

SELF-CARE FOR MS



Multiple Sclerosis A Selfcare Guide To Wellness

Rosalind Kalb



Multiple Sclerosis A Selfcare Guide To Wellness:

Multiple Sclerosis Dr. Nancy Holland, RN, EdD, June Halper, MSN, ANP, FAAN, 2005-06-01 Education about multiple sclerosis has traditionally been medically oriented and related to disease and dysfunction In contrast this brand new second edition of the Guide continues to focus on staying well in the presence of MS a disease that while incurable can be managed The book covers a broad spectrum of topics related to MS and its effects focusing especially on the needs of those who have been living with the disease for some time Practical tips on self care are designed to promote maximum independence well being and productivity The theme of the book wellness can be described by the acronym Weighing options Eating well Living to your fullest Learning new skills Needing others Evaluating situations realistically Surviving stress and Staying responsible Contributors to the book are professionals who have a specialty or a special interest in MS Their suggestions advice and strategies come from years of experience in the field It is their hope that readers will come away with fresh ideas on how to cope with the ever changing challenges of MS

Multiple Sclerosis Nancy J. Holland, June Halper, Paralyzed Veterans of America, 1998-05-01

Multiple Sclerosis June Halper, Nancy Holland, 2005-06-01 Education about multiple sclerosis has traditionally been medically oriented and related to disease and dysfunction In contrast this brand new second edition of the Guide continues to focus on staying well in the presence of MS a disease that while incurable can be managed The book covers a broad spectrum of topics related to MS and its effects focusing especially on the needs of those who have been living with the disease for some time Practical tips on self care are designed to promote maximum independence well being and productivity The theme of the book wellness can be described by the acronym Weighing options Eating well Living to your fullest Learning new skills Needing others Evaluating situations realistically Surviving stress and Staying responsible Contributors to the book are professionals who have a specialty or a special interest in MS Their suggestions advice and strategies come from years of experience in the field It is their hope that readers will come away with fresh ideas on how to cope with the ever changing challenges of MS

Multiple Sclerosis For Dummies Rosalind Kalb, Nancy Holland, Barbara Giesser, 2011-02-25 Being diagnosed with multiple sclerosis MS doesn't have to mean your life is over Everyone's MS is different and no one can predict exactly what yours will be like The fact is lots of people live their lives with MS without making a full time job of it MS for Dummies gives you easy to access easy to understand information about what happens with MS what kinds of symptoms it can cause how it can affect your life at home and at work what you can do to feel and function up to snuff and how you can protect yourself and your family against the long term unpredictability of the disease You'll learn Why some people get MS and others don't How to make treatment and lifestyle choices that work for you What qualities to look for in a neurologist and in the rest of your healthcare team How to manage fatigue walking problems and visual changes Why the road to diagnosis can be full of twists and turns How to understand the pros and cons of alternative medicine Why and how to talk to your kids about MS How to find stress management strategies that work for you Your rights

under the Americans with Disabilities Act Complete with listings of valuable resources such as other books Web sites and community agencies and organizations that you can tap for information or assistance MS for Dummies will tell you everything you need to know in order to make educated choices and comfortable decisions about life with MS Multiple Sclerosis Nancy J. Holland,2009-11 Since 1998 when Paralyzed Veterans of America PVA first published Multiple Sclerosis A Guide to Wellness great strides have been made in research findings and treatment options For this reason PVA is proud to present this newly updated edition of the MS Wellness Guide as it has come to be called Edited by Nancy J Holland RN EdD

