Books About Multiple Sclerosis

Additional Information

About this Clinic

Specialty Services

Care Providers

MS Resource Manual

Helpful publications from local and state lending libraries

Also available in PDF format: 15-Books About MS.pdf

Although your doctor or clinic may provide you with helpful information about multiple sclerosis (MS), you can also learn a lot about this disease online and through printed publications. The books featured in this section provide a broad overview on MS and can help “fill in the gaps” of information you need.

Both the Greater Washington Chapter of the Multiple Sclerosis (MS) Society and the MS Association of King County have lending libraries. Contact them for a list of books, pamphlets and handouts. (See the full listings in the section on “MS Organizations and Agencies.”)

- Enteen, R. *Health Insurance: How to Get To, Keep It, or Improve What You’ve Got*. 1996. Demos. This book shows how to locate and evaluate coverage, compare costs, and obtain the maximum benefits – even from an existing insurance plan. Strategies are outlined to help you find insurance even if you are currently uninsured, underinsured, or considered uninsurable.

• Giffels, J.J. *Clinical Trials: What You Should Know Before Volunteering to Be a Research Subject*. 1996. Demos. This booklet will help you understand the basics of clinical research, answering the following key questions: what is a clinical trial; the role and rights of a volunteer subject; what to consider when deciding whether to participate; what is informed consent; what questions you should ask; what you can expect from participation, and what you should not expect.


• Kalb, R.C. *Multiple Sclerosis: A Guide for Families*. 1998. Demos. This book for families living with MS can lead the way for a family to strengthen its coping skills and to receive targeted information about the disease.


• Kraft, G.H. and Catanzaro, M. *Living with Multiple Sclerosis: A Wellness Approach*. 2nd Edition, 2000. Demos. This book suggests some avenues for optimizing health through exercise, nutrition, and emotional health, and can be used as a starting point for developing your individualized wellness program.

• Lechtenberg, R. *Multiple Sclerosis Fact Book*. 1995. F.A. Davis Company. Addresses the basic questions of what MS is, why it occurs, how it progresses, how to live with it, and what is being done to find a cure.


• Perkins, L. and Perkins, S. *Multiple Sclerosis: Your Legal Rights*. 2nd Ed. 1999. Demos. A source of basic information about the legal problems that often affect people with MS.

• Rosner, L. and Ross, S. *Multiple Sclerosis: New Hope and Practical Advice for People with MS and Their Families*. 1992. Simon and Schuster. Covers diagnosing the disease, its varying symptoms and courses, and dealing with the emotional problems that accompany MS.


• Rumrill, P.D. *Employment Issues and Multiple Sclerosis*. 1996. Demos. This book was developed to help you deal with the issue of whether to continue to work, and how to provide for your future if you are unable to do so.

• Schapiro, R.T. *Symptom Management in Multiple Sclerosis*. 3rd Ed. 1998. Demos. A good book for both professionals and patients describing various symptoms of MS and their management.

• Schwarz, S.P. *300 Tips for Making Life with Multiple Sclerosis Easier*. 1999. Demos. Tips, techniques, and shortcuts learned by the author during her experiences with MS.
• Sibley, W.A. *Therapeutic Claims in Multiple Sclerosis: A Guide to Treatments*. 4th Ed. 1996. Demos. This authoritative guide to commonly used treatments for MS provides information about drugs, diets, physical management and surgical options.
• Swiderski, R. *Multiple Sclerosis: Throughout History and Human Life*. 1998. McFarland & Co. Inc. A historical overview of MS and those who have lived with and died from it, as well as medical treatments prescribed throughout the known history of the disease.
• Younger, V. and Sardegna, J.A. *A Guide to Independence for the Visually Impaired and Their Families*. 1994. Demos. This guide gives detailed instructions to deal with emotions and fight depression, obtain helpful information, obtain federal and financial aid, use all your senses more effectively, adapt your home and do chores, handle paperwork and correspondence independently, purchase aids and technology, and deal with changing family roles.