

# facing the cognitive challenges of multiple sclerosis

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Jeffrey N. Gingold



# Facing The Cognitive Challenges Of Multiple Sclerosis

**Yan Bai**



## **Facing The Cognitive Challenges Of Multiple Sclerosis:**

Facing the Cognitive Challenges of Multiple Sclerosis Jeffrey Gingold, 2011-06-17 When attorney Jeffrey N Gingold misplaced his wife on the living room couch and lost awareness of his children little did he know that he was experiencing a hidden symptom of multiple sclerosis cognitive difficulties How do you handle getting lost while driving just blocks from your home Facing the Cognitive Challenges of Multiple Sclerosis is a courageous and compelling personal account of one man s anguishing struggle with this aspect of the disease It is written for the silent majority of MS patients who are privately dealing with MS cognitive symptoms and potential disabilities The National Multiple Sclerosis Society estimates that over 400 000 people in the U S have been diagnosed with multiple sclerosis and there are millions more worldwide Conservatively speaking half of them will encounter varying degrees of cognitive difficulties Facing the Cognitive Challenges of Multiple Sclerosis brings this hidden disability into the open It is an essential resource that will educate individuals coping with multiple sclerosis and inform their families caregivers doctors and therapists This new edition has been revised with on point cognitive strategies and updated MS resources The book includes a new foreword written by Dr Dawn Langdon of the UK MS Trust and four completely new chapters that follow Jeffrey s journey since 2006 He openly explores some MS physical symptoms which may accompany the thinking impediments that strike at his cognitive awareness and functions Jeffrey carves a path of finding physical and cognitive wellness as well as weighing the need to accept beneficial MS medical therapies Not only did he become more active in the movement to cure MS the progression of his MS led to a more controversial MS treatment in effort to make his disease manageable Jeffrey also shares the benefits of introducing a safety person into a life with MS and the strength gained from helping others even while they may be assisting you Whether or not a person is dealing with the cognitive issues associated with multiple sclerosis this book deserves to be on the bookshelf of every individual who is dealing with multiple sclerosis

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Mental Sharpening Stones Jeffrey Gingold, 2008-07-30 With an estimated 400 000 multiple sclerosis patients in the United States alone conservatively speaking

half of the MS population will encounter varying degrees of cognitive difficulties Newer studies point to a percentage of 65% affecting over 2.5 million world wide MS patients **Mental Sharpening Stones Manage the Cognitive Challenges of Multiple Sclerosis** provides real life techniques garnered from MS patients and their medical providers sharing their practical methods for pushing back against the disruptive and potentially disabling cognitive symptoms that affect MS patients The book offers strategies that will assist those living with MS to retain their intellectual faculties through sharpening their mental discipline This book is a vital step beyond acknowledging cognitive symptoms and the revealing changes that can affect those living with MS It will also inform those who know them physically mentally emotionally and spiritually The contributing writers of this book serve as exemplars and guides of how to live with and function despite MS cognitive challenges This book includes Tips and tricks for dealing with cognitive issues A conversation with Montel Williams A conversation with New York Times bestselling author Richard Cohen A conversation with Chief Justice of the Colorado Supreme Court Mary Mullarkey A portion of the proceeds from this book will be donated to the National Multiple Sclerosis Society and the Montel Williams MS Foundation

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approach to overcoming the depression anxiety and stress that goes hand in hand with MS Dr Farrell helps individuals and their families develop a better understanding of the effects that MS has on mood levels and anxiety and offers a plan of simple remediation in a self help format It s Not All in Your Head shows that MS patients depression and anxiety can be related to their medical condition Exercise can promote growth in brain connections and help alleviate depression Pain severity in MS can be lessened through stemming anxiety Social involvement is key to maintaining mental and physical health

**Home Accessibility** Shelley Peterman Schwarz, 2011-12-05 Written by the best selling author of Multiple Sclerosis 300 Tips for Making Life Easier and Parkinson s Disease 300 Tips for Making Life Easier Home Accessibility will help people with chronic illness physical disability temporary or permanent and In the Face Of Multiple Sclerosis Nicola Grant-Sewell, 2025-02-05 This is a story of resilience hope and the unexpected twists and turns of life Nicola Grant Sewell shares her personal journey from a comfortable life in Jamaica to the challenges of immigrating to Canada Her memoir details the struggles she faced including navigating a new country unexpected health issues and immigration hurdles The book begins with subtle health problems that eventually lead to a terrifying diagnosis multiple sclerosis Nicola s story isn t just about illness it s about the emotional rollercoaster of misdiagnosis the stress of dealing with a foreign healthcare system and the impact of the COVID 19 pandemic on her treatment Through it all Nicola displays incredible strength and determination She shares her coping strategies highlighting the importance of self advocacy in healthcare and the power of hope and perseverance Her story is a testament to the human spirit offering inspiration and a message of hope to others facing adversity This is a moving and honest account of one woman s journey filled with both heartache and triumph Learn how she overcame obstacles and found strength in the face of uncertainty It s a story of family faith and the untiring pursuit of a better life Multiple Sclerosis Dr Nicholas LaRocca, Rosalind Kalb, MD, John DeLuca, Lauren Caruso, 2006-06 The National Multiple Sclerosis Society estimates that more than half of all people with MS suffer some form of cognitive difficulty Although symptoms and severity can vary the emotional and social impact can be devastating This invaluable resource written for patients and their families offers an in depth discussion of cognitive difficulties including changes that can occur helpful strategies for dealing with their impact in daily life and a detailed overview of treatment options

