



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

*Margaret Blackstone*

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

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**The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed** Margaret Blackstone  
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

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