</p>	<p>A comprehensive guide to cognitive change, and provides information as well as practical strategies for dealing with this common symptom.</p>
<p><b><u>**Understanding Bowel Dysfunction</u></b> Mieux comprendre les troubles intestinaux dans la SP</p>	<p>Describes the impact of MS on bowel functioning and also suggests good bowel habits.</p>
<b>Online in PDF</b>	
<p><b><u>Cognition and MS (information sheet)</u></b> Cognition et SP (fiche de renseignement)</p>	<p><b>NEW!</b> A web and printer-friendly information sheet describing cognitive changes related to MS.</p>
<p><b><u>Fatigue and MS (information sheet)</u></b> Fatigue associée à la SP (fiche de renseignement)</p>	<p><b>NEW!</b> A web and printer-friendly information sheet describing fatigue which can be one of the most disabling symptoms of MS.</p>
<p><b><u>Intimacy, Sexuality and MS</u></b> Intimate et Sexualite chez les personnes atteintes de SP</p>	<p>Deals with the changes that may occur in the sexual lives of people who have multiple sclerosis. It offers practical advice on how to deal with these changes.</p>

<p><b><u><a href="#">Intimacy and Sexuality (information sheet)</a></u></b> Intimité et sexualité chez les personnes atteintes de SP (fiche de renseignement)</p>	<p><b>NEW!</b> A web and printer-friendly information sheet describing changes that may occur in the sexual lives of people who have multiple sclerosis.</p>
<p><b><u><a href="#">Living Well with MS: Managing Fatigue</a></u></b> Bien vivre avec la SP – Prise en charge de la fatigue</p>	<p>This booklet includes information on the impact of MS fatigue, its causes and diagnosis, as well as a section on different strategies and medications for managing this common symptom.</p>
<p><b><u><a href="#">Living Well with MS: Mind Matters</a></u></b> Bien vivre avec la SP – L’esprit en mouvement</p>	<p>This resource will help people understand the connection between MS and depression and provide solutions that may help to manage depression and improve quality of life.</p>
<p><b><u><a href="#">Pain and MS (information sheet)</a></u></b> Douleur et SP (fiche de renseignement)</p>	<p><b>NEW!</b> This publication discusses the different types of pain experienced in MS and the steps that can be taken to prevent, eliminate, or improve this pain. A useful publication for working with your physician.</p>
<p><b><u><a href="#">Spasticity, Mobility Problems and Multiple Sclerosis</a></u></b> Spasticité, troubles de la mobilité et sclérose en plaques</p>	<p>This publication is from the Quebec Division on spasticity and mobility problems.</p>
<p><b><u><a href="#">Urinary Dysfunction and MS</a></u></b> Troubles urinaires et sclérose en plaques</p>	<p>A comprehensive guide to MS-related urinary problems. It includes detailed descriptions of diagnostic testing, management strategies, and commonly prescribed medications.</p>
<p><b><u><a href="#">Bladder Dysfunction (information sheet)</a></u></b> Troubles urinaires et SP (fiche de renseignement)</p>	<p><b>NEW!</b> A web and printer-friendly information sheet describing MS-related urinary problems.</p>

<b>Health and Wellness</b>	
<p><b><u><a href="#">Everybody Stretch</a></u></b> Exercices d’assouplissement pour tous</p>	<p>A physical activity book for people in various stages of MS.</p>
<p><b><u><a href="#">MS Get Fit Toolkit</a></u></b> Exercices physiques et SP : Trousse d’information</p>	<p>Fitness tips, activity ideas and ways to overcome barriers to physical activity.</p>

