

Coping with Multiple Sclerosis



Acknowledge when things are tough



Don't compare yourself to others



Share your diagnosis



Work with your doctor to manage pain, fatigue, and cognitive symptoms



Take care of yourself



Coping With Multiple Sclerosis

Paul Kennedy



Coping With Multiple Sclerosis:

Coping With Multiple Sclerosis Cynthia Benz, Richard Reynolds, 2011-08-31 Multiple sclerosis MS a disease of the central nervous system is the most common disabling neurological condition affecting young adults today In her authoritative and inspiring book Cynthia Benz demystifies the illness explains its symptoms and patterns and offers a wealth of practical advice on coping with MS on a day to day basis Including information on How to cope with stress and remain optimistic Available therapies from traditional drugs and physiotherapy to alternative treatments including acupuncture homeopathy and massage What help is on offer and where it can be found Revised and updated for the 21st century this is the essential handbook for people with MS parents and carers alike

Coping with Multiple Sclerosis Cynthia Benz, 1988-01-01 Symptoms Diagnosis Living with MS Coping Control Accepting MS Stress Disability Coping with the crises of MS Help on offer Research into MS_

Multiple Sclerosis Rehabilitation Marcia Finlayson, 2012-08-01 MS is always in the back of your mind If there is something you want to do you always wonder if the MS will allow you do to it Darlene living with MS for 22 years Living with multiple sclerosis MS is challenging and multidimensional MS pervades all aspects of life one s body becomes unpredictable and unreliable one s identity and sense of self are tested and relationships with others often change MS symptoms emerge and remit limitations evolve and progress MS rehabilitation is an active person centered and goal oriented process embedded within a respectful and collaborative partnership between the person with MS and the members of his or her rehabilitation treatment team Using the International Classification of Functioning Disability and Health ICF as a guiding framework Multiple Sclerosis Rehabilitation From Impairment to Participation provides a comprehensive and evidence based resource to inform and guide clinical reasoning and decision making during each phase of the MS rehabilitation process from initial referral to post discharge follow up With an emphasis on the application of evidence throughout the entire MS rehabilitation process the specific objectives of the book are to increase the understanding of The nature and impact of specific impairments activity limitations and participation restrictions experienced by people with MS How to select and use valid reliable and relevant assessment tools to inform the development of rehabilitation goals and intervention plans and to evaluate outcomes This book provides information about the nature and impact of MS on the daily lives of people living with the disease describes evidence based assessment processes and instruments and summarizes current knowledge that can inform goal setting and intervention planning Thoughtful application of the knowledge contained in this book will inform and guide rehabilitation providers to work collaboratively with people with MS and enable them to achieve their goals for participation in everyday life

Women Living With Multiple Sclerosis Judith Lynn Nichols, 1999-01-21 This is a unique guide for women dealing with the difficulties of multiple sclerosis After she was diagnosed with Multiple Sclerosis in 1976 author Judith Lynn Nichols realized that people suffering from chronic illness fare better when they share experiences with people fighting the same disease While researching MS on the Internet she

connected with a group of women fighting to live with MS The group quickly became each woman's support network and in the daily emails compiled in this book they offered each other wisdom and humor about everything this disorder affects diagnosis employment spirituality family reactions sexuality pain control depression and more

Fatigue in Multiple Sclerosis Christian Dettmers, John DeLuca, 2016-02-03 Dear Readers If you are engaged in the treatment of patients with MS pwMS this e book's aim is to offer novel insights to improve on an understanding of one of the major problems of pwMS fatigue Although there is increasing research into fatigue and its impact on MS this collection of ten articles supports a better understanding of fatigue in MS patients It explores pathophysiological concepts provoking mechanisms objective measurements personality interactions pharmacological and non pharmacological interventions and summarizes clinical management It is written by neurologists psychologists scientists and therapists and addresses this group of people who deal with pwMS in private clinical rehabilitation or scientific settings Its aim is to communicate high quality information knowledge and experience on MS to healthcare professionals while providing global support for the international MS community

The Oxford Handbook of Rehabilitation Psychology Paul Kennedy, 2012-08-16 Rehabilitation psychology is one of the fastest growing fields in applied psychology In this book the editor has successfully brought together a range of well established international and experienced researchers and practitioners to provide a guide to best practice clinical management and the wider professional themes and issues

