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Yoga and Multiple Sclerosis by Loren M. Fishman & Eric L. Small. New York, Demos, 2007

It has been shown that gentle, low-impact yoga is the perfect exercise for people living with multiple sclerosis. This guide describes a variety of yoga poses that help combat fatigue, reduce spasticity, relieve stress, and increase range of motion. There are photographs and descriptions of each pose.

Availability for loan:

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616.83406 FIS Toronto Public Library System

COMMUNITY RESOURCES

Multiple Sclerosis Society - Toronto

175 Bloor Street East
Ste. 700 North Tower
Toronto, ON M4W 3R8
Tel: 416-922-6065 or 1-800-268-7582
E-mail: toronto@mssociety.ca

Multiple Sclerosis Society – Mississauga

875 Enola Avenue
Mississauga ON L5G 4R1
Tel: 905-278-6186
E-mail: info.mississauga@mssociety.ca

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Multiple Sclerosis



INTERNET SITES

The Multiple Sclerosis Society of Canada <http://www.mssociety.ca>

This is the site of Canada's only national voluntary organization which supports both MS research and services for people with MS and their families. It provides good general information about the condition, along with full details of the services and programs available. Access is also provided to all the provincial associations and their associated chapters.

The National Multiple Sclerosis Society <http://www.nmss.org>

This major U.S. advocacy group for the disease has a very comprehensive web site which offers help for patients and their families as well as material for health professionals and research news. It provides extensive information on the disease, as well as coping strategies and ways of connecting with other people who have MS.

Multiple Sclerosis Foundation <http://www.msfacts.org>

This is a U.S. based non-profit organization, whose primary mission is to ensure the best quality of life for those coping with MS by providing support and educational programs. The site provides comprehensive information about the disease, and offers several useful fact sheets and brochures.

Multiple Sclerosis International Federation <http://www.msif.org>

The MSIF is an international body linking the activities of National MS Societies around the world. Its web site is very informative and superbly designed, making it easy to navigate. It provides the latest research news, as well as information about the suspected causes,

symptoms, diagnosis and ways of coping with MS.

Jooly's Joint <http://joolysjoint.com>

This site is managed by a young woman with MS, Julie Howell, and it provides great support both for those living with the condition and their families and friends. The site offers opportunities for everyone to share their experiences in a positive way, including a lively international chat room and email discussion group.

MedlinePlus <http://www.medlineplus.gov>

This authoritative site has a lengthy list of links to articles and features on Multiple Sclerosis, including an Interactive Health Tutorial on the condition which allows the user to follow a slide show with sounds and pictures. At the MedlinePlus homepage, click on the Health Topics button. Click M on the resulting alphabetic display and follow the link for Multiple Sclerosis.

BOOKS

Multiple Sclerosis: a Guide for the Newly Diagnosed 3rd ed., by Nancy J. Holland, T. Jock Murray and Stephen C. Reingold. New York: Demos, 2007

This book has been written for anyone who is newly diagnosed with MS, as well as family members and friends. It is a guide to learning about the disease, its potential impact, and the medical treatments now available to help manage it successfully. The third edition includes discussion of the latest research and advances in clinical management.

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Managing the Symptoms of Multiple Sclerosis 5th ed. by Randall T. Schapiro. New York: Demos, 2007

This is a practical, informative and authoritative guide to dealing with the day-to-day difficulties caused by MS. This extensively updated edition covers every symptom and characteristic of the disease and offers proven methods for effective management.

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Multiple Sclerosis: 300 Tips for Making Life Easier 2nd ed. by Shelley Peterman Schwarz. New York: Demos, 2006

This invaluable guide contains tips, techniques, and shortcuts to help people with MS organize and simplify their lives. Topics include home safety, computers, grooming and dressing, mealtimes, travel ideas, and much more.

Availability for loan:

FM 465 S24 2006 Health Information & Wellness Centre, both locations
616.834 SCH Toronto Public Library System

Multiple Sclerosis: the Facts you Need revised ed. by Paul O'Connor. Toronto: Key Porter, 2002

Dr. O'Connor has impressive qualifications in the field of MS treatment, and he brings the wealth of his experience to this invaluable book. It is a comprehensive guide to living with the disease, supported by diagrams, case histories, a drug table and an extensive list of helpful books and organizations.