

Reading guide

for people living with MS

Finding information on multiple sclerosis (MS)

Information is the key to learning about MS and understanding how you can live well with MS. Our MS Connect™ (1800 042 138) team is available to answer your questions, discuss your concerns and guide you to other useful sources of information, programs and services. Similarly, the MS Library holds an extensive collection of books, DVDs and videos about MS and other health and wellness topics.

Understanding MS



Understanding MS is a free DVD resource that supports people living with MS. The DVD aims to educate people with MS and their families about MS; the emotions and feelings they may experience at diagnosis; and to help them understand that they can live well with MS. Copies of the DVD can be obtained by contacting MS Connect or the MS Library on 1800 042 138.

Knowledge is Power

The *Knowledge is Power* program is a free, at home educational series for people newly diagnosed with MS and their families. It provides information about many aspects of MS and how to deal with the unpredictability and uncertainty of what might happen in the future.

You can have *Knowledge is Power* delivered to your email or postal address by registering online at www.mssociety.org.au/live/knowledge-power.asp or phoning MS Connect on 1800 042 138 for a registration brochure.

Booklets and information sheets

Our booklets and information sheets cover various aspects of living with MS and include topics such as understanding a diagnosis; learning about symptoms; healthy lifestyle choices; and how people can plan for the changes living with MS can bring.

Information about MS is also available in Arabic, Greek, Italian and Spanish.

Booklets and information sheets for people with MS, families, carers and health professionals are available for download from our website at www.msaustralia.org.au/actnswvic

Alternatively, you can request print copies by contacting MS Connect or the MS Library on 1800 042 138. ▶

The MS Library

The MS Library holds a collection of resources about MS and other health-related topics. You are welcome to visit the MS Library at our Blackburn office in Melbourne, Monday to Friday between 10am and 4pm. We also have a range of books for viewing at our other offices.

If you are unable to visit the MS Library, you can speak to a librarian, who can suggest resources, DVDs and videos and send articles, books and other materials to you by post. A reply-paid envelope is included for you to return any loans.

How do I request an item for loan?

You can request an item for loan either by browsing the online MS Library catalogue at www.msaustralia.org.au/ms-resource-centre.asp or by speaking to a librarian. Resources can be borrowed for an initial three-week loan period.

How can I contact a librarian?

Please send an email to library@msaustralia.org.au or phone the MS Library on 1800 042 138.

A selection of books and DVDs available for loan from the MS Library

- **Multiple Sclerosis: A Guide for the Newly Diagnosed** (by N. Holland, T. Murray and S. Reingold, 2007). A guide to learning about MS, its potential impact on lifestyle, and medical treatments available for managing the disease and its symptoms effectively.
- **Multiple Sclerosis: A Guide for Families** (by R. Kalb, 2006). Helping families to understand the potential impact of MS on family life and providing strategies for planning more effectively for the future.
- **Multiple Sclerosis: The Questions You Have, the Answers You Need** (by R. Kalb, 2008). Covers a wide range of topics and includes a reading list for further information, a glossary of MS terms and a guide to commonly used medications.
- **Complementary and Alternative Medicine and Multiple Sclerosis** (by A. Bowling, 2007). Contains unbiased information on a wide range of complementary and alternative medicines used in managing MS symptoms and for health and wellness.
- **Multiple Sclerosis: A Self-care Guide to Wellness** (by N. Holland and J. Halper, 2005). Focuses on staying well while living with MS and includes tips for maximising independence and creating a greater sense of wellbeing.
- **MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis** (by A. Shaddy, 2007). Provides effective strategies for coping with feelings that can accompany a diagnosis of MS, including a chapter for carers.
- **Living a Healthy Life with Chronic Conditions** (by K. Lorig, 2006). Hundreds of tips, helpful suggestions and strategies for managing emotions, setting goals, making decisions, and finding resources and support.
- **Overcoming Multiple Sclerosis: An Evidence-based Guide to Recovery** (by G. Jelinek, 2010). Offers the personal and medical insights of an Australian doctor living with MS, together with a discussion on dietary and lifestyle considerations.

If you would like to find out more about these titles or need help locating other books, DVDs and videos, please contact the MS Library on 1800 042 138. ▶

Please note: Content contained in these books is intended to provide useful and accurate information of a general nature for the reader but is not a substitute for the medical advice of your doctor (GP), neurologist or other health professional. Some of the information may be of the opinion of the author and not necessarily that of MS Australia – ACT/NSW/VIC.

Intouch



Intouch is the official magazine of MS Australia – ACT/NSW/VIC for people living with MS, families and carers. Feature articles focus on topical and timely issues, practical solutions for living well with MS, personal stories, and details of upcoming events. To receive the next issue of *Intouch* please contact MS Connect on 1800 042 138. Current and past issues of *Intouch* are also available on our website in pdf or text-only format.

Useful websites

Valuable information on all aspects of MS, including helpful resources for families, can be found on the internet. However, not all information on the web comes from reliable sources or is endorsed by reputable medical and scientific authorities. Some reputable websites include:

- **MS Australia**
www.msaustralia.org.au
 Information about MS, MS Australia and links to state-based MS Societies and their services.
- **MS International Federation (MSIF)**
www.msif.org/en
 Information about MS in other languages, with links to MS Societies from around the world.
- **MS Trust, UK**
www.mstrust.org.uk
- **Multiple Sclerosis Society, UK**
www.mssociety.org.uk
- **National MS Society, USA**
www.nationalmssociety.org
- **Multiple Sclerosis Society of Canada**
www.mssociety.ca/en
- **MS Society of New Zealand**
www.msnz.org.nz
- **MS in Focus**
www.msif.org/en/resources/msif_resources/msif_publications/ms_in_focus/index/html
 The official magazine of the MSIF.
- **Neurology Care**
www.neurologycare.net
 Includes a section on the use of complementary and alternative medicine (CAM) in MS.

For information about MS and MS Australia – ACT/NSW/VIC services:

MS Connect™: 1800 042 138

Email: msconnect@msaustralia.org.au

Web: www.msaustralia.org.au/actnswvic

Disclaimer: Information contained in this fact sheet is intended to provide useful and accurate information of a general nature for the reader, but is not intended to be a substitute for legal or medical advice. Multiple Sclerosis Limited (MSL) is not recommending medical or legal advice. Readers must seek their own medical or legal advice as may be appropriate. Printing and photocopying this publication in its original form is permitted for educational purposes only. Reproduction in any other form without the written permission of MSL is prohibited.