<a href="#"><u>Women's Health and Multiple Sclerosis</u></a> Santé des femmes et sclérose en plaques	This publication covers topics such as menstruation, pregnancy, postpartum depression and menopause in women with MS.
<b>Online in PDF</b>	
<a href="#"><u>Healthy Eating</u></a> Bien manger	Describes some of the special diets claimed, though never proven, to be beneficial for MS. It also presents a clear guide to what makes up a healthy diet based on Canada's Food Guide.
<a href="#"><u>Multiple Sclerosis and Fitness</u></a> Place à l'activité physique	This publication from the Quebec Division discusses the benefits of physical activity as well as the dangers of inactivity and new approaches to this field. It also suggests sports and activities that can be enjoyed by people with MS, whether or not they have functional limitations.
<a href="#"><u>Multiple Sclerosis and Your Emotions</u></a> La sclérose en plaques et vos émotions	Explains the effects that MS may have emotionally and psychologically on individuals. It describes common reactions to chronic disease and the usual stages of adjustment to MS in a positive and easy to understand manner.
<a href="#"><u>Physical Activity Guide</u></a> Pratique de l'activité physique	This guide was developed for people who have MS who would like to start an exercise program.
<a href="#"><u>Taming Stress in Multiple Sclerosis</u></a> Apprivoiser le stress dans la sclérose en plaques	This booklet discusses how to recognize and evaluate stress and suggests management and relaxation techniques for people with MS.
<a href="#"><u>Ten Tips for People Living with MS</u></a> Dix conseils à l'intention des personnes atteintes de SP	This booklet provides ten guiding principles for living well with a chronic illness such as multiple sclerosis.

<b>Family &amp; Caregivers</b>	
<a href="#"><u>A Guide for Caregivers</u></a> Guide pour les proches aidants	Adapted from the National Multiple Sclerosis Society (USA), provides information on practical issues faced by caregivers. A resource list is included.
<a href="#"><u>Keep S'Myelin</u></a> Au pays de Myéline	A colourful activity book intended to help children find answers to questions about multiple sclerosis and talk with their family and friends about the changes MS can bring. It includes many games, jokes and fun activities. This publication, produced in collaboration with the National MS Society (US), is based on NMSS's award-winning newsletter <i>Keep S'myelin</i> .
<a href="#"><u>Keep Your Balance!</u></a> Perds pas l'équilibre!	A colourful publication for teens which includes information about MS and testimonies from teens who have a parent with MS. It is intended to help teens understand MS, its impact on the family, and their own feelings about the disease. It can act as a communication tool between parents and teens, and also be useful in group workshops.

<p><a href="#"><u>Talking about MS : A Guide for Families</u></a> Parler de la SP : Guide à l'intention de la famille</p>	<p><b>NEW!</b> A practical aid to help parents communicate better with their children about MS, by helping parents understand their children's reactions and giving them tools to explain the disease.</p>
<b>Online in PDF</b>	
<p><a href="#"><u>Benjamin: My Mum is Special</u></a> Benjamin et sa Maman</p>	<p>Provides parents and children the opportunity to read together and discuss multiple sclerosis, its effects and the symptoms that accompany it. It guides discussion about difficult subjects and allows children to ask their questions openly and honestly – and it helps parents to answer those questions in language that is easy to understand.</p>
<p><a href="#"><u>My Mommy has MS</u></a> Ma maman a la SP</p>	<p>This booklet is for pre-school children and describes MS and its effects in an easy to understand manner. Written by a mother with MS and her daughter, the booklet also includes a "rainbow activity" that children can prepare with a parent after reading the book.</p>

<b>Young Persons with MS (Online in PDF)</b>	
<p><a href="#"><u>Kids Get MS Too: A Guide for Parents Whose Child or Teen has MS</u></a> Les enfants aussi peuvent avoir la sclérose en plaques - Guide pour les parents dont un enfant ou un adolescent a la sclérose en plaques</p>	<p>This handbook contains articles on a variety of topics written by specialists in childhood MS, and includes resources and information to further guide parents with regards to more specific topics.</p>
<p><a href="#"><u>Kids Get MS Too – Questions and Answers</u></a> Les enfants aussi peuvent avoir la SP - Questions et réponses</p>	<p>An information guide on pediatric MS for parents of children with MS, MS Society staff and volunteers, health professionals and others with an interest in this topic. Areas covered include general information on pediatric MS, diagnosis and treatment, emotional and cognitive issues and financial and insurance assistance.</p>
<p><a href="#"><u>Managing School Related Issues</u></a> Surmonter les difficultés d'ordre scolaire</p>	<p>Parents of children with MS often report feeling frustrated, overwhelmed or even helpless about how to help their children. The goal of this handbook is to provide you with tips on parenting a child living with MS and offer tools and resources for you to be your child's best advocate.</p>
<p><a href="#"><u>Mighty Special Kids</u></a> Jeune SPresse</p>	<p>This activity book is for kids aged 5 to 12 who have multiple sclerosis. The book helps families talk about MS, helps children understand how MS affects their daily life and offers suggestions for discussing MS with friends and schoolmates. You can also link to the <a href="#"><u>interactive version</u></a> on the National MS Society's website (English only).</p>

