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# Coping with Multiple Sclerosis

A Practical Guide to  
Understanding and Living with MS

Cynthia Benz & Richard Reynolds

# Coping With Multiple Sclerosis

**B. Lynn Robinson**



## **Coping With Multiple Sclerosis:**

**Coping with Multiple Sclerosis** Cynthia Benz, 1988-01-01 Symptoms Diagnosis Living with MS Coping Control Accepting MS Stress Disability Coping with the crises of MS Help on offer Research into MS\_ *Coping With Multiple Sclerosis* Cynthia Benz, Richard Reynolds, 2011-08-31 Multiple sclerosis MS a disease of the central nervous system is the most common disabling neurological condition affecting young adults today In her authoritative and inspiring book Cynthia Benz demystifies the illness explains its symptoms and patterns and offers a wealth of practical advice on coping with MS on a day to day basis Including information on How to cope with stress and remain optimistic Available therapies from traditional drugs and physiotherapy to alternative treatments including acupuncture homeopathy and massage What help is on offer and where it can be found Revised and updated for the 21st century this is the essential handbook for people with MS parents and carers alike **Women Living With Multiple Sclerosis** Judith Lynn Nichols, 1999-01-21 This is a unique guide for women dealing with the difficulties of multiple sclerosis After she was diagnosed with Multiple Sclerosis in 1976 author Judith Lynn Nichols realized that people suffering from chronic illness fare better when they share experiences with people fighting the same disease While researching MS on the Internet she connected with a group of women fighting to live with MS The group quickly became each woman s support network and in the daily emails compiled in this book they offered each other wisdom and humor about everything this disorder affects diagnosis employment spirituality family reactions sexuality pain control depression and more **Coping With Multiple Sclerosis** Betty Burnett, Rob Gevertz, 2000-12-15 Discusses the disease symptoms diagnosis psychological aspects and treatment options and provides advice for living with multiple sclerosis **Multiple Sclerosis Rehabilitation** Marcia Finlayson, 2012-08-01 MS is always in the back of your mind If there is something you want to do you always wonder if the MS will allow you to do it Darlene living with MS for 22 years Living with multiple sclerosis MS is challenging and multidimensional MS pervades all aspects of life one s body becomes unpredictable and unreliable one s identity and sense of **Coping in Multiple Sclerosis and Its Association with Depression and Stress** Magdalena A. Sikora, Schreyer Honors College, 2009 **Multiple Sclerosis: Coping with Complications** Barry Farr, MD, 2016-06-06 There s no miracle cure for multiple sclerosis But there are ways to reduce its negative impact What better source than a physician who battled MS as a patient for 24 years Unlike the cure for MS books published for decades none yet deemed valid by the scientific community this one aims to help patients deal with the reality of chronic complications of MS sharing new strategies Why new ones Older strategies didn t work so well For example using long recommended conventional medical wisdom MS patients still got more urinary tract infections Dr Barry Farr tells how he avoided urinary tract infection for 20 years despite being high risk When conventional approaches didn t relieve severe rib fracture pain he tried something different The pain disappeared After 3 aspiration pneumonias during 7 months he made a change and had none over 7 years Being new such strategies won t be found in other books for MS patients *Coping with*

*Multiple Sclerosis: Coping Strategies, Personality, and Cognitive Appraisals as Predictors of Adjustment Among Multiple Sclerosis Patients* Holly McCartney Chalk, 2007 Correlational results indicated that coping and cognitive appraisals were systematically related to adjustment while physical disability was not This implies that many of the variables which relate to adjustment outcomes among MS patients are controllable suggesting that practitioners should target these cognitive and behavioral variables to positively affect adjustment to MS

**Coping with Multiple Sclerosis** Dawn Catherine Kroencke, 1999

**Fatigue in Multiple Sclerosis** Christian Dettmers, John DeLuca, 2016-02-03 Dear Readers If you are engaged in the treatment of patients with MS pwMS this e book s aim is to offer novel insights to improve on an understanding of one of the major problems of pwMS fatigue Although there is increasing research into fatigue and its impact on MS this collection of ten articles supports a better understanding of fatigue in MS patients It explores pathophysiological concepts provoking mechanisms objective measurements personality interactions pharmacological and non pharmacological interventions and summarizes clinical management It is written by neurologists psychologists scientists and therapists and addresses this group of people who deal with pwMS in private clinical rehabilitation or scientific settings Its aim is to communicate high quality information knowledge and experience on MS to healthcare professionals while providing global support for the international MS community

