

## i n f o r m a t i o n

## SUGGESTED READING AND AUDIOVISUAL LIST

MS Australia ACT/NSW/VIC Libraries in Blackburn, Footscray and Lidcombe have an excellent selection of books and videos on a wide range of topics relating to multiple sclerosis (MS).

This Information Sheet lists some of the most interesting titles. These, and much else, are available upon request. There is no cost to registered clients of MS Australia.

### BOOKS AVAILABLE FOR BORROWING:

#### ALTERNATIVE MEDICINE AND MULTIPLE SCLEROSIS

Bowling, A. New York: Demos, 2001.

This book contains information on a wide range of complementary and alternative medicine approaches that can aid both in the management of some MS symptoms and in promoting general health and wellness. This book also offers information on the relevance, safety, and effectiveness of various alternative therapies that are not typically considered in discussions of MS management yet that are in widespread use.

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#### THE COMPLETE MS BODY MANUAL: A HANDBOOK OF EFFECTIVE TREATMENT FOR PEOPLE WITH MULTIPLE SCLEROSIS AND THOSE WHO CARE FOR THEM

Cornell, S. Essex: Under Pressure Publications, 1996.

The author, a qualified therapist, has devised a program based on natural therapies that are practical and effective for the most commonly-experienced symptoms of MS. She includes sections on physical therapy, nutrition, massage, aromatherapy and reflexology.

#### FALL DOWN LAUGHING: HOW SQUIGGY CAUGHT MULTIPLE SCLEROSIS AND DIDN'T TELL NOBODY

Lander, D. New York: Penguin Putnam, 2000.

After taping the final episode of Laverne & Shirley, David Lander began to notice small, strange physical problems. Diagnosed with multiple sclerosis, he made the fateful decision to hide his illness from everyone except his wife and daughter. Fall Down Laughing is the often poignant, always humorous account of Lander's courageous struggle with multiple sclerosis - from his search for a cure to

his flimsy spur-of-the-moment excuses to producers, to his decision in 1999 to go public with his illness.

**MS: SHARING THE FAMILY EXPERIENCE**

Perham, B. Melbourne: MS Society of Victoria, 1995.

Members of the 230 Victorian families who participated in the research for this book saw they had the opportunity at last to say to the world what MS has really meant for them. This book is therefore unashamedly emotional and provides readers with a compelling insight into this disease and its implications for families.

**MULTIPLE SCLEROSIS: A GUIDE FOR THE NEWLY DIAGNOSED**

Holland, N. New York: Demos, 1996.

This book has been written specifically for anyone who has been diagnosed with MS, as well as for family members and friends. It will serve as a guide to learning about the disease, its potential impact on your life, and the medical treatments now available for managing it successfully.

**MULTIPLE SCLEROSIS: A GUIDE FOR FAMILIES**

Kalb, R. New York: Demos, 1998.

The goal of this book is to enable families to move toward a restoration of balance, humour, productivity, and family solidarity; to lead the way in helping families to understand the potential impact of MS on family life, to strengthen their coping strategies, and to plan more effectively for an uncertain future. Dr Kalb's basic premise is that the most important

strategy that families can take is to give MS no more space in family life than it needs – to "find a place for the illness while keeping the illness in its place".

**MULTIPLE SCLEROSIS: A PERSONAL EXPLORATION**

Burnfield, A. London: Souvenir Press, 1985.

Diagnosed as having MS in his second year of medical studies, Burnfield continued his studies to become a practising psychiatrist. In his book, both sides of the disease are discussed – from the doctor's medical viewpoint as well as from the view of a person with MS. This personal account of MS is a very popular book with people with MS and their families.

**MULTIPLE SCLEROSIS: THE QUESTIONS YOU HAVE, THE ANSWERS YOU NEED**

Kalb, R. New York: Demos, 2004.

Definitive guide in question and answer format for those who have MS, their families, carers, and health professionals. This book covers a wide range of topics and gives a reading list for further information, a comprehensive glossary, a list of relevant resources and a guide to commonly used medications.

**TAKING CONTROL OF MULTIPLE SCLEROSIS: NATURAL AND MEDICAL THERAPIES TO PREVENT ITS PROGRESSION**

Jelinek, G. Melbourne: Hyland House, 2005.

Specialist doctor Australian George Jelinek examines his own diagnosis of MS (his mother also had MS). He has altered his own life in the light of new disease-modifying drugs, and sound evidence that dietary modifications and sunlight may help in controlling MS. More than a medical challenge, the disease has also led Professor Jelinek to reassess his life, relationships and spirituality. The insights he gained, together with the dietary and lifestyle changes he prescribes are discussed in this book.

#### **WHY NOT ME? MY JOURNEY WITH MS**

Healey, A. Sydney: Pan MacMillan, 2002.

Anna Healey, a young Melbourne woman, was diagnosed with MS before she was thirty. She was confined to a wheelchair and had a new baby to care for. The reality of her diagnosis initially seemed a life sentence to Anna, but she began the struggle to rebuild her life. She learned to drive again and rediscovered her independence, launching herself on to the public speaking circuit to promote the MS cause. She learned to sail, going on to compete at the very highest levels of Australian sailing.

#### **WOMEN LIVING WITH MS**

Nichols, J. Alameda, CA: Hunter House, 1999.

Members of an all-women online discussion group share accounts of their experiences with MS. Some stories are painful, some are funny, and often they are both. The range of deeply personal concerns includes

family reactions to a diagnosis of MS, workplace issues and relationships, sexuality and spirituality, depression and physical pain, loss of bladder and bowel control, assistive devices and helpful tools.

#### **A SELECTION OF VIDEOS ON MS**

##### **ADJUSTING THE SAILS: LIVING WITH MS.**

MS Society of Victoria, 1998.

Diagnosed with MS in their twenties, Mark, Michelle, Evonne and Jacob honestly tell what it felt like at that time, and talk about how they have each now reached a positive view of life.

##### **MULTIPLE SCLEROSIS: THE FACTS**

Fairview MS Center, 1995.

For people newly diagnosed with MS. This video describes what MS is, how to recognise the symptoms of the disease, what is currently known about its cause, the various types of MS, methods of diagnosis, and the patterns of occurrence of the disease.

##### **MULTIPLE SCLEROSIS: FATIGUE AND RELATIONSHIPS**

MS Society of Queensland, 2003.

This video is one in a series on multiple sclerosis and relationships featuring people with MS, their partners and family members talking honestly about how MS has affected their relationships. Topics covered include relationships at work, parenting, socialising and modifying personal expectations.

**MULTIPLE SCLEROSIS: INTIMACY, SEX AND RELATIONSHIPS**

MS Society of Queensland, 2003.

Another video in the series on multiple sclerosis and relationships, topics covered include fatigue, continence, cognitive and sensory changes, and pregnancy issues.

**SPEAKING FROM EXPERIENCE: MULTIPLE SCLEROSIS**

Tribal, 1999.

This video offers first hand accounts from people affected by MS. Issues covered include diagnosis, relationships, employment, medication and thoughts about the future. Their honest accounts provide support and information which is vital to those diagnosed with MS, their loved ones, friends, colleagues and care givers.

**SWINGING FROM THE CHANDELIER: A PERSONAL REFLECTION ON MS AND SEXUALITY**

MS Society of Victoria, 1997.

A woman with advanced MS and her husband candidly discuss how MS has affected their relationship.

**CONTACT DETAILS**

You are welcome to visit the fully accessible MS Libraries in Blackburn, Footscray and Lidcombe to access the collections on weekdays between 9.30am and 4.30pm.

We are happy to mail items to you, should you prefer to contact us by telephone, mail or email.

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