



MULTIPLE SCLEROSIS PHYSICIAN RESOURCES

This resource provides internet links that may be of interest to your patients diagnosed with multiple sclerosis. Many of these links will provide invaluable information to your patients and will help them understand their diagnosis, cope with symptoms and treatments, and improve their quality of life.

To use this resource in your clinical practice, please review the material below and select the individual links that you believe will be useful for each of your patients.

SYMPTOMS AND TREATMENT

National Institute of Neurological Disorders and Stroke

http://www.ninds.nih.gov/disorders/multiple_sclerosis/multiple_sclerosis.htm

This site through the National Institute of Health offers an informative yet simple overview of MS, focusing on symptoms and treatment options. There is also contact information for many of the different organizations in the US that focus on MS.

Mayo Clinic

<http://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/home/ovc-20131882>

The Mayo Clinic offers brief information on symptoms and treatment, both medical and self-care.

e-MPR

<http://www.empr.com/search/MS+Fact+Sheet/>

This site goes through the basic MS informational overview, and then focuses more on the treatments and types of drugs used to help disease symptoms.

The Consortium of Multiple Sclerosis Centers

http://www.mscares.org/?page=patient_resources

This site offers a number of patient resource kits for anyone diagnosed with MS, including kits for journaling and speaking with your provider regarding possible therapies.

Progressive MS

International Progressive MS Alliance

<http://www.progressivemsalliance.org/progressive-ms/>

This site offers patient information throughout multiple countries. Patients can contact any number of the alliance numbers for further information in their country. Resources online include diagnosis, treatment, challenges, and facts/figures.

MS Ireland

<http://www.ms-society.ie/home>

This site is provided to patients in Ireland and has informative sections on what to do upon being diagnosed, how to live with MS, caring for someone with MS, how to find and speak with healthcare professionals, as well as ways to take action locally.

RESEARCH AND EDUCATION**American Academy of Neurology**

http://patients.aan.com/disorders/?event=view&disorder_id=998

While this site does offer some overview information, it mainly focuses on current research and treatments, including clinical trials and animal research. From this site you can also access videos discussing research and trends in MS.

Accelerated Cure

<http://www.acceleratedcure.org/>

This site is dedicated to the ongoing research activities focused on finding a cure for MS.

Spanish MS Society

<http://www.esclerosismultiple.com/>

A non-profit organization that aims to improve the life of patients with MS in Spain, through providing information on the disease in regards to diagnosis, symptoms and treatments and the latest news on MS.

COMMUNITY AND LIVING WITH MS**www.dmsg.de**

<https://www.dmsg.de>

The German Multiple Sclerosis Society offers resources to medical professionals, as well as MS patients and their families seeking self-help, advice, and support. This site is only available in German.

UpToDate

<http://www.uptodate.com/contents/multiple-sclerosis-in-adults-the-basics>

This is a one-page overview of living with MS and has an illustration of what MS “looks like” in the body.

MS Argentine Center**CEMBA - Hospital Italiano de Buenos Aires**

www.esclerosismultiple.org

This website offers information in Spanish for patients newly diagnosed or living with MS, related to frequent symptoms, diagnostic procedures and current therapies.

It also displays a section with restricted access for physicians, containing educational medical resources, online courses and a forum for discussion.

MS Australia

<https://www.msaustralia.org.au/support-and-services/online-resources/ms-publications/info-sheets>

Based in Australia, this site focuses on life with MS. It offers recommendations on diet, exercise, MS in the workplace, pregnancy with MS, community support, and resources for caretakers.

Patients Like Me

<https://www.patientslikeme.com/conditions/1-multiple-sclerosis>

This is a forum-based site for MS patients. One must join (free) to access the forums and join in community discussions.

Can Do MS

<http://www.mscando.org/>

This site is dedicated to patient empowerment programs. You will find ways to get involved in community outreach, educational and fundraising events, videos, patient stories, and other useful resources.

MyMS

http://www.my-ms.org/symptoms_movement_disorders.htm

This site offers patients detailed information on lesser-discussed topics of living with MS, such as Cause and Effect, Immunology, Health Insurance, and Legal Questions.

MS Coalition

http://www.ms-coalition.org/cms/index.php?option=com_content&task=view&id=13&Itemid=41

A collaborative listing of independent MS Networks. The site offers education and advocacy information for patients and loved ones through links to partner sites.

