

Finding information on multiple sclerosis (MS)

Information is the key to learning about MS and understanding how you can support your patients and clients to live well with MS. Our MS Connect™ (1800 042 138) team is available to answer your questions, discuss your concerns and guide you to other useful sources of information, programs and services. Similarly, the MS Library holds an extensive collection of books, DVDs and videos about MS and other health and wellness topics.

MS Practice



MS Practice is a free, online education series designed to support allied health professionals in the symptom management of people with MS. The series provides evidence-based information and clinical practice recommendations to enhance quality of care and outcomes for people with MS.

Titles include:

- *Balance for People with Multiple Sclerosis (MS)*
- *Ataxia and Tremor in People with Multiple Sclerosis (MS)*
- *Spasticity and Multiple Sclerosis (MS)*
- *Aquatic Exercise for People with Multiple Sclerosis (MS)*
- *Strength and Cardiorespiratory Exercise for People with Multiple Sclerosis (MS)*
- *Management of Complex Symptoms in Multiple Sclerosis (MS)*
- *Pain and Multiple Sclerosis (MS)*

Visit www.msaustralia.org.au to download your free *MS Practice* resources.

Booklets and information sheets

Our booklets and information sheets cover various aspects of living with MS and include topics such as understanding a diagnosis; learning about symptoms; healthy lifestyle choices; and how people can plan for the changes living with MS can bring.

Information about MS is also available in Arabic, Greek, Italian and Spanish.

Booklets and information sheets for people with MS, families, carers and health professionals are available for download from our website at www.msaustralia.org.au/actnswvic

Alternatively, you can request print copies by contacting MS Connect or the MS Library on 1800 042 138. ▶

The MS Library

The MS Library holds a collection of resources about MS and other health-related topics. You are welcome to visit the MS Library at our Blackburn office in Melbourne, Monday to Friday between 10am and 4pm. We also have a range of books for viewing at our other offices.

If you are unable to visit the MS Library, you can speak to a librarian, who can suggest resources and send articles, books and other information to you by post. A reply-paid envelope is included for you to return any loans.

How do I request an item for loan?

You can request an item for loan either by browsing the online MS Library catalogue at www.msaustralia.org.au/ms-resource-centre.asp or by speaking to a librarian. Resources can be borrowed for an initial three-week loan period.

How can I contact a librarian?

Please send an email to library@msaustralia.org.au or phone the MS Library on 1800 042 138.

Useful websites and periodicals for health professionals

- **MS Australia**
www.msaustralia.org.au
Information about MS, MS Australia and links to state-based MS Societies and their services.
- **MS International Federation (MSIF)**
www.msif.org/en
Information about MS in other languages, with links to MS Societies from around the world.
- **MS Trust, UK**
www.mstrust.org.uk
- **Multiple Sclerosis Society, UK**
www.mssociety.org.uk
- **National MS Society, USA**
www.nationalmssociety.org
- **Multiple Sclerosis Society of Canada**
www.mssociety.ca/en
- **MS in Focus**
www.msif.org/en/resources/msif_resources/msif_publications/ms_in_focus/index/html
The official magazine of the MSIF.
- **Neurology Care**
www.neurologycare.net
Includes a section on the use of complementary and alternative medicine (CAM) in MS.
- **MS Forum**
www.msforum.net
Online access to *The International MS Journal* and resources for health professionals.
- **International Journal of MS Care**
www.msicare.org/cmssc/Journal-of-MS-Care.html
A quarterly, online periodical, which contains peer-reviewed clinical and research articles on topics of interest to MS care providers.

For information about MS and MS Australia – ACT/NSW/VIC services:

MS Connect™: 1800 042 138

Email: msconnect@msaustralia.org.au

Web: www.msaustralia.org.au/actnswvic

Disclaimer: Information contained in this fact sheet is intended to provide useful and accurate information of a general nature for the reader, but is not intended to be a substitute for legal or medical advice. Multiple Sclerosis Limited (MSL) is not recommending medical or legal advice. Readers must seek their own medical or legal advice as may be appropriate. Printing and photocopying this publication in its original form is permitted for educational purposes only. Reproduction in any other form without the written permission of MSL is prohibited.
