

WHEN YOU GET A HANDLE ON YOUR EMOTIONAL LIFE, YOU *FEEL* BETTER

MS and Your Feelings

**HANDLING
THE UPS AND
DOWNS OF
MULTIPLE
SCLEROSIS**

- ▲ Written by a skilled counselor who also has MS
- ▲ Offers insight and suggestions for meeting everyday emotional challenges
- ▲ Describes how families, friends and practitioners can support and help

ALLISON SHADDAY, LCSW

Foreword by Stanley Cohan, M.D., Ph.D.
Neurologist and MS expert, Medical Director of the
Providence Multiple Sclerosis Center

Ms And Your Feelings Handling The Ups And Downs Of Multiple Sclerosis

Patricia Kennedy, RN, CNP, MSCN



Ms And Your Feelings Handling The Ups And Downs Of Multiple Sclerosis:

MS and Your Feelings Allison Shadday, 2011-02-15 Multiple Sclerosis is a devastating incurable disease that afflicts about one in a thousand North Americans Striking in the prime of life it is the most common debilitating neurological disorder of people between the ages of 20 and 40 Eighty percent of patients suffer from cognitive impairments seventy percent from sexual dysfunction and fifty percent from depression Few people are prepared for the emotional impact of this unpredictable disabling chronic condition Faced with a life long progressive illness patients typically experience fear anger sadness grief guilt low self esteem and sexual dysfunction Half of all MS patients suffer from clinical depression Other invisible symptoms such as cognitive impairments and severe fatigue often leave patients feeling misunderstood and alone The emotional affects of MS can be more crippling than the physical challenges yet little has been written on this topic **MS AND YOUR FEELINGS** is the first book to specifically address the emotional pain caused by MS Psychotherapist and MS patient Allison Shadday offers readers effective strategies for coping with the psychological trauma of this disease Shadday shares real life MS success stories and offers insightful professional advice derived from years of counseling hundreds of chronically ill patients Her book offers readers hope inspiration and validation and teaches them How to come to terms with an MS diagnosis How to recognize and overcome negative emotional responses to MS Techniques to identify and manage stress triggers that can impact MS symptoms Ways to minimize MS related fatigue Strategies for coping with fear guilt anger loss depression and isolation Steps to enhance intimacy and build support networks How to deal with cognitive challenges Tips for increasing self esteem How to develop a greater sense of emotional security and stability Latest information about new treatment options and promising research In addition noted neurologist and MS expert Dr Stanley Cohan Director of the Pacific Northwest Multiple Sclerosis Center writes about the importance of treating the emotional symptoms of MS and discusses the promising future of MS drug research Full of immediate useful solutions **MS AND YOUR FEELINGS** is an invaluable guide for patients their loved ones and MS health care professionals [The Everything Health Guide to Multiple Sclerosis](#) Margot

Russell, Allen C Bowling, 2008-12-17 The National Multiple Sclerosis Society estimates that 400 000 people in the United States have been diagnosed with MS Because MS is a chronic disease people with this diagnosis will live with the disease for years MS sufferer Margot Russell and Dr Allen C Bowling a nationally known MS expert team up to help you Recognize signs and symptoms Understand the types of MS Decide on treatment and find the right doctor Explore alternative therapies Take charge by creating a management plan Develop strength and avoid relapse And more Filled with tips for daily living like staying cool and the latest information on new treatments this reassuring book offers more than medical advice It gives readers with MS the strength knowledge and resources they need so they can live a full active life **Multiple Sclerosis**

For Dummies Rosalind Kalb, Barbara Giesser, Kathleen Costello, 2012-05-08 Your trusted compassionate guide to living with MS Being diagnosed with multiple sclerosis MS doesn't 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 Multiple Sclerosis For Dummies gives you accessible 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 better and how you can protect yourself and your family against the long term unpredictability of the disease You ll learn how to make treatment and lifestyle choices that work for you what qualities to look for in a neurologist and the rest of your healthcare team how to manage fatigue the pros and cons of alternative medicine why and how to talk to your kids about MS stress management strategies your rights under the Americans with Disabilities act and so much more Covers major medical breakthroughs that slow the progression of the disease and improve quality of life for those living with MS Helps those affected by MS and their family members understand the disease and the latest treatment options Helpful and trusted advice on coping with physical mental emotional and financial aspects of MS Complete with listings of valuable resources such as other books websites and community agencies and organizations that you can tap for information or assistance Multiple Sclerosis For Dummies gives you everything you need to make educated choices and comfortable decisions about living with MS

