

MS Society

What is MS?

Just diagnosed

Moving more
with MS

MS and
your bladder

**MS Society
information
resources**

MS and
your eyes

November 2019

We're the MS Society. Our community is here for you through the highs, lows and everything in between. We understand what life's like with MS.

Together, we are strong enough to stop MS.

How to order information resources


All our information resources are free, including postage.

To download or order from our shop, visit:
mssociety.org.uk/publications

Any questions, contact us at:
shop@mssociety.org.uk
0300 500 8084

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About our information

All our information resources are evidence-based and written in plain English. We review printed booklets at least every three years.

As information can quickly change, please visit our website, which we update frequently: **mssociety.org.uk** or contact our free MS Helpline on **0808 800 8000**.

Supporters' magazines

Keep up to date with MS and the work of the MS Society through *MS Matters* and its insert *Research Matters*. To find out more, call **0300 500 8084** or email **supportercare@mssociety.org.uk**

E-newsletter for professionals

Are you a health or care professional that works with people with MS?

The MS Professional Network brings together health and social care professionals to improve care for people affected by MS. As member of the Network, you will receive our regular e-bulletin covering all the latest news in MS.

Express your interest today by emailing **professionalnetwork@mssociety.org.uk**

Alternative formats

All our information resources are free. Details of how to download or order them are on the inside cover of this catalogue. Contact us on **0300 500 8084** if you want printed copies of any of our download-only resources, or any of the following versions.

Large print

We can also send you large print versions of our printed resources or Word files for screen readers.

Other languages

Our booklet 'What is MS?' is available in the following languages:

Welsh

Mandarin

Arabic

Polish

Bengali

Punjabi

Cantonese

Somali

Farsi

Turkish

Gujarati

Urdu

Hindi

About MS

We have basic guides that explain MS to people new to the condition.



Just diagnosed

A5 booklet **Ref: BK24**

Print - English or bilingual
Welsh/English

Download - English, Welsh and
12 other languages

Understanding progressive MS

A5 booklet **Ref: BK07**

Understanding relapsing remitting MS

A5 booklet **Ref: BK16**

How we can help you

Credit card size leaflet about the
services and support we offer
Ref: CC04

What is MS?

A5 booklet **Ref: BK17**

Print - English or bilingual
Welsh/English

Download - English, Welsh and
12 other languages

Genes and MS

A4 factsheet **Ref: FS02**

Download only

Have I got MS? And why is it taking so long to find out?

A4 factsheet **Ref: FS03**

Download only

Managing MS symptoms

We have booklets or download-only factsheets about individual symptoms, including relapses. If a symptom isn't listed here, you'll find a page about it on our website.



Fatigue

A5 booklet **Ref: BK19**

Managing your relapses

A5 booklet **Ref: BK05**

Balance and MS

A5 booklet **Ref: BK22**

Cannabis and MS

A4 factsheet **Ref: FS30**

A look at the use of medicinal cannabis to ease MS-related muscle spasms and stiffness

Download only

MS and your bladder

A5 booklet **Ref: BK30**

Uncontrolled emotions and unexpected behaviour

A4 factsheet **Ref: FS01**

Download only

Hot and cold

A4 factsheet **Ref: FS10**

Download only

Tremor

A4 booklet **Ref: ES04**

Pain and unpleasant sensations in MS

A5 booklet **Ref: BK29**

MS and your emotions: understanding and dealing with your feelings

A5 booklet **Ref: BK04**

Speech difficulties

A5 booklet **Ref: BK14**

Swallowing difficulties

A5 booklet **Ref: BK15**

Women's health

A5 booklet **Ref: BK08**
Information about MS, periods and having a baby

MS and your eyes

A5 booklet (regular print)
Ref: BK26

MS and your eyes

A5 booklet (large print)
Ref: BK26LP

Coming in 2020

MS and your bowels

A5 booklet **Ref: BK28**



Treatments and therapies

Disease modifying therapies (DMTs) are treatments that can slow down your MS if you get relapses or your MRI scans show inflammation.

There are other things you can do as well to help with your MS symptoms. These include exercise and complementary and alternative medicine. The information here will help you find treatments that could work for you.

For the latest on treatments and information to help with your treatment decisions, visit mssociety.org.uk/treatmentstories



Disease modifying therapies (DMTs) for MS

Now includes stem cell therapy
A5 booklet **Ref: BK03**

Complementary and alternative medicine

A5 booklet **Ref: BK06**

Talking about treatments: questions to ask my MS specialist

For people who qualify for treatment with a DMT.

Pocket-sized checklist **Ref: PG01**

DMT factsheets

Factsheets have more detailed information than you'll find in our general DMT booklet.

