



## **Internet Resources About Multiple Sclerosis**

*MS information available on the Web*

**If you are interested in researching multiple sclerosis (MS) and have access to the Internet, these sites can provide you with useful information. The sites have been reviewed by University of Washington Medical Center's Rehabilitation Medicine clinicians who specialize in treating people with multiple sclerosis.**

### **Evaluating Internet Health Information**

Some things to keep in mind when using the Web to find out information about health or illness:

- It should be clear who is providing the medical data; their qualifications should be posted.
- Find out who owns the site and consider possible biases.
- Make sure there is a way to contact the site owners. If you use the site and need to contact them, keep track to see if they respond in a timely manner.
- Look for sites with recent postings; health information does get outdated.
- If you have questions about something you find on the Web, ask your health care provider.

When you link to other locations on a Web site, check the Web site address to determine if you have linked to a new site. There are tools available to help you more thoroughly evaluate Web sites such as:

- [www.healthlinks.washington.edu/help/navigating/#three](http://www.healthlinks.washington.edu/help/navigating/#three)
- [www.discern.org.uk](http://www.discern.org.uk)

## **What kinds of resources are available through Web links shown here?**

- Lending libraries
- Dialogs between patients and physicians
- MS research updates
- Live chats
- Basic MS information

## **Resources on the Web**

### **[www.nmsswas.org](http://www.nmsswas.org)**

*Greater Washington Chapter of the Multiple Sclerosis Society*

This Web site contains educational materials, a special library lending program, advocacy initiatives, information and referral to community resources and healthcare professionals, and an events calendar for statewide programs – from employment workshops to assistive devices.

### **[www.msa-sea.org](http://www.msa-sea.org)**

*Multiple Sclerosis Association of King County*

Contains information on MS treatments – including alternative treatments – along with calendars of events and classes, MS library, new research, and links to useful Web sites.

### **[www.msrrtc.washington.edu](http://www.msrrtc.washington.edu)**

*University of Washington Rehabilitation Research and Training Center*

Contains information about ongoing research (in which eligible patients may participate), a calendar of local educational events and research summaries.

**www.nationalmssociety.org**

*National Multiple Sclerosis Society*

This is a comprehensive site with a wide array of educational materials on MS (some in Spanish), as well as research, news, legislative advocacy, personal stories, and live Internet broadcasts with MS experts.

**www.msaa.com**

*Multiple Sclerosis Association of America*

In addition to general MS information, this site provides nationwide physician and clinic referrals and a free equipment loan program for those not qualifying under government programs or private insurance. The MSAA supports MS research, including investigations of alternative therapies.

**www.mssoc.ca**

*Multiple Sclerosis Society of Canada*

Offers services through division offices throughout Canada. Services vary from province to province. Users may order literature from the site, including special materials on dealing with children and adolescents.

**www.ifmss.org.uk**

*International Federation of Multiple Sclerosis Societies*

This Web site is among the most comprehensive sources of information on MS. Easy to read and navigate, and content is available in many languages including Japanese and Spanish. Distinctive features include personal stories, daily management strategies, and ways to advocate for increased MS funding and research.

**www.ninds.nih.gov/health\_and\_medical/disorders/**

*National Institutes of Health*

The site provides information from diagnosis to treatment and research presented in a question and answer format. Includes a useful glossary of MS terms.

**[www.helsinki.fi/~ahalko/ms.html](http://www.helsinki.fi/~ahalko/ms.html)**

*MS Crossroads – Sponsored by Aapo Halko, PhD,  
an MS Patient*

One of the most comprehensive listings of links to other sites about multiple sclerosis.

**[www.msfacts.org](http://www.msfacts.org)**

*Multiple Sclerosis Foundation*

This site contains a description of their services, newsletter subscription information and a form to post questions to a panel of healthcare professionals. An educational audio/visual series can also be viewed at this site.

**[www.mscares.org](http://www.mscares.org)**

*Consortium of Multiple Sclerosis Centers*

This site is aimed primarily at organizations and healthcare providers committed to increased coordination and collaboration in MS research. Patients can join a confidential patient registry and, if eligible, participate in studies and clinical trials. Registry members receive a newsletter on current MS research.

**[www.msnews.org](http://www.msnews.org)**

*International Multiple Sclerosis Support Foundation*

This is a popular and comprehensive Web site accessible to those with visual, hearing and cognitive difficulties. Highlights of this site include a special area for children and teenagers, MS bulletin boards and listservs for patient-to-patient contact, and in depth information on dozens of MS and related topics.

**[www.multiplesclerosis.com](http://www.multiplesclerosis.com)**

*Sponsored by Six-Member Professional Editorial Board*

Provides information to help meet the needs of multiple sclerosis patients, caregivers, and healthcare providers by providing them with information and interactive tools to help manage the disease.

**[www.healthtalk.com/msen.html](http://www.healthtalk.com/msen.html)**

*Multiple Sclerosis Education Network (MSEN)*

Provides ongoing information and support to persons with MS. Material presented through live broadcasts between patients and physician experts, and personal stories. Users can listen to live programs or read transcripts. Cosponsored by the National Multiple Sclerosis Society and Berlex Laboratories, Inc.

**[www.ms-cam.org](http://www.ms-cam.org)**

*Rocky Mountain Multiple Sclerosis Center*

A critical view of alternative and complementary medicine for MS. There is a fee structure for long-term use of this site.

**[www.quackwatch.com](http://www.quackwatch.com)**

*Quackwatch, sponsored by Stephen Barrett, MD,  
Psychiatrist*

A critical view of alternative therapies proposed for a number of diseases, this site provides information for those considering use of these therapies.

**[www.cfsan.fda.gov](http://www.cfsan.fda.gov)**

*Food and Drug Administration Center for Food Safety and Applied Nutrition*

Provides information about herbal supplements.

**<http://odp.od.nih.gov/ods/databases/ibids.html>**

*National Institutes of Health International Bibliographic Information on Dietary Supplements*

A database of published, scientific findings on herbal supplements.

## 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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UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine  
Western Multiple Sclerosis  
Center at UWMC

Box 356157  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-3344

### **www.avonex.com**

*Sponsored by Biogen, Inc.*

This site provides extensive information about Avonex<sup>®</sup>, as well as information about MS and special programs to train patients to use Avonex<sup>®</sup> and secure financial advice and assistance, if eligible. Includes information on upcoming events and teleconferences.

### **www.betaseron.com**

*Sponsored by Berlex Laboratories, Inc.*

Provided by developers of the drug Betaseron<sup>®</sup>, this site offers extensive information on Betaseron<sup>®</sup>, patient education material, news on Berlex funded research, personal stories of patients with MS, and a special arts program for patients and families with MS.

### **www.copaxone.com**

*Sponsored by Teva Marion Partners*

Provides information about the medication Copaxone<sup>®</sup>. Includes links to MS Watch, MS management tools, research updates, bulletin boards, live chats, and other ways to connect online with MS patients and experts.

### **www.msknowledge.com**

*Sponsored by Immunex*

This site provides a good source of basic information about the disease, news updates, and inspirational stories of people with MS. Users must download Flash 4.0 software from the site to access content.

### **www.ms-network.com**

*Sponsored by Serono*

Provided by developers of the drug Rebif<sup>®</sup>, this site provides extensive information about multiple sclerosis and Rebif<sup>®</sup>. You must register with the company, but registration is free.