Multiple Sclerosis: The Ultimate User-Friendly Guide
Multiple Sclerosis Handbook

The Ultimate User-Friendly Guide
(Second Edition)
Presented by the
Rocky Mountain Multiple Sclerosis Center Guild

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Dedication

This handbook is dedicated to our patients. For more than twenty years, they have participated in the research and clinical programs of the Rocky Mountain Multiple Sclerosis Center. By sharing their trials and triumphs, they have taught us much of what we know about MS.
Contents

Preface
Acknowledgements
Introduction

1 Multiple Sclerosis: A Summary

2 What is an MS Attack?

3 How to Get the Best Out of Your Health Care System

4 Symptomatic and Immunologic Therapies for MS

5 Should You Participate in a Clinical Research Trial?

6 Common MS Problems & Their Treatment

    Bladder Problems
    Bowel Problems
    Depression
    Dizziness and Vertigo
    Emotional Responses and Mood Swings
    Fatigue
    Hand Dexterity and Coordination
    Numbness, Tingling, and Burning
    Pain
    Pain, Facial
    Pain, Headache
    Pain, Joint
    Seizures
    Sexuality
    Sleep Disorders
    Speech and Voice Problems
    Stiffness, Spasticity, and Spasms
    Swallowing
    Thinking, Memory, and Attention
Tremors
Vision
Walking Problems/Ataxia
Weakness

7 Alternative Medicine, Wellness, and Diet

8 Psychosocial Issues and Relationships
Getting a Good Start:
Hints for the Newly Diagnosed
Coping, Self-Esteem, and Identity
Working with MS
Maintaining Relationships
Genetics, Reproduction, and Family Concerns

Glossary of Common MS Medications
Recommended Reading List
Internet Resources
Preface

This book is designed to inform the reader about general matters relating to multiple sclerosis and to offer practical suggestions for an improved quality of life. It is the intention of this publication to augment the services of health care providers and to encourage readers to obtain professional advice on any and all health-related matters.

No information contained in this book should be interpreted as a recommended treatment for any individual patient. Such recommendations can only be made by a patient's physician who can consider the merits, risks, past history, associated illnesses, and many other factors. However, by understanding more about multiple sclerosis and its signs, symptoms, and problems, individuals can participate in health care decisions. Patients should always consult their own physician before commencing any course of treatment.

Great care has been taken to maintain the accuracy of information contained in this book, but advances and changes in medical science are occurring on a constant basis. The Center for Neurological Diseases/Rocky Mountain Multiple Sclerosis Center cannot be held responsible for any consequences arising from the use of the information contained herein.
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Introduction

The MS Center Guild Patient Handbook was designed for your use by the staff and Guild members of the Rocky Mountain Multiple Sclerosis Center. This handbook is intended to be used as a starting point to understanding your MS and how to manage it. It is not an exhaustive medical reference, nor is it intended to replace the ongoing care and advice delivered by your health care providers.

We hope you will use your handbook as a handy reference guide. Whether you are contemplating participation in a clinical trial or experiencing a new symptom, this handbook will answer your initial questions and point you in the right direction to find additional help.

The most common primary symptoms and problems of MS are arranged alphabetically in a single section. If you suddenly experience a new problem, you will be able to determine if it may be a result of your MS and which member of your health care team can help you.

The Rocky Mountain Multiple Sclerosis Center (MS Center) staff is uniquely qualified to compile such a handbook. The MS Center was founded on the principle that an MS-specific, user-friendly health care system could better address the complexities of living with multiple sclerosis. The MS Center provides medical evaluation and treatment, community services, patient education, and adult day care to complement our basic scientific and clinical research programs. We strive to provide the best possible treatments, to educate people about their options in health care, to provide psychological as well as medical support, and to keep people with multiple sclerosis close to their family and community. Additionally, the research program staff members are dedicated to finding the cause and cure of multiple sclerosis and evaluating new treatments, in part through patient participation in studies of promising new medications.
Dealing with multiple sclerosis can be a challenge under the best of circumstances. This handbook is designed as a general road map to help patients find the most effective treatment for multiple sclerosis. Of course, no single source can answer every question, and the MS Center urges patients to maintain an ongoing relationship with their MS health care providers.

Suggestions for the improvement of this patient handbook are greatly appreciated and should be addressed to:

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