



**The Everything Health Guide to Multiple Sclerosis: An authoritative guide to help you understand symptoms, decide on treatment, and enhance your well-being (Everything®)**

*Margot Russell, Allen C Bowling*

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The National Multiple Sclerosis Society estimates that 400,000 people in the United States have been diagnosed with MS. Because MS is a chronic disease, people with this diagnosis will live with the disease for years. MS sufferer Margot Russell and Dr. Allen C. Bowling, a nationally known MS expert, team up to help readers: Recognize signs and symptoms; understand the types of MS; decide on treatment and find the right doctor; explore alternative therapies; take charge by creating a management plan; develop strength and avoid relapse; and more. Filled with tips for daily living (like staying cool) and the latest information on new treatments, this reassuring book offers more than medical advice. It gives readers with MS the strength, knowledge, and resources they need so they can live a full, active life!

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