Multiple Sclerosis Rosalind Kalb,2011-11-11 Multiple Sclerosis The Questions You Have The Answers You Need 5th Edition is the definitive guide for everyone concerned with the disease those who have MS and those who share their lives with someone who has it It covers a wide range of topics in an accessible question and answer format that allows people to easily find the information they need while providing a model of successful communication with healthcare providers The contributors are leading authorities in all areas of multiple sclerosis management who proffer expert answers to the most common questions about living with MS medical emotional social and economic and represents a interdisciplinary approach to the disease The book s goal is to help those living with MS live the lives they aspire to lead The chapters cover everything from treatment to emotional sexual and employment issues The new edition has been thoroughly revised and updated throughout The book provides the most current information on multiple sclerosis including a review of the controversy surrounding CCVSI discussion of the first two pills in development for the disease new information on the drug Tysabri emotional issues and the family The thoroughly revised and updated fifth edition of the classic Multiple Sclerosis The Questions You Have The Answers You Need answers even more of your questions about how to live and thrive with MS What are the current drug therapies for MS What about alternative medicine Should I exercise How common is depression with MS

Managing the Symptoms of Multiple Sclerosis Randall T. Schapiro,2014-07-16 The fully updated and revised sixth edition of the definitive guide to clinically tested and proven methods for effectively managing all of the symptoms characteristic of MS and MS treatment Based on the most up to date disease management strategies medical and research breakthroughs and latest drug therapies Dr Randall T Schapiro provides the information you need to manage both the disease and symptoms and make everyday life easier New chapters offer essential advice for those newly diagnosed with the disease and those who experience more symptoms with age Managing the Symptoms of Multiple Sclerosis features comprehensive treatment options for Fatigue Spasticity Tremor Incontinence Speech and swallowing difficulties Pain Numbness Cognitive difficulties

Multiple Sclerosis Rosalind C. Kalb,2011-01-23 What goes wrong when a person has MS What drugs are used to treat MS When should I consider complementary and alternative medicine to treat my MS What can I do to keep myself as healthy as possible despite my MS How common is depression in MS The thoroughly revised and updated fourth edition of the classic Multiple Sclerosis The Questions You Have The Answers You Need continues to be the

definitive guide for everyone concerned with this disease those who have MS those who share their lives with someone who has it and all healthcare professionals involved with its management It covers a wide range of topics in an accessible question and answer format that allows people to easily find the information they need Within each section MS experts including neurologists nurses rehabilitation and mental health professionals lawyers and insurance and employment experts answer the questions they have been asked most frequently over the course of their careers Each chapter is designed to cover the full spectrum of the disease from the time of diagnosis through the complex challenges that can arise if the disease progresses 214 297 Rosalind C Kalb PhD Dr Rosalind Kalb a clinical psychologist is Director of the Professional Resource Center at the National Multiple Sclerosis Society in New York where she develops and provides educational and consultation services to clinicians who care for people with MS In her private clinical practice she specializes in the needs of individuals and families living with chronic illness and disability She serves on the editorial board of several publications including the International Journal of MS Care

Advanced Concepts in Multiple Sclerosis Nursing Care June Halper, 2007-11-16 The nurse plays a vital role as an educator care provider and advocate for patients and families affected by multiple sclerosis MS The companion book to an earlier work Comprehensive Nursing Care in Multiple Sclerosis Advanced Concepts in Multiple Sclerosis Nursing Care 2nd Edition examines complex issues in MS management and reflects a new philosophy of MS care one of empowerment The focus is on the numerous settings in which MS nurses practice as well as their many roles and responsibilities in managing this highly variable disease It will provide the reader with an updated view of MS along with a greater understanding of its lifelong impact Special features of the second edition include A new chapter on sustaining hope in MS patients A new chapter on treatment of acute exacerbations A new chapter on emerging intravenous therapies Expanded sections on pain depression and skin care with frequent injections The book is divided into sections dealing with the disease itself advanced practice requirements for nurses and advanced symptom management Contributors to Advanced Concepts in Multiple Sclerosis Nursing Care 2nd Edition are nurse clinicians and researchers who work in geographically diverse practice settings throughout North America and Europe The book will provide nurses with tools and strategies to improve the lives affected by multiple sclerosis and to reinforce the role of the nurse in managing it