Download only

Alemtuzumab (Lemtrada)

A4 factsheet **Ref: FS20**

Download only

Beta interferons (Avonex, Betaferon, Extavia, Plegridy, Rebif)

A4 factsheet **Ref: FS21**

Download only

Dimethyl fumarate (Tecfidera)

A4 factsheet **Ref: FS22**

Download only

Fingolimod (Gilenya)

A4 factsheet **Ref: FS23**

Download only

Glatiramer acetate (Copaxone and Brabio)

A4 factsheet **Ref: FS24**

Download only

Natalizumab (Tysabri)

A4 factsheet **Ref: FS25**

Download only

Teriflunomide (Aubagio)

A4 factsheet **Ref: FS26**

Download only

Ocrelizumab (Ocrevus)

A4 factsheet **Ref: FS29**

Download only

Coming in 2020

Cladribine (Mavenclad)

A4 factsheet **Ref: FS28**

Download only



Living with MS

We have information on things to help with your day-to-day life. Topics covered include: what you eat, where you live, holidays, driving, smoking and moving around.



Short breaks guide

A5 booklet **Ref: GI26**
A guide to short breaks, holidays and respite care for people with MS and their family carers

Diet and nutrition

A5 booklet **Ref: BK09**

Fasting and MS

A4 factsheet **Ref: FS09**
Download only

Motoring with MS

A4 booklet **Ref: NMS03**

The 'I need some help' card

Ref: CC03

A credit card-sized card which explains that you have MS and need different types of help, including the toilet.

Sex, intimacy and relationships

A4 booklet **Ref: ES12**

Smoking and MS

A4 factsheet **Ref: FS30**
A look at the different ways in which smoking makes MS worse, and the benefits of stopping
Download only

Moving more with MS

A5 booklet **Ref: BK21**

Exercising with MS: move more with MS

DVD **Ref: DD01**

See highlights of this DVD at

www.mssociety.org.uk/

[msactivetogether](http://www.mssociety.org.uk/msactivetogether)

Posture and movement 1 – an introduction

A4 factsheet **Ref: FS19**

Download only

Posture and movement 2 – moving well with MS

A4 factsheet **Ref: FS17**

Information for people with MS and their carers. Covers walking, getting up from a chair or a fall, moving from chair to chair, and getting in and out of cars

Download only



Families, friends and carers

MS can have a big affect on families, friendships and relationships. These publications look at common problems and practical solutions.



For family and friends: when someone close to you has MS

A5 booklet **Ref: BK20**

A booklet for people who know someone recently diagnosed with MS

Supporting someone with MS: a guide for family and carers

A5 booklet **Ref: BK36**

A guide for people who look after someone with MS but who isn't severely affected by it

Advanced MS: a carers handbook

A5 booklet **Ref: BK37**

A guide that covers the needs of family carers of people who are severely affected by advanced MS.

Our dad makes the best boats

Ref: GI17

Illustrated booklet to read with children up to the age of 10 whose father has MS

Our mum makes the best cakes

Out of print

My child has MS: a guide for parents

A5 booklet **Ref: BK27**

Education for children affected by MS

A4 factsheet **Ref: FS13**

Download only

Work and money

MS can bring with it new financial demands and money worries. These booklets explain your rights at work, benefits you may be able to claim, and how to get other types of financial support such as grants.



Benefits and MS

A4 booklet **Ref: BK23**

A general guide to the benefits available for people with MS

Work and MS: an employee's guide

A look at issues for you if you have MS and work

A5 booklet **Ref: BK01**

Claiming Personal Independence Payment (PIP)

A4 booklet **Ref: BK11**

This booklet includes a question-by-question guide and a list of the Department of Work and Pensions descriptors

Claiming Employment and Support Allowance (ESA)

A4 booklet **Ref: BK12**

This booklet includes a question-by-question guide and a list of the Department of Work and Pensions descriptors

The Work Capability Assessment: for ESA and Universal Credit

A4 booklet **Ref: BK25**

Support

These guides have information on the kinds of support you might get from your local council (or, in Northern Ireland, from your Health and Social Care Trust).

Social care: getting support from your council (England)

A5 booklet **Ref: BK32**

Social care: getting support from your council (Scotland)

A5 booklet **Ref: BK34**

Social care: getting support from your council (Wales - English language version)

A5 booklet **Ref: BK33**

Social care: getting support from your council (Wales - Welsh language version)

A5 booklet **Ref: BK33WE**

Social care: getting support from your Health and Social Care Trust (Northern Ireland)

A5 booklet **Ref: BK35**



ms matters

I was diagnosed with MS on the air

LIVING WELL WITH MS
WITH ANNE HALL
OF THE TV SHOW
"LIVING WITH MS"

THE MS SECRET TO GO

Discover the top 10 tips for staying healthy and happy

Contact us



MS Helpline

Freephone 0808 800 8000
(closed weekends and bank holidays)
helpline@mssociety.org.uk

MS National Centre

0300 500 8084
info@mssociety.org.uk
supportercare@mssociety.org.uk

Online

mssociety.org.uk
facebook.com/MSSociety
twitter.com/mssocietyuk

MS Society Scotland

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MS Society Cymru

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BK00

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