Coping with Multiple Sclerosis: Coping Strategies, Personality, and Cognitive Appraisals as Predictors of Adjustment Among Multiple Sclerosis Patients Holly McCartney Chalk, 2007 Correlational results indicated that coping and cognitive appraisals were systematically related to adjustment while physical disability was not This implies that many of the variables which relate to adjustment outcomes among MS patients are controllable suggesting that practitioners should target these cognitive and behavioral variables to positively affect adjustment to MS

Personality Traits and Ways of Coping Talvi Kallasmaa, 2002

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

Cambridge Handbook of Psychology, Health and Medicine Susan Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West, 2007-08-23 Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine This new edition is fully reworked and revised offering an entirely up to date comprehensive accessible one stop resource for clinical psychologists mental health professionals and specialists in health related matters There are two new editors Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center The prestigious editorial team and their international interdisciplinary cast of authors have reconceptualised their much acclaimed handbook The book is now in two parts part I covers psychological aspects of health and illness assessments interventions and healthcare practice Part II covers medical matters listed in alphabetical order Among the many new topics added are diet

and health ethnicity and health clinical interviewing mood assessment communicating risk medical interviewing diagnostic procedures organ donation IVF MMR HRT sleep disorders skin disorders depression and anxiety disorders **Coping in Multiple Sclerosis and Its Association with Depression and Stress** Magdalena A. Sikora, Schreyer Honors College, 2009

Reclaiming Your Life - Coping with Multiple Sclerosis Daniel Melehi, 2023-05-14 If you or someone you know has been diagnosed with multiple sclerosis you know how challenging it can be to navigate the ups and downs of this disease In *Reclaiming Your Life Coping with Multiple Sclerosis* you ll find practical advice and inspiration for living a full and vibrant life despite the challenges of MS From managing symptoms to taking control of your diet and exercise this book offers a comprehensive approach to managing MS and regaining your independence Drawing on years of personal experience and expertise author Author Name provides a roadmap for reclaiming your life and thriving with MS With tips on everything from managing pain to finding support this book is a must read for anyone seeking to take an active role in their MS treatment Whether you re a newly diagnosed patient or a long time MS warrior *Reclaiming Your Life* is an essential guide to living your best life with this condition **Multiple Sclerosis: Coping with Complications** Barry Farr, MD, 2016-06-06 There s no miracle cure for multiple sclerosis But there are ways to reduce its negative impact What better source than a physician who battled MS as a patient for 24 years Unlike the cure for MS books published for decades none yet deemed valid by the scientific community this one aims to help patients deal with the reality of chronic complications of MS sharing new strategies Why new ones Older strategies didn t work so well For example using long recommended conventional medical wisdom MS patients still got more urinary tract infections Dr Barry Farr tells how he avoided urinary tract infection for 20 years despite being high risk When conventional approaches didn t relieve severe rib fracture pain he tried something different The pain disappeared After 3 aspiration pneumonias during 7 months he made a change and had none over 7 years Being new such strategies won t be found in other books for MS patients **Multiple Sclerosis** Megan Burgess, 2002 This volume examines the theory of MS the pathophysiology the epidemiology and the various diagnostic tests It explores the theory and practice of interferon therapies and reviews symptom management **Coping with Multiple Sclerosis** Martha H. Corvea, 1983 *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

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

Coping Strategies of Multiple Sclerosis Patients and Their Families ... Donna B. Stauber, 1993 Coping with Multiple Sclerosis June S. Malone, 1991 Three stress and coping models with hypothesized relationships among negative affectivity physical disability internal health locus of control and negative mood were tested It was hypothesized that negative affectivity would be a significant predictor of negative mood and that self reported physical disability and an internal health locus of control would not be significant predictors of negative mood Multiple indicators of each construct were collected from 199 multiple sclerosis patients Using structural equation analysis two of the three models showed an acceptable fit with the data In each of the two models that fit negative affectivity had the greatest impact on negative mood In the first model a direct relationship between physical disability and negative mood was hypothesized and this path was not found to be significant In the second model the effect of physical disability on negative mood was mediated by internal health locus of control and

although the indirect effect was significant the strength of the relationship was relatively small compared to the relationship between negative affectivity and negative mood A hierarchical regression was also conducted and results confirmed the hypothesis that once negative affectivity is controlled physical disability and internal health locus of control do not contribute significantly to the variance in negative mood The implications of the results for research and treatment are discussed

Multiple Sclerosis Paul O'Connor,2005 Practical health guide to multiple sclerosis for both patients and their families including advice on diagnosis treatment options and symptoms

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