Living with Progressive Multiple Sclerosis June Halper, MSN, ANP, FAAN, 2007-10-19 According to the National Multiple Sclerosis Society 15% of MS patients are diagnosed with the progressive form of the disease and experience symptoms such as tremor poor coordination difficulty walking and other problems from the start While an additional 50% of those diagnosed with relapsing remitting MS will develop progressive MS within 10 years Living with Multiple Sclerosis Overcoming the Challenges 2nd Edition is written for people who have been diagnosed with the progressive form of multiple sclerosis It focuses on the newest advances in managing worsening symptoms and offers hope to MS patients facing the future This concise and practical overview educates patients about diagnosis disease modifying therapies managing difficult symptoms

and coping strategies Other topics include Top Ten Questions about Progressive MS Can Progressive MS be Treated Vocational and Legal Issues A Glimpse into the Future This encouraging and informative book will be a welcome addition to any patient healthcare professional or institutional library *Nursing Practice in Multiple Sclerosis* June Halper, Colleen Harris, 2011-11-22 This updated edition of the core curriculum for nursing practice with multiple sclerosis MS patients presents the most current diagnostic tools and strategies for managing the disease process It addresses both the physical and psychosocial changes with which MS patients must cope and focuses on the role of nursing in helping patients to devise learn and implement self care strategies The book discusses the application of change theory to MS nursing and examines current theories regarding the immunologic bases of MS its epidemiology and genetics Information is presented in an easy to read outline format along with case studies that further clarify the material Each chapter begins with a list of objectives to facilitate learning *Nursing Practice in Multiple Sclerosis* offers a vast reservoir of information for MS nurse specialists and students providing an excellent day to day reference as well as a comprehensive review for nurses who intend to take the MS nursing certification exam It is a companion volume to *Comprehensive Nursing Care in Multiple Sclerosis and Advanced Concepts in Multiple Sclerosis Nursing Care* This updated edition includes New diagnostic tests and pharmacologic strategies including the treatment of acute attacks immuno modulating and symptomatic therapies and nonpharmacologic interventions Updated guidelines for managing symptoms such as impaired mobility and bladder bowel dysfunction A stronger focus on the role of nursing in helping patients to achieve independence empowerment and improved quality of life New content in ethics professionalism and delivering culturally competent care Updated references thought provoking certification questions and new case studies *Comprehensive Nursing Care in Multiple Sclerosis* June Halper, Nancy Holland, 2010-08-30 This is an excellent resource for those caring for patients with MS In addition to nurses I could easily recommend this book to other physicians and perhaps even to patients Score 91 4 stars Doody s This book represents the most current information on the care of the MS patient This will be an unparalleled resource for all nurses caring for MS patients and families Amy Perrin Ross APN MSN CNRN MSCN Among the many responsibilities of the Multiple Sclerosis MS nurse perhaps the most important is to help patients devise learn and implement self care strategies to improve their wellness and quality of life Taking a fresh perspective on the complex role of the MS nurse this comprehensive clinical reference demonstrates how nurses can change the lives of patients with MS This newly revised edition is completely reorganized refocused and updated throughout to provide a stronger focus on instilling hope in patients and helping them regain their independence The special feature of this new edition is the incorporation of the Morgante Conceptual Framework of Hope a model of care that helps nurses integrate the concept of hope into clinical practice The book also illustrates how to deliver nursing care that is both culturally sensitive and life span appropriate Key features Uses detailed case studies to highlight the various roles of the MS nurse the care provider facilitator advocate educator counselor and

innovator Incorporates the Morgante Conceptual Framework of Hope into every chapter Provides practical guidance on disease and symptom management alternative medicine sexuality and family planning and pediatric patients Discusses how to maximize the effectiveness of pharmacotherapeutics

