

Publications

from the MS Trust
for people with MS



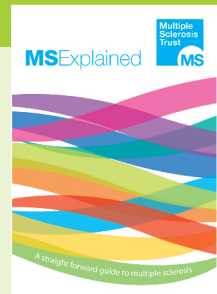
2012

The MS Trust is a charity which works with and for the 100,000 people in the UK with multiple sclerosis. Our vision is to enable people with MS to live their lives to the full. We provide:

- information that is tailored to what people want to know
- education for health professionals about what people with MS need
- research into better management of MS
- support for anyone affected by MS

MS explained

a guide to help people understand what MS is and the mechanisms of the disease.



MS: what does it mean for me?

for people newly diagnosed with MS – a practical introduction to MS to help answer questions at a time of uncertainty and maintain a positive attitude.



MS and me - a self-management guide to living with MS

self-management is something you probably do everyday but don't realise it. This book will help you to understand more about your own MS and find the most effective ways to manage this. It includes practical strategies such as problem solving, goal setting and making informed treatment choices.



Living with fatigue

offers advice on how to cope and live with fatigue, one of the commonest symptoms of MS.

New Edition
Available from April



At work with MS

a book designed to help people with MS to consider their options with regard to work. The book draws on data gained during a research project entitled “Employment and MS”.

New Edition



Disease modifying drug therapy

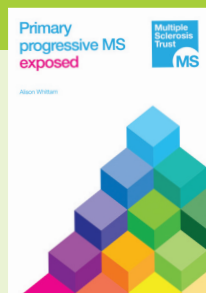
a general guide for people with MS which covers disease modifying drug therapies licensed for use in the UK.

New Edition
available online from March and
available in printed format from May.



Primary progressive MS exposed

a book which explores both the physical and emotional side of being diagnosed with primary progressive MS and information on how to cope.



Call: 0800 032 3839

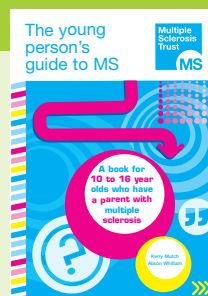
Kids' guide to MS

a book aimed at 6 - 10 year olds who have a mum or dad with MS. Using bright colours and engaging characters, the kids' guide is a book that children can read on their own or with a parent.



The young person's guide to MS

examines the experiences, worries and emotions of young people (aged 10 - 16) who have a close family member who has MS.



Talking with your kids about MS

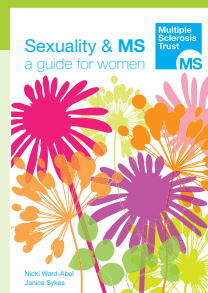
discussing MS with children may seem daunting. This book looks at the concerns parents may have, some of the things children may want to know and what other parents' experiences have been.



Sexuality and MS – a guide for women

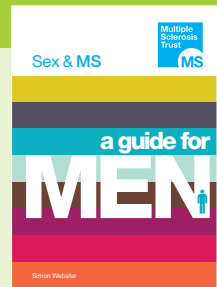
a book for women to help them talk about their concerns, explaining how MS can impact on sexuality and intimacy and offering positive and practical solutions.

New Edition



Sex and MS – a guide for men

a book that looks at how MS can effect the sex lives of men and how these issues can be managed.



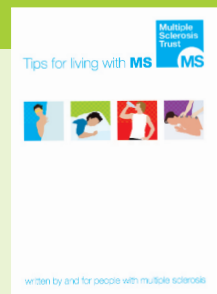
Open Door

MS Trust's quarterly newsletter - keeping you up to date with the work of the Trust and covering articles on various topics to do with MS.



Tips for living with MS

practical suggestions on managing different aspects of daily life, from people who have MS.



Falls: managing the ups and downs of MS

a book that considers the factors that can lead to falls and provides tips and suggestions for reducing the risk and how to remain safe should you fall.