**Living with Multiple Sclerosis** Sarah Perry, 1994 Coping with multiple sclerosis like other chronic illnesses is a continuous process and therefore as relevant in old age as it is to young adults to people with long duration of illness as well as those recently diagnosed to people in institutional settings as well as those living at home This is a study of the ordinary day to day lives of people with multiple sclerosis It highlights the problems people experience and the expertise they hold The focus is on the perspectives of people with multiple sclerosis but these are set against the physical characteristics of the disease social lay and medical concepts of chronic illness and psychological models of adaptation Qualitative and quantitative research methods were combined to collect individual accounts of illness and to assess the role of stress in adaptation to multiple sclerosis

*Reclaiming Your Life - Coping with Multiple Sclerosis* Daniel Melehi, 2023-05-14 If you or someone you know has been diagnosed with multiple sclerosis you know how challenging it can be to navigate the ups and downs of this disease In *Reclaiming Your Life Coping with Multiple Sclerosis* you ll find practical advice and inspiration for living a full and vibrant life despite the challenges of MS From managing symptoms to taking control of your diet and exercise this book offers a comprehensive approach to managing MS and regaining your independence Drawing on years of personal experience and expertise author Author Name provides a roadmap for reclaiming your life and thriving with MS With tips on everything from managing pain to finding support this book is a must read for anyone seeking to take an active role in their MS treatment Whether you re a newly diagnosed patient or a long time MS warrior *Reclaiming Your Life* is an essential guide to living your best life with this condition

**Coping with Multiple Sclerosis** Martha H. Corvea, 1983      **The Oxford Handbook of Rehabilitation Psychology**

Paul Kennedy, 2012-08-16 Rehabilitation psychology is one of the fastest growing fields in applied psychology In this book the editor has successfully brought together a range of well established international and experienced researchers and practitioners to provide a guide to best practice clinical management and the wider professional themes and issues *The Lived Experience* Jodi Kyndberg Lowary, 2002

**Coping when a Parent Has Multiple Sclerosis** Barbara Cristall, 1992 Suggests how to deal with the physical limitations of the parent who has multiple sclerosis and how to cope with the emotional stress that the disease places on the entire family

*Coping with Multiple Sclerosis* June S. Malone, 1991 Three stress and coping models with hypothesized relationships among negative affectivity physical disability internal health locus of control and negative mood were tested It was hypothesized that negative affectivity would be a significant predictor of negative mood and that self reported physical disability and an internal health locus of control would not be significant predictors of negative mood Multiple indicators of each construct were collected from 199 multiple sclerosis patients Using structural equation analysis two of the three models showed an acceptable fit with the data In each of the two models that fit negative affectivity had the greatest impact on negative mood In the first model a direct relationship between physical disability and negative mood was hypothesized and this path was not found to be significant In the second model the effect of physical disability on negative mood was mediated by internal health locus of control and although the indirect effect was significant the strength of the relationship was relatively small compared to the relationship between negative affectivity and negative mood A hierarchical regression was also conducted and results confirmed the hypothesis that once negative affectivity is controlled physical disability and internal health locus of control do not contribute significantly to the variance in negative mood The implications of the results for research and treatment are discussed

**MS Control, Coping, and Social Support: Relationship to Depression in Multiple Sclerosis** Dawn M. Polen, 2006 All five models displayed adequate goodness of fit to the data via the evaluation of three of the five fit indices When the avoidant coping measures were removed from the models based on poor psychometric fit of these measures within the models all five models displayed adequate goodness of fit to the data via the evaluation of four of the five fit indices

**Living with the Unknown** B. Lynn Robinson, 1978 *Coping Strategies of Multiple Sclerosis Patients and Their Families ...* Donna B. Stauber, 1993

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