Multiple Sclerosis Dr. Francie Bennett, MSW, Dr. David C. Clemmons, PhD, Dr. Robert T. Fraser, PhD, 2002-03-01 This book provides a practical perspective on cognitive concerns and their relationship to vocational and psychosocial adjustment issues for people with multiple sclerosis MS It also provides practical approaches to rehabilitation vocational and psychosocial interventions with illustrative case studies Of particular note is that all tables figures and case study material complement the text and can be used for PowerPoint slides or overheads in training programs for allied health personnel Of particular interest are discussions of the cognitive issues in MS which have not previously been well discussed in the literature clear discussions of assessment tools and placement models in vocational assessment and rehabilitation planning and an extensive reading list and self help resource lists that will be of assistance in understanding psychosocial adjustment in this population This guide is an outgrowth of vocational rehabilitation counselor training conducted by the authors and feedback from the counselor attendees helped to refine the book It will be helpful to vocational rehabilitation counselors and to all members of the health care team concerned about the psychosocial status of their clients with MS The book is divided into four sections A broad based medical overview provides a basic discussion of the course of the MS disease process its diagnosis and symptomatology medical treatments and rehabilitation A discussion of neuropsychological concerns including concepts of importance in vocational rehabilitation and the specific cognitive and related impairments that are characteristic of MS and that cause vocational difficulties A review of vocational rehabilitation interventions focusing on assessment and rehabilitation planning A review of psychosocial issues and interventions that focus on a wide range of issues affecting the family and community The book is designed to be used as a basic training text for an individual counselor or health professional seeking to learn more about MS vocational rehabilitation or psychosocial adjustment and neuropsychology It can also be used as the core material for training groups Case studies are included as small group discussion training tools

Multiple Sclerosis in Clinical Practice Dr. Nancy J. Holland, RN, EdD, Dr. Stanley Van Den Noort, MD, 1999-10-01 Managing multiple sclerosis with all the associated problems of a progressive chronic disease requires special knowledge on the part of the clinician From which drugs to prescribe for an acute attack to the use of new drugs available to help control the disease process to managing the myriad of symptoms and neurologic complications associated with the disease the clinician must have a full armament of tools available to be effective This book provides the basic groundwork you need to treat these patients It is designed for all physicians who manage the disease outside a comprehensive MS care center emphasizing those therapies that can be used successfully by the non MS specialist and indicating when referral is appropriate Most importantly it gives you the tools to improve the quality of life for your patients allowing them to maximize their capabilities and take advantage of all available resources

Coping With

Multiple Sclerosis Betty Burnett, Rob Gevertz, 2000-12-15 Discusses the disease symptoms diagnosis psychological aspects and treatment options and provides advice for living with multiple sclerosis

Multiple Sclerosis Richard C. Senelick, 2003 Multiple Sclerosis is a disease a mystery writer would love it seemingly appears out of nowhere its signs can be so subtle they are not recognized and its symptoms can become more severe and more frequent in some people while others suffer only one or two mild episodes throughout their lives Today the mystery of MS is unraveling with new disease modifying medications more sophisticated diagnostic tests and better easier more comfortable adaptations for an improved quality of life both at work and at home Multiple Sclerosis A New Journey takes you through the newest research and treatments to help you find a straight course for your disease Inside this one easy to understand cross referenced and compassionate volume you will find everything you and your loved ones need to know about diagnosis symptoms progression disease modifying therapy rehabilitation disability awareness and more You will find in short everything you need to lead a better and more independent life

