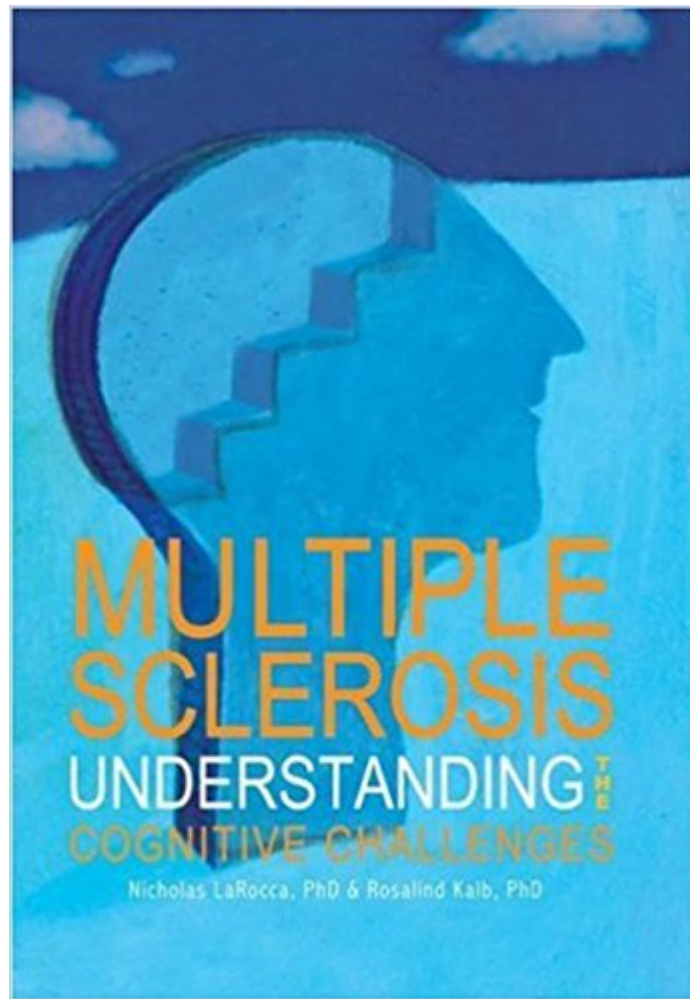


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# Multiple Sclerosis: Understanding The Cognitive Challenges



## Synopsis

"Despite the prevalence of disabling cognitive symptoms among people living with multiple sclerosis, there is a dearth of literature on this important topic. *Multiple Sclerosis: Understanding the Cognitive Challenges* is the first comprehensive discussion of MS-related cognitive dysfunction, including the changes that can occur, their assessment and treatment, and strategies for dealing with their impact in daily life. Written by two clinical psychologists with special expertise in MS, and with contributions by two leading neuropsychologists, the book answers all questions patients may have about their condition, including:

- A definition of cognition and discussion of the processes that underlie human thought
- The emotional and social impact of cognitive changes
- The neuropsychological evaluation of cognitive symptoms
- Detailed overview of treatment options
- Vignettes describing the real-life experiences of a person with cognitive dysfunction
- Extensive references to the scientific literature

Combining detailed, referenced advice with hands-on strategies for living, this is the only book to provide in-depth information about cognitive dysfunction. It will be an invaluable reference to patients, families, and caregivers, as well as health professionals who care for people with MS."

## Book Information

Paperback: 152 pages

Publisher: Demos Health; 1 edition (June 1, 2006)

Language: English

ISBN-10: 193260331X

ISBN-13: 978-1932603316

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,261,785 in Books (See Top 100 in Books) #180 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis](#) #911 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #1371 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology](#)

## Customer Reviews

Like so many topics relating to multiple sclerosis, cognitive challenges are hard to pinpoint because they vary among patients and can be affected by other factors as well, such as age or other neurologic conditions. I thought the authors have done a good job listing and defining elements of

the subject: cognition, the assessment of cognitive changes, treatment, and coping and/or managing strategies. I must insist that fatigue does effect cognitive abilities. Most of us with the disease will probably agree that tasks requiring cognitive skills are better fulfilled early in the day or after a period of rest. More tests of this connection will, I believe, bear out the ideas given here. This is definitely an important read for MS-ers and those who interact with them.

As a Multiple Sclerosis Certified Nurse who also has MS, I found this to be a fairly comprehensive, yet easily understood discussion of why we sometimes falter mentally with MS. The description and role of neuropsychological testing in treatment and defining disability was sketchy at best but did provide a basic underpinning for the logic of doing this type of testing. What I did not agree with was the role of fatigue and cognitive deficit. The authors were clear that they were aware of this correlation but could find no proof. Their sample sizes in the studies done in this area were, admittedly, quite small.

There isn't a lot out there specifically dealing with the cognitive issues associated with MS, but of the books I've read so far, this is the most comprehensive. Clearly written and organized, with helpful suggestions.

This book was an easy read but it shared alot of information. I have a personal interest in the subject of this book. I was pleased that it was NOT written like a medical journal. I reccommend it to anyone interested in MS.

This is an easy to read book full of relevant information great for anybody who is facing the challenges of mental lapses

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