



# The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed

*Margaret Blackstone*

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## **The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed** Margaret Blackstone

One of the most widely recommended guides to living with multiple sclerosis, now completely revised and updated, including the latest research, the most recent information on treatments (including the news on Tysabri®), and new tips for managing MS. Multiple sclerosis is as much a mystery as it is a disease, but this chronic and often disabling condition of the central nervous system affects over 400,000 people nationwide. From the moment of her diagnosis in 2000, Margaret Blackstone took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step-by-step through their first year with MS. She provides crucial information about:

- The most up-to-date treatment options
- Effective alternative therapies
- Choosing the right medical team
- Discussing your condition with family, friends, and co-workers
- Current medical research
- Stress management and exercises
- Extensive online and community resources
- Strategies for accomplishing necessary lifestyle changes

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The actual book *The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed* has a lot associated with on it. So when you read this book you can get a lot of help. The book was published by the very famous author. Mcdougal makes some research prior to write this book. That book very easy to read you will get the point easily after reading this book.

#### **Aline Moran:**

People live in this new time of lifestyle always attempt to and must have the extra time or they will get large amount of stress from both daily life and work. So , once we ask do people have extra time, we will say absolutely indeed. People is human not just a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to a person of course your answer can unlimited right. Then ever try this one, reading guides. It can be your alternative with spending your spare time, often the book you have read is definitely *The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed*.

#### **John Bullard:**

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