



Diet and nutrition

MS and your eyes

Information  
Genetics

Genetics

Five things

- 1 MS is not directly inherited
- 2 MS can happen to anyone
- 3 Genes are only part of the story
- 4 There's no single gene for MS

# MS Society information resources

January 2022

We're the MS Society and we're here for you. Funding world-leading research, sharing information, making voices heard and campaigning for everyone's rights.

Together we are a community. And together we will stop MS.

We rely on the generosity of people like you to fund our vital work. If you would like to make a donation, you can do so by:

- Calling us on: **0300 500 8084**  
Lines are open Monday to Friday, 9am – 5pm
- Visiting us at: **[donate.mssociety.org.uk](https://donate.mssociety.org.uk)**
- Posting your donation to: MS Society, Carriage House, 8 City North Place, London N4 3FU. Please make cheques payable to the 'MS Society.'

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# About our information

Our information is based on the latest evidence and written in clear English that's easy to understand.

We review printed booklets at least every 3 years. For the very latest, visit our website **mssociety.org.uk** or call our free MS Helpline on **0808 800 8000**

All our printed booklets are also available to download. And you'll find lots of other resources online on each topic, including blogs from people affected by MS and an online forum.

## How to order

All our information resources are free, including postage.

**If you're part of an MS Society group, or you work in health or social care, you can register for free and order bulk copies.**

To download, order, or register for bulk copies:

- go to **onlineshop.mssociety.org.uk**
- or call **0300 500 8084** (option 4)

If you've any questions about ordering, email **shop@mssociety.org.uk** or call **0300 500 8084**

# Other formats and languages

## Our website

Our website includes information and personal stories about diagnosis, symptoms, treatment options, living with MS, health and social care. We're committed to making our website accessible. Find out more at [mssociety.org.uk/accessibility](https://mssociety.org.uk/accessibility)

Call us on **0300 500 8084** if you need printed copies of any of the download-only resources listed in this booklet, or if you'd like them in large print or in the languages below.

## Large print

We can also send you large print versions of our printed resources or Word files for screen readers.

## Welsh language

Our booklets 'What is MS?' and 'Just diagnosed' are available in Welsh online and to order.

## Other languages

You can download out booklet 'What is MS?' in:

**Arabic**

**Gujarati**

**Punjabi**

**Bengali**

**Hindi**

**Somali**

**Cantonese**

**Mandarin**

**Turkish**

**Farsi**

**Polish**

**Urdu**

# Care professionals

## Ordering our booklets

Anyone can order up to 2 copies of any booklet, leaflet or help card. But as a care professional you can also create an account at [onlineshop.mssociety.org.uk/login](https://onlineshop.mssociety.org.uk/login) and:

- get up to 50 of any item (free of charge)
- save your choices for quicker access next time

## Experts in MS: Professional Network

Experts in MS is our network for everyone who works with people with MS. It's been developed with and by professionals.

In the network you'll find:

- **the latest information** on topics like COVID-19, Sativex prescribing, and innovative models of care
- **training resources** including e-learning on neurological conditions, an RCGP-accredited MS course for GPs, and how to facilitate the FACETS fatigue management course
- **evidence** including reports on life in lockdown, loneliness, and our patient forums identifying what people with MS consider to be 'good' MS services

Sign up and receive our quarterly e-newsletter  
[mssociety.org.uk/experts-in-ms](https://mssociety.org.uk/experts-in-ms)

Or get in touch at [professionalnetwork@mssociety.org.uk](mailto:professionalnetwork@mssociety.org.uk)

# MS Matters magazine

Our regular magazine is packed with features, tips and inspiration to see you through the highs, lows and everything in between.