When the Diagnosis Is Multiple Sclerosis Kym Orsetti Furney M.D., 2007-12-30 Kym Orsetti Furney was a 34 year old physician specializing in Internal Medicine busy with her exciting job and enjoying life with her husband and young daughter in 2000 when she suddenly began to experience dizziness repeatedly which rapidly led to a diagnosis of Multiple Sclerosis Her world was rocked for a time but Furney has recovered from the shock and empowered by information acceptance and support continues working as a doctor teaching and taking care of her family despite the challenges of MS For all people dealing with a personal or family diagnosis now she offers help hope and insights by explaining all the medical perspectives but also reflecting on her own personal experiences after diagnosis Never forgetting the fear and hopelessness she felt at the time she learned of her own MS she discusses the many challenges from depression and overcoming fear of injection medications to how and when to tell others about having MS and understanding the impact MS may have on one's career Readers will find a strong connection with this talented physician and the thoughts and emotions that she has had facing MS Furney's well researched and compassionate writing will not only empower people newly diagnosed with MS but will give family members insight into the physical and emotional challenges for their loved one challenges that she or he may not immediately be able to voice This work also offers invaluable insights for healthcare professionals psychologists psychiatrists physical and occupational therapists

The Complete Guide to Astrological Self-Care Stephanie Gailing, 2021-04-20 The keys to wellness are written in the stars In The Complete Guide to Astrological Self Care astrologer Stephanie Gailing shares a modern day approach to the ancient healing art of medical astrology Astrology is a stellar language that allows us to understand the nuances of who we are and how to live our life with more insight and awareness And while we may look to our zodiac signs to help us navigate our relationships career finances and family matters did you know that astrology can also play quite a pivotal role in helping us optimize our vitality and well being From passionate Aries to sensitive Pisces and all the signs in between each astrological profile is associated with a unique

temperament and different needs when it comes to nurturing body mind and spirit Knowing these can help you personalize your self care regimen by incorporating natural remedies and wellness practices more aligned with your signs Divided into twelve chapters one for each zodiac sign The Complete Guide to Astrological Self Care includes an array of holistic lifestyle approaches that will help you curate an astrologically aligned self care regimen For each sign you ll find dozens of recommendations in categories including Areas of Health Focus Eating Tips Health Supporting Foods Wellness Therapies Relaxation Practices Natural Remedies Essential Oils Flower Essences Yoga Poses Sleep Tips In addition you ll also discover ways to bolster your well being by connecting to the celestial cycles featuring topics such as Stellar Life Stages You ll discover a road map including an array of wellness strategies and journaling questions to navigate your self care from your twenties to your eighties based upon astrological invitations that occur at different times in our lives The Moons You ll learn about the twenty four different New Moons and Full Moons including the opportunities and challenges each one brings You ll find affirmations you can do on each lunation as well as self care rituals to undertake and several questions to use as journaling prompts Planetary Retrogrades Get a deeper understanding of the opportunities for awareness that Mercury Venus and Mars Retrograde yield You ll discover strategies to sidestep stress self care suggestions ways to work with your dreams meditation techniques flower essences supportive crystals and journaling questions The Complete Guide to Astrological Self Care is part of the Complete Illustrated Encyclopedia series elegantly designed and beautifully illustrated books that offer comprehensive display worthy references on a range of intriguing topics including dream interpretation techniques for harnessing the power of dreams flower meanings and the stories behind signs and symbols Also available in the series The Complete Book of Birthdays The Complete Language of Flowers and The Complete Book of Dreams **The Publishers Weekly** ,2004 *A Woman's Guide to Coping with Disability* ,2000 Despite the recent increased interest in women s health little has been written about and for disabled women This outstanding new source meets a genuine need by providing an overview of all aspects of women s lives and how disability affects them as workers homemakers parents and caregivers Necessities such as driving obtaining adequate medical care enjoying recreation and travel as well as personal concerns related to sexuality pregnancy and childbirth are all addressed The guide covers federal laws housing coping with daily activities at home and in the workplace and the most common conditions that disable women arthritis diabetes epilepsy lupus multiple sclerosis osteoporosis and spinal cord injury Each chapter contains a bibliography or sources cited in the text a referral list of organizations and a resource list of books audio and videotapes and vendors of assistive devices Quotes from disabled women illustrate their coping skills and the impact of their conditions on their lives Barbara M Bibel Oakland P L Cal Library Journal

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