Living with MS

<http://www.msif.org/living-with-ms/>

MS International Federation. A UK-based site that has a large section of patient information regarding being diagnosed and living with MS. There are expansive sections on treatments, family, staying healthy, and how to handle relationships after being diagnosed. Patients will also find information on current research and clinical trials.

shift.ms

<https://shift.ms/>

A social network for people with MS, run by people with MS. Serves as a worldwide social media site for anyone with MS, and friends and family of those living with MS.

European MS Platform (EMSP)

<http://www.emsp.org/>

A European advocacy site with information on current projects, news, resources, and how to get involved in policy. There is also a blog and media center.

European Federation of Neurological Associations (EFNA)

<http://efna.net/>

A site dedicated to patient-centered neurology groups. There are newsletters, annual reports, toolkits, and projects related to all types of neurological disorders including MS.

MULTIPLE TOPICS**BartsMS Blog**

<http://multiple-sclerosis-research.blogspot.com/>

The aim of this blog is to update patients on The London Neuroimmunology Group's latest research in MS. The purpose of their work is to improve our knowledge and understanding of MS with the goal of improving the lives of people living with this disease.

National Multiple Sclerosis Society

<http://www.nationalmssociety.org/What-is-MS>

One of the best patient-centered resources for information on MS. This site encompasses all topics from symptoms, diagnosis, treatment, prognosis, research, and wellness/living with MS. There are questions to talk to your physician about, patient experience stories, as well as ways to get involved in the MS community. Includes a link to a PDF Fact Sheet for patients.

MS Society of America

<http://mymsaa.org/ms-information/overview/>

This is a comprehensive site for patients whether newly-diagnosed, or living with MS. There is information on the history of MS, symptoms, treatment, types of disease, tests, etc. Here patients can also access an educational library of research articles and videos, or find out how to volunteer and fundraise.

APSFA

<http://www.apsfa.org/msinfo.htm>

The APS Foundation of America has a section on their site with basic MS information because MS and APS are often mistaken for one another. The site links you to MS organizations and resources.

Kompetenznetz

<http://www.kompetenznetz-multiplesklerose.de/en/for-patients>

A German site with detailed information on MS, including symptoms, treatment, clinical trials, and additional ongoing research.

National Health Service UK

<http://www.nhs.uk/Conditions/multiple-sclerosis/Pages/Introduction.aspx>

A British site with detailed information on MS, including symptoms, treatment, clinical trials, and additional ongoing research.

MS Society UK

<https://www.mssociety.org.uk/>

Similar to the other MS Society websites, this is a comprehensive site for patients whether newly-diagnosed, or living with MS, who are located in the UK. There is information on the history of MS, symptoms, treatment, types of disease, tests, etc. Here patients can also access an educational library of research articles and videos, or find out how to volunteer and fundraise.

MS Society Canada

<https://mssociety.ca/about-ms>

This is a Canadian site for patients whether newly-diagnosed, or living with MS. There is information on the history of MS, symptoms, treatment, types of disease, tests, etc. Here patients can also access an educational library of research articles and fact sheets, or find out how to volunteer and fundraise.

The National Organization for Rare Disorders

<http://rarediseases.org/rare-diseases/multiple-sclerosis/>

The National Organization for Rare Disorders page offers detailed information on MS, including symptoms, treatment, clinical trials, and additional ongoing research.

MS Trust UK

<https://www.mstrust.org.uk/>

This site encompasses all topics from symptoms, diagnosis, treatment, prognosis, research, and wellness/living with MS. There are questions to talk to your physician about, patient experience stories, as well as ways to get involved in the MS community. You can also access patient videos and research publications.

PHYSICIAN FOCUSED**MS International Federation**

<http://www.msif.org/about-us/advocacy/principles-to-promote-quality-of-life/>

A UK-based site that has developed principles for physicians and government agencies to follow in developing programs and treatment plans for patients who have been diagnosed with MS. The principles are provided in a variety of languages, including Arabic, Chinese, German, French, and Spanish. The aim is to promote and prolong quality of life amongst patients.

MStranlate

<http://www.mstranlate.com.au/>

A physician-centered site providing current trends in research, treatments, collaboration, lifestyle, and online forums and social media discussing MS.

European Academy of Neuroscience (EAN)

<https://www.ean.org/>

The EAN pages offer research and publications on a number of different neurology topics, including MS. The site is aimed at physicians as opposed to patients, and provides information on grants, fellowships, study programs, and CME.

European Committee for treatment and research in MS (ECTRIMS)

<http://www.ectrims.eu/>

The site for the world's largest professional organization dedicated to the understanding and treatment of multiple sclerosis. Offers physicians information on international meetings, conferences, research trials, fellowships, and publications.