**MS Matters** is all about:

- treatments and research news
- connecting you with people's stories and practical tips

For just £5 you'll get regular copies of MS Matters delivered to your door. Find out more and subscribe at [mssociety.org.uk/ms-matters](https://mssociety.org.uk/ms-matters) or call us on **0300 500 8084**. For an audio recording of the magazine, call or email [supportercare@mssociety.org.uk](mailto:supportercare@mssociety.org.uk)

## MS Helpline

Our MS Helpline gives emotional support and information to anyone living with MS. And through the helpline you can also access our:

- MS nurses
- MS benefits adviser
- MS legal adviser
- Moving More with MS service
- short breaks service

**0808 800 8000** (Mon–Fri 9am to 7pm except Bank Holidays)

[helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)

Or direct private message us on **Facebook** (Mon–Fri 9am to 5pm)

# About MS

We have guides that explain MS to people new to the condition. And on our website you'll find our What is MS? animation, and the chance to sign up for emails from our newly diagnosed information service. [mssociety.org.uk/care-and-support/newly-diagnosed](https://mssociety.org.uk/care-and-support/newly-diagnosed)



## Have I got MS? And why is it taking so long to find out?

A4 factsheet **Ref: FS03**  
Download only

## What is MS?

Available in English, bilingual Welsh/English and 12 other languages (see page 5).  
A5 booklet **Ref: BK17**

## Understanding progressive MS

A5 booklet **Ref: BK07**

## Just diagnosed

Available in English or bilingual Welsh/English.  
A5 booklet **Ref: BK24**

## Genes and MS

A4 factsheet **Ref: FS02**  
Download only

## How we can help you

Credit card size leaflet about the services and support we offer.  
**Ref: CC04**



# Managing MS symptoms

We have booklets or download-only factsheets about individual symptoms and relapses. If a symptom isn't listed here, you'll find a page about it on our website.



## Fatigue

A5 booklet **Ref: BK19**

On our website we have a free online fatigue management course  
[mssociety.org.uk/fatigue-course](https://mssociety.org.uk/fatigue-course)

## Managing your relapses

A5 booklet **Ref: BK05**

## Balance and MS

A5 booklet **Ref: BK22**

## MS and your bladder

A5 booklet **Ref: BK30**

## Cannabis and MS

A look at medicinal cannabis for muscle spasms and stiffness.