The Can Do Multiple Sclerosis Guide to Lifestyle Empowerment Patricia Kennedy, RN, CNP, MSCN, 2012-07-18 Can Do Multiple Sclerosis is a nonprofit organization that was founded in 1984 to offer MS programs based on the philosophy that a person can have a chronic disease and also maintain their health This guide provides the reader with over 20 years worth of knowledge and information accumulated by this organization and examines its unique approach to wellness

Multiple Sclerosis Clay Farris Naff, 2009 Presents different viewpoints on a variety of issues related to multiple sclerosis including its causes and symptoms how people live with it and possible treatments *Digital Talking Books Plus*, 2010

Library Journal Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Talking Book Topics*, 2010

The Multiple Sclerosis Manifesto Julie Stachowiak, 2009-12-22 An empowering guide for increasing your quality of life navigating challenges and embracing opportunities Julie Stachowiak PhD is the About com Guide to Multiple Sclerosis As an epidemiologist who is also a person living with MS Julie has an in depth understanding about the scientific developments around MS and the personal side of living with a chronic illness In the Multiple Sclerosis Manifesto Julie shows you how to create your own personal MS manifesto and provides practical tools and reassurance to help you get better in your life from optimizing medical care and managing symptoms to strengthening relationships dealing with emotions and embracing activism Committed to making the hard parts easier and the good parts last longer Julie show you how to figure out what you need identify opportunities understand challenges and get your needs met With the Multiple Sclerosis Manifesto you ll know how to Create your personal mission statement Protect yourself by learning more about medications

you are currently taking or considering to take Determine what you want in a doctor and how to evaluate the doctor you have
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 MS Warriors chime in about their experiences View the table of contents So what s in the book below In short while this book
 may not have everything you need to know about MS this is a comprehensive book about MS **Living with Multiple
 Sclerosis** Ph. D. John Morris Fenley,2003-10 My caregiver training started early in life extended through the 44 years after
 Eileen was diagnosed as having multiple sclerosis and did not end until her death in 2001 At home I provided full care to her
 planned and thought ahead but always was willing to sacrifice my personal freedom and to suffer frequent heartbreak As a
 caregiver I received a lifetime of gratitude from Eileen to give me satisfaction of having successfully met her daily MS
 demands The early training I received in childhood coincided with the years of the Great Depression from the late 1920 s
 through the 1930 s and the first years of the 1940 s During that time I had the least possible financial assistance from
 anybody yet I became an unpaid electrician plumber carpenter auto repairer a Mr Fixit for the entire Fenley family The four
 years I served in the US Army were very pleasant advancing from private to major in an endless procession of challenging
 but interesting extra duties in addition to my regular ones These I describe as my lucky Army breaks I have bared my soul
 Happy reading Multiple Sclerosis Rosalind Kalb,2011-11-11 A comprehensive guide to multiple sclerosis presented in a
 question and answer format that covers epidemiology symptoms treatments coping with the disease financial and life
 planning strategies and other related topics *Multiple Sclerosis...Why Not Me?* Vincent Spoto,2016-10-25 Multiple
 Sclerosis Why Not Me by Vincent Spoto Upon being formally diagnosed with MS in the summer of 2006 I immediately began
 interferon treatment For approximately two years after being diagnosed there were no visible symptoms Then in fall 2008 I
 began to limp As time went on my gait became impacted with respect to MS this is essential Today progress towards a cure
 is being made at a rapid pace It is critical to always ask questions stay informed and do your homework When not if a cure is
 identified I plan to be ready to take full advantage of all those little things that life has to offer MS Today it stands for
 Multiple Sclerosis Let s hope tomorrow it stands for Mystery Solved **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

