



What is MS?

Just diagnosed

MS Society

Moving more  
with MS

MS Society

MS and  
your bladder

MS Society

MS Society

MS and  
your eyes

# MS Society information resources

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](http://mssociety.org.uk/publications)

Any questions, contact us at:  
[shop@mssociety.org.uk](mailto: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](http://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](mailto: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](mailto: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**

**Arabic**

**Bengali**

**Cantonese**

**Farsi**

**Gujarati**

**Hindi**

**Mandarin**

**Polish**

**Punjabi**

**Somali**

**Turkish**

**Urdu**

# 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

## 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

## 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**

# 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](http://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



# Contact us

## MS Helpline

Freephone 0808 800 8000

(closed weekends and bank holidays)

[helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)



## MS National Centre

0300 500 8084

[info@mssociety.org.uk](mailto:info@mssociety.org.uk)

[supportercare@mssociety.org.uk](mailto:supportercare@mssociety.org.uk)

## Online

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

[facebook.com/MSSociety](https://facebook.com/MSSociety)

[twitter.com/mssocietyuk](https://twitter.com/mssocietyuk)

## MS Society Scotland

0131 335 4050

[msscotland@mssociety.org.uk](mailto:msscotland@mssociety.org.uk)

## MS Society Northern Ireland

028 9080 2802

[nireception@mssociety.org.uk](mailto:nireception@mssociety.org.uk)

## MS Society Cymru

0300 500 8084

[mscymru@mssociety.org.uk](mailto:mscymru@mssociety.org.uk)

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