A4 factsheet **Ref: FS30**

**Download only**

## Anger, laughter and tears: understanding emotional outbursts in MS

A4 factsheet **Ref: FS01**

**Download only**

## Hot and cold: the effects of temperature on MS

A4 factsheet **Ref: FS10**  
Download only

## Tremor

A4 booklet **Ref: ES04**  
Download only

## Pain and unpleasant sensations in MS

A5 booklet **Ref: BK29**

## MS and your emotions: understanding and dealing with your feelings

A5 booklet **Ref: BK04**  
Download only

## Speech difficulties

A5 booklet **Ref: BK14**

## Swallowing difficulties

A5 booklet **Ref: BK15**

## MS and your eyes

A5 booklet (regular print)  
**Ref: BK26**

## MS and your eyes

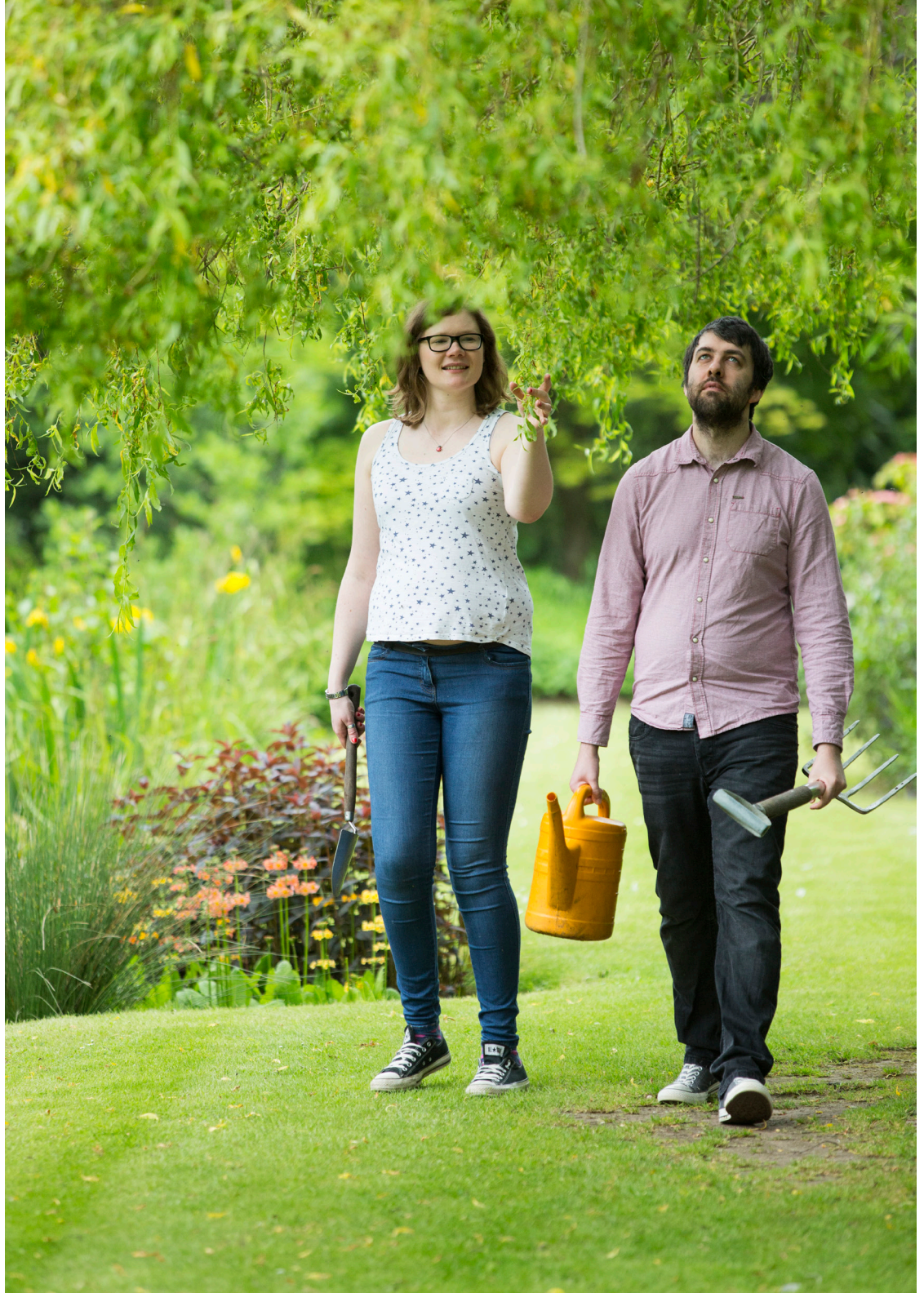
A5 booklet (large print)  
**Ref: BK26LP**

## MS and your bowels

A5 booklet **Ref: BK28**

## Muscle spasms and stiffness

A4 booklet **Ref: ES19**





# Treatments and therapies

Disease modifying therapies (DMTs) are treatments that can slow down your MS if you get relapses or your MRI scans show inflammation.

There are other things you can do as well to help with your MS symptoms. These include exercise and complementary therapies. Our information can help you find treatments that could work for you.

For the latest on treatments, including COVID-19 information, visit our website [mssociety.org.uk](https://www.mssociety.org.uk)



## Disease modifying therapies (DMTs) for MS

Now includes stem cell therapy  
A5 booklet **Ref: BK03**

## Complementary and alternative medicine

A5 booklet **Ref: BK06**

## Talking about treatments (checklist): questions to ask my MS specialist

For people who qualify for treatment with a DMT.

**Ref: PG01**

**Download only**

## Coming in 2022 - online DMT tool

Our new online DMT tool, designed to help with DMT choices, factoring in lifestyle and the full range of DMTs.

## DMT factsheets

These factsheets to download have more detailed information than you'll find in our general DMT booklet.

### Alemtuzumab (Lemtrada)

A4 factsheet **Ref: FS20**  
**Download only**

### Beta interferons (Avonex, Betaferon, Extavia, Plegridy, Rebif)

A4 factsheet **Ref: FS21**  
**Download only**

### Dimethyl fumarate (Tecfidera)

A4 factsheet **Ref: FS22**  
**Download only**

### Fingolimod (Gilenya)

A4 factsheet **Ref: FS23**  
**Download only**

### Glatiramer acetate (Copaxone and Brabio)

A4 factsheet **Ref: FS24**  
**Download only**

### Natalizumab (Tysabri)

A4 factsheet **Ref: FS25**  
**Download only**

### Ocrelizumab (Ocrevus)

A4 factsheet **Ref: FS29**  
**Download only**

### Teriflunomide (Aubagio)

A4 factsheet **Ref: FS26**  
**Download only**

## Factsheets coming in 2022:

- cladribine (Mavenclad)
- ofatumumab (Kesimpta)
- ozanimod (Zeposia)
- ponesimod (Ponvory)
- siponimod (Mayzent)

# Living with MS

We have information on things to help with your day-to-day life. As well as the resources here, our website has information on driving, holidays and short breaks, sex and relationships, and exercise videos for all abilities.



