



Multiple Sclerosis: A Guide for Families, Third Edition

Rosalind C. Kalb MD

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Because most people who are diagnosed with MS are between the ages of 15-55 years, the disease has a significant impact, not only on the individual with the disease, but also on the family members and loved ones whose lives are interwoven with them.

Families experiencing multiple sclerosis often find themselves in uncharted territory. Prior patterns of interacting with each other may no longer work; roles often shift with dramatic emotional impact; guilt, anger, sadness, and a sense of burden may create a barrier to intimacy, joy, growth, and family unity. There are ways out of this debilitating situation, and many families have restored their balance, humor, productivity and family solidarity. *Multiple Sclerosis: A Guide for Families* can lead the way for your family to strengthen its coping skills and to receive targeted information about the disease and its ramifications.

This complete yet highly readable guide for families living with multiple sclerosis addresses these issues and more. Families must learn how to strike a reasonable balance between the interests and needs of its members, and to accommodate the limitations imposed by MS without allowing them to impact every aspect of family life. This is easier said than done, and extensive discussions consider how the basic goals of living with this chronic disease can be met.

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