
Contents

FOREWORD BY SAUD A. SADIQ, MD	xv
PREFACE TO THE SECOND EDITION	xix
INTRODUCTION	xxi
DAY 1	
Living: Reeling	1
Learning: Beginning to Understand MS	4
DAY 2	
Living: Reeling Back In	9
Learning: Tests	14
DAY 3	
Living: Whom Do I Tell? What Do I Say?	18
Learning: Your Medical Team	24
DAY 4	
Living: Why Me?	29
Learning: Who Gets MS?	34
DAY 5	
Living: Telling Your Parents and Others	39
Learning: Diet, Exercise, MS, and You—A Preview	44

CONTENTS

DAY 6

- Living: Telling Your Employer and Business Colleagues 48
Learning: What Causes MS? 52

DAY 7

- Living: Coping with Fear 57
Learning: How to Relax 61

FIRST-WEEK MILESTONE 65

WEEK 2

- Living: Debunking MS Myths and Stereotypes 67
Learning: Your Treatment Options: Disease-Modifying Medications 70

WEEK 3

- Living: Think Wellness 79
Learning: Relapses and Exacerbations 83

WEEK 4

- Living: Making Daily Life Easier to Manage 87
Learning: Managing Your Symptoms 91

FIRST-MONTH MILESTONE 105

MONTH 2

- Living: Coping with Stress 107
Learning: Types of MS 116

MONTH 3

- Living: Your New Routine 120
Learning: Diet and MS 126

MONTH 4

- Living: Sex and MS 134
Learning: Making Exercise Your Ally 140

MONTH 5

- Living: Life Choices, Life Changes 147
Learning: Complementary and Alternative Medicine 151

MONTH 6

- Living: Traveling with MS 161
Learning: The Ins and Outs of Insurance 168

HALF-YEAR MILESTONE	177
MONTH 7	
Living: Home Safety for MS	179
Learning: Types and Levels of Disability	183
MONTH 8	
Living: Starting a Family	187
Learning: Improving Your Memory and Powers of Concentration	192
MONTH 9	
Living: Updating Your Medical Situation	196
Learning: Other Medication Options	202
MONTH 10	
Living: Your Relationships: What's Changed, What's Stayed the Same	205
Learning: Finding Support Groups	214
MONTH 11	
Living: Taking Stock	218
Learning: Trends in MS Research	223
MONTH 12	
Living: Looking Back, Moving On	229
Learning: How to Keep Learning—The Internet	233
GLOSSARY	237
FOR FURTHER READING	241
RESOURCES	243
ACKNOWLEDGMENTS	249
INDEX	253