Managing Psychosexual Consequences in Chronic Diseases Elena Vittoria Longhi, 2023-12-08 This book provides a comprehensive overview of various chronic diseases including their clinical characteristics diagnostic methods treatment options and recent research findings with a special focus on the psychosexual impacts of these conditions on patients and their partners Each chapter in the book is dedicated to a specific chronic illness examining its impact on the patient's sexual health and relationships The book starts with an overview of the disease and its management including both traditional and contemporary therapies diagnostic tools and international research studies This is followed by a thorough discussion of the psychosexual consequences of the disease along with the potential interventions that a multidisciplinary healthcare team can offer to provide comprehensive support to the patient The book's primary objective is to improve healthcare professionals' approach to chronic patients by emphasizing the importance of addressing the patient's sexual health and intimacy By acknowledging and addressing these aspects of the patient's life healthcare providers can offer more holistic and effective care leading to better patient outcomes Overall this book serves as a practical and essential guide for healthcare professionals seeking to enhance their knowledge and understanding of the psychosexual impacts of chronic illnesses It is a valuable resource for those looking to provide compassionate patient-centered care to those living with chronic conditions

Griffith's Instructions for Patients E-Book Stephen W. Moore, 2010-08-02 With over 430 patient instruction fact sheets and an additional 123 patient instruction sheets online the new edition of Griffith's Instructions for Patients by Stephen W Moore MD helps patients understand what their illness is how it will affect their regular routine what self care is required and when to call a doctor Consistently formatted and organized by topic for easy use it provides descriptions of each illness including frequent signs and symptoms possible causes risks preventive measures expected outcomes possible complications and treatments Newly added topics include

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Multiple sclerosis Louis J. Rosner, Shelley Ross, 1987-10-01 Too often multiple sclerosis is thought of only as thecrippler of young adults But in fact 75 percent of all people with MS will never need a wheelchair In Multiple Sclerosis Dr Louis J Rosner and Shelley Ross explain that there genuinely is new hope both for controlling the disease today and for curing it in the future Multiple Sclerosis covers all the latest information on how to control the symptoms of the disease including thorough discussions of the roles of stress diet and pregnancy along with providing an analysis of the current treatments and of all the latest medical breakthroughs Also covered are The diagnosis including the revolutionary process of magnetic resonance imaging The varying symptoms and courses of the disease The emotional problems that can come with MS and how to cope with them Whether you ve just been diagnosed as having MS or you ve lived with it for a while or even if the person with MS is someone you know and love you should know that misinformation is a far greater enemy than the disease So though Multiple Sclerosis doesn t provide you with a cure it can give you the best tool to beat MS the facts

Complete Guide to Symptoms, Illness & Surgery H. Winter Griffith, 2012-12-04 The most trusted medical resource now updated expanded and revised For almost three decades readers have turned to The Complete Guide to Symptoms Illness Surgery for the most comprehensive and easy to use tool for diagnosing understanding and seeking treatment for any illness from the common cold to life threatening cancer and heart disease With up to date information on new medical therapies drugs and surgeries this authoritative all in one handbook will help sort out the confusing and conflicting information found online and many other places This edition has been completely revised and updated throughout and features More than 20 new illness and disorders topics ranging from Chronic Pain Syndrome to Perimenopause to Silent Stroke and Smoking Addiction Appendix covering diets and other preventive measures An extensive Glossary of medical related words and terminology with easy to understand explanations about medical tests and brief descriptions of certain rare diseases and disorders From signs and symptoms to information on complications and outcomes

from diagnostic tests to advice on when to call the doctor The Complete Guide to Symptoms Illness Surgery is the most reliable and accessible resource available **Multiple Sclerosis** Ed Lash,2001 **Symptom Management in Multiple Sclerosis** Randall T. Schapiro,1998 This is a clear guide to symptom management for all patients with multiple sclerosis The purpose is to assist persons with multiple sclerosis in understanding their symptoms and treatment options It is aimed at patients with multiple sclerosis and their families Features include a useful glossary of medical terms related to multiple sclerosis and a set of clear drawings describing exercises and transfers for the multiple sclerosis patient This is a very useful book for multiple sclerosis patients Neurologists can recommend it to their patients with confidence Multiple sclerosis treatment has become very complex and this book helps neurologists explain options to their patients

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