



## Books About Multiple Sclerosis

*Helpful publications from local and state lending libraries*

**Although your doctor or clinic may provide you with helpful information about multiple sclerosis (MS), you can also learn a lot about this disease online and through printed publications. The books featured in this section provide a broad overview on MS and can help “fill in the gaps” of information you need.**

Both the Greater Washington Chapter of the Multiple Sclerosis (MS) Society and the MS Association of King County have lending libraries. Contact them for a list of books, pamphlets and handouts. (See the full listings on page 12-1 and 12-2 of the section on “MS Organizations and Agencies.”)

- Bowling, A.C. *Alternative Medicine and Multiple Sclerosis*. 2001. Demos. A good resource for those considering alternative medical treatments.
- Cook, S.D. *Handbook of Multiple Sclerosis*. 2001 Marcel Dekker, Inc. New York. A textbook for medical professionals.
- Coyle, P.K., Halper, J. *Meeting the Challenge of Progressive Multiple Sclerosis*. 2001. Demos. For both patients and professionals. A good book about progressive forms of MS.
- Enteen, R. *Health Insurance: How to Get To, Keep It, or Improve What You've Got*. 1996. Demos. This book shows how to locate and evaluate coverage, compare costs, and obtain the maximum benefits – even from an existing insurance plan. Strategies are outlined to help you find insurance even if you are currently uninsured, underinsured, or considered uninsurable.



- Fredrikson S. and Link H. *Advances in Multiple Sclerosis*. 1999. Martin Dunitz Publ. A textbook for medical professionals.
- Giffels, J.J. *Clinical Trials: What You Should Know Before Volunteering to Be a Research Subject*. 1996. Demos. This booklet will help you understand the basics of clinical research, answering the following key questions: what is a clinical trial; the role and rights of a volunteer subject; what to consider when deciding whether to participate; what is informed consent; what questions you should ask; what you can expect from participation, and what you should not expect.
- Holland, N.J., Murray, T.J., and Reingold, S.C. *Multiple Sclerosis: A Guide for the Newly Diagnosed*. 1996. Demos. A guide to learning about the disease, its potential impact on your life, and the medical treatments now available for managing it successfully.
- Kalb, R.C. *Multiple Sclerosis: A Guide for Families*. 1998. Demos. This book for families living with MS can lead the way for a family to strengthen its coping skills and to receive targeted information about the disease.
- Kalb, R.C. *Multiple Sclerosis: The Questions You Have – The Answers You Need*. 1996. Demos. A question and answer format of commonly asked questions about MS.
- Kraft, G.H. and Catanzaro, M. *Living with Multiple Sclerosis: A Wellness Approach*. 2nd Edition, 2000. Demos. This book suggests some avenues for optimizing health through exercise, nutrition, and emotional health, and can be used as a starting point for developing your individualized wellness program.
- Lechtenberg, R. *Multiple Sclerosis Fact Book*. 1995. F.A. Davis Company. Addresses the basic questions of what

MS is, why it occurs, how it progresses, how to live with it, and what is being done to find a cure.

- Mendelsohn, S.B. *Tax Options and Strategies for People with Disabilities*. 1996. Demos. This book considers many of the tax implications of living with a disability.
- Paty, D.W. and Blumhardt, L. *Multiple Sclerosis Annual Evidence Based Treatment Strategies*. 2000. Martin Dunitz Publ. A textbook for medical professionals.
- Perkins, L. and Perkins, S. *Multiple Sclerosis: Your Legal Rights*. 2nd Ed. 1999. Demos. A source of basic information about the legal problems that often affect people with MS.
- Rosner, L. and Ross, S. *Multiple Sclerosis: New Hope and Practical Advice for People with MS and Their Families*. 1992. Simon and Schuster. Covers diagnosing the disease, its varying symptoms and courses, and dealing with the emotional problems that accompany MS.
- Rudick, R.A. and Goodkin, D.E. *Multiple Sclerosis Therapeutics*. 1999. Martin Dunitz Publ. A textbook for medical professionals.
- Rumrill, P.D. *Employment Issues and Multiple Sclerosis*. 1996. Demos. This book was developed to help you deal with the issue of whether to continue to work, and how to provide for your future if you are unable to do so.
- Schapiro, R.T. *Symptom Management in Multiple Sclerosis*. 3<sup>rd</sup> Ed. 1998. Demos. A good book for both professionals and patients describing various symptoms of MS and their management.
- Scheinberg, L. and Holland, N. *Multiple Sclerosis: A Guide for Patients and Their Families*. 1987. Raven Press. Expanded coverage of the causes, epidemiology, and genetics of MS. The book gives MS patients and

their families suggestions for coping with the problems that accompany this illness, including discrimination, social upheaval, emotional turmoil, and the transformation of the self.

- Schwarz, S.P. *300 Tips for Making Life with Multiple Sclerosis Easier*. 1999. Demos. Tips, techniques, and shortcuts learned by the author during her experiences with MS.
- Sibley, W.A. *Therapeutic Claims in Multiple Sclerosis: A Guide to Treatments*. 4<sup>th</sup> Ed. 1996. Demos. This authoritative guide to commonly used treatments for MS provides information about drugs, diets, physical management and surgical options.
- Siva, A., Kesselring, J. and Thompson, A.J. *Frontiers in Multiple Sclerosis II*. 1998. Martin Dunitz Publ. A textbook for medical professionals.
- Swiderski, R. *Multiple Sclerosis: Throughout History and Human Life*. 1998. McFarland & Co. Inc. A historical overview of MS and those who have lived with and died from it, as well as medical treatments prescribed throughout the known history of the disease.
- Thompson, A.J., Polman, C. and Hohfeld, R. *Multiple Sclerosis: Clinical Challenges and Controversies*. Martin Dunitz Publ. A textbook for medical professionals.
- Wolfe, J. *Fall Down Seven Times Get Up Eight*. 1991. Academy Books. A book about dealing with disability.
- Washington State Department of Natural Resources, Forest Resources Division, Public Use Engineering Division, Resource Mapping. *Washington Accessible Outdoor Recreation Guide*. 1999. This book lists accessible recreation activities in Washington state.

## Questions?

Call 206-598-3344

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are available to help during regular business hours.

**Western Multiple  
Sclerosis Center at  
UWMC  
206-598-3344**

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- Younger, V. and Sardegna, J.A. *A Guide to Independence for the Visually Impaired and Their Families*. 1994. Demos. This guide gives detailed instructions to deal with emotions and fight depression, obtain helpful information, obtain federal and financial aid, use all your senses more effectively, adapt your home and do chores, handle paperwork and correspondence independently, purchase aids and technology, and deal with changing family roles.

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