

Multiple Sclerosis Society of Canada, Alberta Division

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The Multiple Sclerosis Society of Canada is pleased to send you this selection of literature on multiple sclerosis. Please check the desired title, complete mailing information and return to the above address. Alternately, you may call our office to request literature or other information.

General Information on MS and the MS Society of Canada



Multiple Sclerosis and How We Can Help (pamphlet) _____

MS: Its effects on you and those you love _____

National Information Resource Centre (pamphlet) _____

10 Tips for People Living with MS _____

Information for Newly Diagnosed Persons



Key Facts for Those Affected by Multiple Sclerosis _____

Newly Diagnosed Brochure _____

Symptom Management



Living for Today: Managing MS Pain _____

Everybody Stretch _____

Healthy Eating _____

Cognitive Change and Multiple Sclerosis _____

Urinary Dysfunction and MS _____

Understanding Bowel Dysfunction _____

MS Attacks: What they are and what you can do about them (leaflet) _____

Multiple Sclerosis and Fitness _____

- Pain and MS: Options exist to manage this difficult symptom _____
- Living Well with MS: Managing Fatigue _____
- Living Well with MS: Medical research and hope _____
- Living with Progressive Multiple Sclerosis _____
- MS Fatigue: Understanding and managing MS fatigue _____
- MS Treatment Optimization Strategies: Getting the most out of MS therapies _____

MS and Psychosocial Issues



- Multiple Sclerosis and Your Emotions _____
- Living Well with MS: Mind Matters _____
- Sexuality and MS _____
- Taming Stress in MS _____

MS and the Family



- Benjamin: My Mom is Special (book) _____
- Keep Your Balance! (Teens Talk About Living with a Parent with MS) _____
- How to talk to your children about MS _____
- My Mommy Has MS _____
- Keep S'myelin (6-12 yr. olds) _____
- Plaintalk: A booklet about Multiple Sclerosis for family members (not available, under revision) _____
- A Guide for Caregivers _____
- Parenthood and MS: Arriving at a decision that works for you _____

Advocacy and Social Action Issues



A Guide to Employment and Income Support

Assured Income for Severely Handicapped (AISH)

* contact AISH for more information

Canada Pension Plan - Disability

* contact Human Resources and Development Canada

at 1-800-277-9914 for more information

MS, Work and Income Support: Finding your way through the maze

Information for Health Professionals



The Sharing Network: A Handbook
on Self-Help Programs for People with MS
and their Families

A Guide to Services in Alberta for Health Professionals

Counsellor Information Kit (under revision)

Additional Alberta Division Resources



General literature order form

A Guide to Services in Alberta for People Living with MS

Red Flags & Green Lights: Accessing Reliable Health
Information

LITERATURE ORDER

- If two or more copies of Division handouts are required, please undertake to provide your own photocopies.

Thank you for your order.

CONTACT INFORMATION

Name and/or Organization:

Mailing Address:

Street

City/Town

Postal Code

Date: _____

Phone Number: _____

Fax Number: _____

E-mail: _____