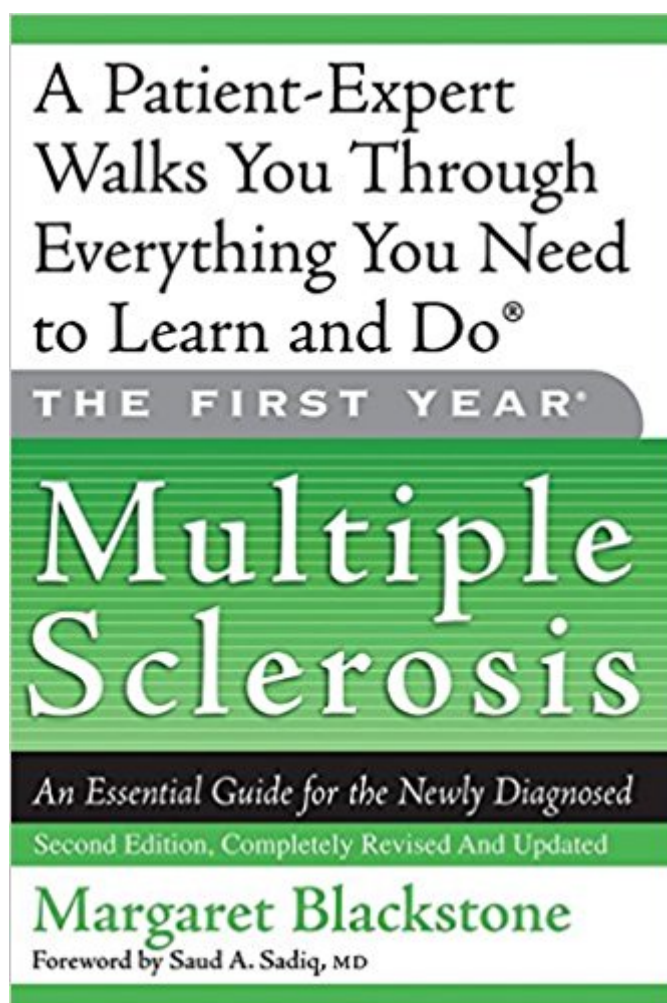


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# The First Year: Multiple Sclerosis: An Essential Guide For The Newly Diagnosed



## Synopsis

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

## Book Information

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## Customer Reviews

"[Offers] practical answers at a time of profound fragility." -- Richard Cohen  
"An important book for patients and their families. It includes resources for travel, MS Organizations, employment laws, alternative and complementary therapies, and medications."  
"Blackstone is an ideal person to write about the first year of living with MS... [she] delivers as truthful but 'don't panic' picture of MS, validating and informing about the facts, the fears, and the nuts and bolts."  
"In Margaret Blackstone's gracefully organized journey through the first year of multiple sclerosis, personal stories and

important information are seamlessly woven to provide comfort and power to those newly diagnosed. Ms. Blackstone's book offers the best medicine there is: hope through knowledge and positive action." -- Studs Terkel

Margaret Blackstone is a graduate of Yale University. She was awarded the Murray Fellowship and wrote and translated poetry in Mexico for a year. She is the author of several books on a variety of medical topics, including *Beat Diabetes* and *Recovering from a C-Section*, and a poet and an award-winning author of children's books. She lives in Greenwich Village with her family. Saud A. Sadiq, MD, is the Director of The Multiple Sclerosis Research and Treatment Center and Chairman, Department of Neurology, at St. Luke's Roosevelt Hospital in New York. Contributor residences: Blackstone: New York, New York; Sadiq: New York, New York

As another reviewer has said below, I was not impressed with the standard of research and referencing in this book. The drug section is indeed heavily biased towards the drug the author is taking and she even goes so far as to claim that other drugs are ineffective for most people-contrary to what the science says. I also found much of the emotional stuff moved too quickly for me- she really only deals with it in the first week, and as someone who has been diagnosed 6 weeks, I am still working towards the positive attitude that I should apparently have already. I also found the month 5 chapter on "life choices" difficult- the majority of stories are about how leaving your (bad) relationship will improve your life and I feel like the author doesn't acknowledge the immense comfort that a supportive partner can provide. I wouldn't recommend you purchase this to get you through the first year- I have found the information and counselling provided by my healthcare team and local MS society to be infinitely more helpful. If you are science-minded however, I found *Multiple Sclerosis: The Guide to Treatment and Management* to be an excellent evidence-based guide to the treatments out there.

I have MS and I want to know all about it because it is so unpredictable and I can't run to the ER every time something weird happens. This book helped me understand my MS better and now I know when a trip to the ER is really necessary. Everyone with MS or who knows someone with MS needs this book. The nurse that came to my house to show me how to give myself shots said you can't go back whatever damage the MS has done can't be changed, the goal now is to prevent future damage and this book will help

I was just Dx. with MS in January, 2016..this book has taught me a lot and I would recommend. It does teach you a lot about the disease and helps with the initial shock..BUT...this book does not teach you that there is a cure! If you are newly Dx. and going through the initial shock, learn everything you can about your disease...including how to beat it. Google HSCT, it's a stem cell transplant, using chemo and your own stem cells, to cure MS at a 93% success rate if you have relapsing remitting MS...Dr. Richard Burt in Chicago is in his third clinical trial with awesome results. But there are many places you can go to around the world for the same treatment for a fraction of the cost of what it cost in the United States...I will be going to Clinica Ruiz in Mexico to "reboot" my immune system....I implore all of you who are newly Dx. not to blow this cure off as being a scam...yes, there are scams out there, but you will find plenty of facebook groups that are supporting the legitimate hospitals and clinics for this treatment. Chicago, Mexico, Russia, Singapore, Philippines to only name a few. THERE IS A CURE None of these books will teach you this

My wife was diagnosed with MS earlier this year. It has been a very difficult year for us, as you can well imagine. She has actually been having severe symptoms for longer than that, but she was initially misdiagnosed. She has read three books so far on MS and quite a number of articles and blogs on the subject. She got a lot out of this read because it came from someone who has MS. She says it is a good resource.

Good book. For me it was not that interesting as lots of situations don't apply to my life. Also, I was not devastated to receive the "bad" news. I suspected that I had MS before the neurologist did. Good read for people who are devastated by the diagnosis and still working, raising a family or even just start dating.

Good resource for family

This book is worth buying if only for the extensive list of resources contained within. Beyond that, the author makes a terrifying and confusing disease seem less so. Gives patients all the information they need to know, with a big dose of "things will be okay, you can get through this" on the side.

I ordered this because a close family member was recently diagnosed with MS. I wanted a better understanding of his experience so that I could be supportive. I read it first, then sent it to him. He

said it's good. Lots of good advice. Well written. Author has MS herself. Reads like a memoir but is embedded with medical and emotional insights along with practical advice.

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