<b>Managing Practical Issues</b>	
<p><a href="#"><u>Adapting: Financial Planning for a Life with MS</u></a></p>	<p>A part of navigating MS is managing one's money and planning wisely for the future. Just as the symptoms of one person with MS are not exactly like someone else's, one's</p>

Adaptation — La planification financière pour les personnes atteintes de sclérose en plaques	financial situation also is unique. It is important to take a clear look at income, assets, debts, benefits, and other resources. This booklet helps meet the financial challenges that can accompany MS, so the focus is on living life to its fullest.
** <a href="#">A Guide to Employment and Income Support</a> SP: travail et soutien du revenu	Provides comprehensive practical information and guidance on a wide range of income and employment issues relevant to living with MS. Six separate sections address: Working with MS, Leaving the workplace, Returning to work, Income support, Financial assistance and Tax relief. Also included in the back pocket of this guide is a separate booklet about MS in the workplace for employers of persons with MS.
** <a href="#">MS in the Workplace: An employer's guide</a> La SP en milieu de travail: guide de l'employeur	This publication is intended for employers of those diagnosed with MS. It is a stand-alone piece which is part of a resource for those affected by MS called, A Guide to Employment and Income Support.
** <a href="#">Insuring Your Future: Your guide to life insurance and MS</a> Assurer votre avenir: Guide sur l'assurance vie et la sclérose en plaques	Once diagnosed, it is often difficult for people with MS to obtain insurance. This booklet provides easy-to-understand information about life insurance and describes strategies for acquiring life insurance as well as alternatives to insurance coverage.
<b>Online in PDF</b>	
<b>Talking with your MS Patients about Difficult Topics</b> Parler de sujets délicats avec vos patients atteints de SP	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: <ul style="list-style-type: none"> <li>• <a href="#">Diagnosis of multiple sclerosis</a></li> <li>• <a href="#">Progressive disease</a></li> <li>• <a href="#">Elimination problems</a></li> <li>• <a href="#">Sexual dysfunction</a></li> <li>• <a href="#">Depression and other emotional changes</a></li> <li>• <a href="#">Cognitive dysfunction</a></li> </ul>

<b>MS and Allied Diseases (Online in PDF)</b>	
<a href="#">Neuromyelitis Optica (NMO) Information Sheet</a> Neuromyéélite optique aiguë (NMO)	Neuromyelitis optica (NMO), sometimes known as 'Devic's disease' is a rare autoimmune disorder of the central nervous system (CNS) where antibodies can damage the spinal cord and/or optic nerves during attacks...