**Multiple Sclerosis** Theodore Sutton, 2016-12 Multiple sclerosis MS is an autoimmune inflammatory demyelinating disease of the central nervous system CNS and one of the leading causes of disability in young adults This book discusses perspectives clinical aspects and cognitive challenges of MS Chapter One focuses on the analysis of the data on immunogenetic markers cytokines chemokines adhesion molecules and autoantibodies known to play a role in disease progression and the associated cognitive dysfunction Chapter Two presents an update of the existing literature on the subject of comorbid psychiatric disorders in MS Chapter Three examines MS patients awareness of the disease and compliance with pharmacological treatments **Fast Facts: Cognition in Multiple Sclerosis** Dawn Langdon, Carolyn

Young,2023-03-14 Difficulties with cognition are an assault on ourselves and our identities In the context of the unpredictable and often progressive course of multiple sclerosis MS reductions in information processing memory function and other mental faculties can be a heavy burden for people with MS PwMS Fast Facts Cognition in Multiple Sclerosis was written to support healthcare professionals HCPs working in MS clinics and other services Each chapter is designed to be read as a standalone text The authors aim with this book is to bring increased understanding and confidence to everyone facing the challenges of dealing with cognitive impairment linked to MS This Fast Facts publication has been commissioned by S Karger Publishers Ltd Bristol Myers Squibb has provided financial sponsorship towards the development of this edition Bristol Myers Squibb has selected the title and chosen and paid the authors and support focus group attendees Bristol Myers Squibb has had no editorial control of the content of this book outside of reviewing the content for factual accuracy and compliance with the ABPI code

**American Book Publishing Record** ,2006 Interdisciplinary Rehabilitation of Multiple Sclerosis and Neuromuscular Disorders F. Patrick Maloney,Jack S. Burks,Steven P. Ringel,1985 Mind, Mood, and Memory Anthony Feinstein,2022-03-01 A unique resource for all health care practitioners caring for people with multiple sclerosis Endorsed by The Consortium of Multiple Sclerosis Centers Multiple sclerosis MS a progressive neurologic disease is characterized by a host of physical symptoms But the neurobehavioral consequences of MS can be as devastating and debilitating as physical symptoms and they are often unreported and undertreated In this new book Dr Anthony Feinstein a neuropsychiatrist documents the effects of MS on cognition information processing speed learning and memory executive function personality mood and behavior Feinstein touches on a number of topics including the common cognitive challenges that occur with MS such as slowed information processing speed impaired memory and executive function deficits psychiatric disorders that accompany MS such as depression and psychosis current neuropsychological brain MRI and treatment data applicable to the psychiatric and cognitive disorders Mind Mood and Memory in Multiple Sclerosis is enhanced both by the latest science and by eloquent case histories that illustrate each cognitive and emotional disorder Feinstein also provides recommendations for evidence based therapeutic interventions Written in an immediate accessible way this book has a crossover appeal making it of interest not only to neurologists psychiatrists neuropsychiatrists neuropsychologists psychologists occupational therapists and nurses but also to people with MS and their caregivers family and friends

**Alternative and Complementary Treatment in Neurologic Illness** Michael I. Weintraub,2001 ALTERNATIVE AND COMPLEMENTARY TREATMENT IN NEUROLOGIC ILLNESS provides comprehensive coverage of alternative remedies and techniques used to treat and alleviate symptoms of neurologic disorders Like other volumes in the Medical Guides to Complementary and Alternative Medicine series it provides integrated coverage of traditional allopathic and complementary approaches and how they can be applied as viable treatment options It discusses the strengths and weaknesses of clinical studies and offers a practical approach to various neurologic symptoms and syndromes By

understanding these alternative therapies medical students and practitioners will feel more comfortable recommending complementary therapies to their patients A volume in the Medical Guides to Complementary and Alternative Medicine Series   **Essentials of Family Practice** Robert E. Rakel,1993 This handy book is a condensed modified and economical version of the larger landmark book TEXTBOOK OF FAMILY PRACTICE In this convenient format the text discusses body systems diseases and disorders encountered in family practice Chapters focus on the nature of family medicine ethics family issues related to health care interviewing techniques disease prevention medical records and more Includes useful case studies throughout the text   **Abstracts** ,1977   Practical Guide to Geriatric Medicine Ranjit N. Ratnaike,2002 This book is a comprehensive guide to a range of medical conditions and pertinent topics to improve the quality of life of older people The book adopts a practical systematic approach with easy access to medical and other problems of importance to the elderly  
    **Journal of Disability Policy Studies** ,2007

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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Facing The Cognitive Challenges Of Multiple Sclerosis**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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