Call: 0800 032 3839

Other resources

The MS Trust website

the MS Trust website is a reliable source of up to date information for people with MS and those who live and work with them. You can search a comprehensive A to Z of MS and other information about living with MS. Find the latest news within the MS world, and read articles from our newsletters. You can also take part in chatrooms, download publications, or order them for delivery at home. For more details visit: www.mstrust.org.uk



StayingSmart

a website designed for people who want to understand how MS can affect thinking, memory and concentration.

www.stayingsmart.org.uk



Exercise and MS

find a programme of exercises specifically designed for people with MS at www.mstrust.org.uk/exercises



Move it for MS – exercise DVD (Cost £1.00)

a DVD which features Mr Motivator and a group of people with MS. Everything from exercises for improving balance to a complete workout, all without the need to visit a gym.



All our printed publications are free to view or download from our website, or to order please tick the relevant boxes and return this card:

MS publications

- MS explained
- MS: what does it mean for me?
- MS and me - a self management guide
- Living with fatigue
- At work with MS **New Ed**
- Disease modifying drug therapy **New Ed**
- Primary progressive MS exposed
- Kids' guide to MS
- The young persons' guide to MS
- Talking with your kids about MS
- Sexuality and MS - a guide for women
- Sex and MS - a guide for men
- Open Door
- Tips for living with MS
- Falls: managing the ups and downs of MS
- Are you sitting comfortably?
- Move it for MS - exercise DVD £1.00

MS Factsheets

- Alemtuzumab (Campath)
- Bladder
- Bowel
- Clinically isolated syndrome (CIS)
- Cognition
- Chronic cerebro-spinal venous insufficiency (CCSVI)
- Depression
- Diet
- Fampridine (Fampyra)
- Fingolimod (Gilenya)
- Functional electrical stimulation (FES)
- Goat serum (Aimspiro)
- Low dose naltrexone (LDN)
- Mitoxantrone
- Natalizumab (Tysabri)
- Pain
- Pregnancy and parenthood
- Sativex (nabiximols)
- Spasticity and spasms
- Stem cells
- Talking about MS
- Vitamin D

Name (Mr/Mrs/Ms/Other) _____

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Date ___/___/___

Please add me to your mailing list to receive Open Door, your quarterly newsletter.

I would like to make a donation to support the charity's work and enclose a cheque payable to the MS Trust.

Credit or debit card donations can be made via our secure website or by telephoning 01462 476700.

I would like the MS Trust to Gift Aid my donations from this date until further notice. You must pay an amount of Income Tax and/or Capital Gains Tax in each tax year (6th April 2011 to 5th April 2012) at least equal to the tax that the MS Trust will claim on your Gift Aid donation(s) for that tax year. Please notify us if you change your name or address.

If you wish to protect your privacy the order form may be placed in an envelope using the freepost address.

Call: 0800 032 3839

Although not necessary, a stamp would help reduce our costs

Multiple Sclerosis Trust
FREEPOST SG429
Letchworth Garden City
Hertfordshire
SG6 4YA

"Without fundraising, the MS Trust would not be able to give others the support they gave us. We are pleased to be able to give a little back to help others."

The MS Trust wants to make a real difference to people living with and affected by MS. Our Information Service, publications and newsletters are all provided free of charge. We do not receive any government funding for these services and so we rely on donations, fundraising and gifts in wills to fund our services. We are extremely grateful for every donation we receive, no matter what size.

If you would like to support the MS Trust's work, please visit www.mstrust.org.uk/fundraising where you will find information about the latest fundraising events, and inspiring stories from other fundraisers. Alternatively, please call the fundraising team on 01462 476707, we will be delighted to hear from you.



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Registered charity no. 1088353

The MS Trust will use your details:

- to keep you informed about our work, including our fundraising
- to pass to our wholly owned subsidiary companies MS Trust (Education) Ltd and MS Trust (Trading) Ltd which exist only to carry out our educational objectives and to raise funds for the MS Trust

We will not sell or pass your details to anyone else (unless we are required by law). If you object to either use of your details, please let us know.