<p><b><u><a href="#">Acute Disseminated Encephalomyelitis (ADEM) Information Sheet</a></u></b>  Encéphalomyélite aiguë disséminée (EMAD)</p>	<p>Acute disseminated encephalomyelitis or ADEM, is a rare neurological disorder that predominantly affects children, but can affect individuals of any age. It is characterized by a short-lived but widespread attack of inflammation in the central nervous system (brain, including optic nerve, and spinal cord) causing damage to the myelin, the protective covering of nerve fibers.</p>
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<b>North American Education Publications (NAEP)</b>	
<p><b><u><a href="#">2015: Managing Bladder &amp; Bowel Issues in MS</a></u></b></p>	<p>This booklet provides an overview of the types of bladder and bowel issues common to MS. It further outlines the most successful ways that individuals and clinicians have developed for managing these symptoms, and explains why doing so is of utmost importance to your general well-being.</p>
<p><b><u><a href="#">2014: Mood &amp; Cognition in MS: [What You Can Do]</a></u></b></p>	<p>Our understanding of the role that cognition and mood play in a person’s experience of multiple sclerosis has expanded dramatically in recent years. Learn why and how people with MS experience changes in mood and cognitive functioning, and the latest information on how these symptoms can be addressed—from physical activity, medications and counseling to self-management strategies.</p>
<p><b><u><a href="#">2013: Making Treatment &amp; Lifestyle Decisions: Thinking About Benefits &amp; Risks</a></u></b></p>	<p>The program explores the factors people must consider when making treatment and lifestyle decisions, including when to begin treatment, the role information overload can play in decision-making, and how to weigh the benefits and risks of a treatment or lifestyle decision.</p>
<p><b><u><a href="#">2012: Managing Pain &amp; Sleep Issues in Multiple Sclerosis</a></u></b></p>	<p>The focus this year is on the management of pain and sleep disorders in multiple sclerosis – two issues that often cause confusion and frustration for people living with MS, their loved ones, and the health care providers. In the video portion of the program you will hear from scientists and clinicians who treat these symptoms or are working to find better strategies for managing them. The booklet provides information from studies that are completed or in process that add to our body of knowledge about MS management.</p>
<p><b><u><a href="#">2011: Working for Me: Research in Understanding &amp; Treating Progressive MS</a></u></b></p>	<p>The program focuses on the issue of MS Progression. Scientists, clinicians and those living with the disease puzzle over the many questions. What causes MS to get worse? Who is more likely to have a more progressive course? Why do some people experience steady progression while others have a relapsing form? What can be done to stop the progression of MS?</p>

<b>Placing an Order</b>	
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**ONTARIO & NUNAVUT DIVISION LITERATURE ORDER FORM**

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<b>Pamphlets</b>				
Client Services, Ontario & Nunavut Division <i>Services: Division de l'Ontario et du Nunavut</i>	E / F	0.40		
<b>Booklets</b>				
Adapting: Financial Planning for a Life with MS <i>Adaptation — La planification financière pour les personnes atteintes de sclérose en plaques</i>	E / F	3.00		
Cognitive Change and MS <i>Changements cognitifs et sclérose en plaques</i>	E / F	1.40		
Everybody Stretch <i>Exercices d'assouplissement pour tous</i>	E / F	3.30		
A Guide for Caregivers <i>Guide pour les proches aidants</i>	E / F	1.60		
**A Guide to Employment & Income Support <i>Guide pour le travail et le soutien du revenu</i>	E / F	6.00		
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Keep Your Balance! <i>Perds pas l'équilibre!</i>	E / F	2.00		
Living with Progressive Multiple Sclerosis <i>Vivre avec une forme progressive de SP</i>	E / F	3.00		

MS: It's Effects on You and Those You Love <i>SP: ses effets sur vous et sur ceux qui vous sont chers</i>	E / F	2.20		
Talking about MS: A Guide for Families <i>Parler de la SP : Guide à l'intention de la famille</i>	E / F	1.40		
**Understanding Bowel Dysfunction <i>Mieux comprendre les troubles intestinaux dans la SP</i>	E / F	1.50		
Women's Health and MS <i>Santé des femmes et sclérose en plaques</i>	E / F	1.40		
<b>North American Education Program (NAEP)</b>				
**2015: Managing Bladder & Bowel Issues in MS – Program Book	E only	Free of charge		
**2015: Managing Bladder & Bowel Issues in MS – DVD	E only	Free of charge		
**2014: Mood & Cognition in MS: [What You Can Do] – Program Book	E only	Free of charge		
**2014: Mood & Cognition in MS: [What You Can Do] – DVD	E only	Free of charge		
<b>Other Publications</b>				
MS Get Fit Toolkit <i>Exercices physiques et SP : Trousse d'information</i>	E / F	Free of charge		
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