## Diet and nutrition

A5 booklet **Ref: BK09**

## Fasting and MS

This factsheet has useful information for anyone with MS considering a religious fast.

A4 factsheet **Ref: FS09**

**Download only**

## Smoking and MS

A look at the different ways in which smoking makes MS worse, and the benefits of stopping.

A4 factsheet **Ref: FS30**

**Download only**

## Moving more with MS

Explains the benefits of staying active, and how to find exercise that works for you.

A5 booklet **Ref: BK21**

## Exercising with MS: move more with MS

See highlights of this DVD at [www.mssociety.org.uk/](http://www.mssociety.org.uk/)

**msactivetgether**

DVD **Ref: DD01**

## Posture and movement 1 – an introduction

A4 factsheet **Ref: FS19**  
**Download only**

## Posture and movement 2 – moving well with MS

Information for people with MS and their carers. Covers walking, getting up from a chair or a fall, moving from chair to chair, and getting in and out of cars.

A4 factsheet **Ref: FS17**  
**Download only**



### The 'I have MS' card

A credit card-sized card which explains that you have MS. Can be handy if you need the toilet, or want to explain if your balance or speech is affected. Fits in a wallet or on a lanyard or keyring.

**Ref: CC03**





# Families, friends and carers

MS can have a big effect on families, friendships and relationships. These publications look at common problems and practical solutions.



## For family and friends: when someone close to you has MS

A booklet for people who know someone recently diagnosed with MS.

A5 booklet **Ref: BK20**

## Supporting someone with MS: a guide for family and carers

A guide for people who look after someone with MS but who isn't severely affected by it.

A5 booklet **Ref: BK36**

## Advanced MS: a carers handbook

A guide that covers the needs of family carers of people severely affected by advanced MS.

A5 booklet **Ref: BK37**

## Our dad makes the best boats

Illustrated booklet to read with children up to the age of 10 whose father has MS.

**Ref: GI17**

## Our mum makes the best cakes

For children whose mum has MS.

**Ref: GI18**

**Download only**

## My child has MS: a guide for parents

A5 booklet **Ref: BK27**

# Work and money

MS can bring with it new financial demands and money worries. These booklets explain your rights at work, benefits you might be able to claim, and how to get other types of financial support like grants.



## Benefits and MS

A general guide to the benefits available for people with MS.

A4 booklet **Ref: BK23**

## Work and MS: an employee's guide

Practical information if you have MS and work for an employer.

A5 booklet **Ref: BK01**

**On our website, we also have information and toolkits for employers and employees.**

## Claiming Personal Independence Payment (PIP)

This booklet includes a question-by-question guide and a list of the Department of Work and Pensions descriptors. A4 booklet **Ref: BK11**

## The Work Capability Assessment: for ESA and Universal Credit

This booklet includes a question-by-question guide and a list of the Department of Work and Pensions descriptors. A4 booklet **Ref: BK25**



# Contact us



## MS Helpline

Freephone 0808 800 8000  
(closed weekends and bank holidays)  
helpline@mssociety.org.uk

## MS National Centre

0300 500 8084  
supportercare@mssociety.org.uk

## Online

[www.mssociety.org.uk](http://www.mssociety.org.uk)  
[www.facebook.com/MSSociety](https://www.facebook.com/MSSociety)  
[twitter.com/mssocietyuk](https://twitter.com/mssocietyuk)

## MS Society Scotland

0131 335 4050  
enquiries-scotland@mssociety.org.uk

## MS Society Northern Ireland

028 9080 2802  
nireception@mssociety.org.uk

## MS Society Cymru

0300 500 8084  
mscymru@mssociety.org.uk

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