

Scleroderma Coping Strategies

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Women and Multiple Sclerosis Duane O'Mahony 2010 Multiple sclerosis (MS) is the most common chronic neurological disease of the central nervous system that affects over 2.4 million people world-wide. Disease onset usually occurs in young adults, and it is more common in females. The exact cause of MS is unknown, but an environmental factor is thought to trigger MS in genetically predisposed persons. This book focuses on MS and its effects on women with regards to quality of life, reproduction and bone health. Fatigue, as one of the most common symptoms of multiple sclerosis (MS), is also examined in this book - in particular, the relational coping strategies used by mothers with MS to manage their fatigue while parenting young children. A discussion on the sex related differences concerning MS presentation, signs and symptoms, therapeutics, response to treatment and quality of life among patient populations is included, as well as the relationship between self-efficacy, self-esteem, hope and disability in women with multiple sclerosis.

Multiple Sclerosis For Dummies Rosalind Kalb 2012-05-08 Your trusted, compassionate guide to living with MS Being diagnosed with multiple sclerosis (MS) doesn't mean your life is over. Everyone's MS is different and no one can predict exactly what yours will be like. The fact is, lots of people live their lives with MS without making a full-time job of it. Multiple Sclerosis For Dummies gives you accessible, easy-to-understand information about what happens with MS—what kinds of symptoms it can cause, how it can affect your life at home and at work, what you can do to feel and function better, and how you can protect yourself and your family against the long-term unpredictability of the disease. You'll learn how to make treatment and lifestyle choices that work for you, what qualities to look for in a neurologist and the rest of your healthcare team, how to manage fatigue, the pros and cons of alternative medicine, why and how to talk to your kids about MS, stress management strategies, your rights under the Americans with Disabilities act, and so much more. Covers major medical breakthroughs that slow the progression of the disease and improve quality of life for those living with MS Helps those affected by MS and their family members understand the disease and the latest treatment options Helpful and trusted advice on coping with physical, mental, emotional, and financial aspects of MS Complete with listings of valuable resources such as other books, websites, and community agencies and organizations that you can tap for information or assistance, Multiple Sclerosis For Dummies gives you everything you need to make educated choices and comfortable decisions about living with MS.

Coping Strategies of Multiple Sclerosis Patients and Their Families ... Donna B. Stauber 1993

Occupational Therapy Practice and Research with Persons with Multiple Sclerosis Marcia Finlayson 2013-04-15 Discover strategies to enhance quality of life and promote social and community participation for people with MS! Occupational Therapy Practice and Research with Persons with Multiple Sclerosis will familiarize you with the complex issues experienced by people who have multiple sclerosis, suggesting ways to enhance your practice or research with this population. This vital resource fills a void in the scarce literature on occupational therapy and multiple sclerosis, providing you with a unique single-source reference on the subject. This book compiles the work and contributions of experts from Europe, Australia, Canada, and the United States—from a variety of fields, including occupational therapy, medicine, physical therapy, and psychology. This thought-provoking book offers new perspectives on potential assessment and intervention ideas and provides information that could be used for broader program planning. This extensive resource will give you a deeper appreciation of the MS disease process and its influence on everyday living for persons with MS and their families. In this collection, you will learn more about: the health-related service needs of older adults with MS the range of fatigue assessment tools that are available for clinical and research applications the effect of wheelchair use on quality of life the implications of tremor on everyday activities the development and use of Lifestyle Management Programs© coping processes used by women with MS as they age the symptom and functional limitation profiles experienced by people with MS that lead to referrals to occupational therapy Occupational Therapy Practice and Research with Persons with Multiple Sclerosis contains charts, figures, graphs, and bibliographies to augment the research and studies found in this book. Also provided are contributions by Dr. Nicholas G. LaRocca—a well-known MS researcher—and Dr. Carol A. Gaetjens—an educator with MS. Occupational therapy students, clinicians, and researchers working with individuals and families who are affected by MS will find this book an important resource in their profession.

Factors Contributing to the Quality of Life Among Individuals with Multiple Sclerosis Margaret Kathryn Howlett 2010

Rehabilitation of the Hand and Upper Extremity, E-Book Terri M. Skirven 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity, Rehabilitation of the Hand and Upper Extremity helps you return your patients to optimal function of the hand, wrist, elbow, arm, and shoulder. Leading hand surgeons and hand therapists detail the pathophysiology, diagnosis, and management of virtually any disorder you're likely to see, with a focus on evidence-based and efficient patient care. Extensively referenced and abundantly illustrated, the 7th Edition of this reference is a "must read" for surgeons interested in the upper extremity, hand therapists from physical therapy or occupational therapy backgrounds, anyone preparing for the CHT examination, and all hand therapy clinics. Offers comprehensive coverage of all aspects of hand and upper extremity disorders, forming a complete picture for all members of the hand team—surgeons and therapists alike. Provides multidisciplinary, global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors. Includes many features new to this edition: considerations for pediatric therapy; a surgical management focus on the most commonly used techniques; new timing of therapeutic interventions relative to healing characteristics; and in-print references wherever possible. Features more than a dozen new chapters covering Platelet-Rich Protein Injections, Restoration of Function After Adult Brachial Plexus Injury, Acute Management of Upper Extremity Amputation, Medical Management for Pain, Proprioception in Hand Rehabilitation, Graded Motor Imagery, and more. Provides access to an extensive video library that covers common nerve injuries, hand and upper extremity transplantation, surgical and therapy management, and much more. Helps you keep up with the latest advances in arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management—all clearly depicted with full-color illustrations and photographs.

Scleroderma Coping Strategies B. Bianca Podesta 2011-02-15 A kind of "how-to" guide for dealing with scleroderma.

Scleroderma Patients' Commitment to Illness Management Shohreh V. Anand 2018 The management of chronic diseases is described as the "health challenge of the 21st century" by the World Health Organization. Patients' active role in managing their illness is considered, by many, as central in addressing this challenge. This study explored and described, through scleroderma patients' own perceptions and understanding, their commitment to illness management, including how they were involved in dealing with their illness and how they learned to do so. The role of social interactions, in particular, support groups, in this process was also investigated. Using a mixed-methods approach, 201 patients were surveyed, and 25 in-depth interviews were conducted. The quantitative results of this study indicated that 64% of patients were committed in managing their illness by being highly active in dealing with their illness. An increase in activation was associated with longer disease duration in the first decade of illness. Additionally, the patients with high social support were more active.

When the Body Says No Gabor Maté, MD 2011-02-11 NATIONAL BESTSELLER In this accessible and groundbreaking book -- filled with the moving stories of real people -- medical doctor and bestselling author of Scattered Minds, Gabor Maté, shows that emotion and psychological stress play a powerful role in the onset of chronic illness. Western medicine achieves spectacular triumphs when dealing with acute conditions such as fractured bones or life-threatening infections. It is less successful against ailments not susceptible to the quick ministrations of scalpel, antibiotic or miracle drug. Trained to consider mind and body separately, physicians are often helpless in arresting the advance of most of the chronic diseases, such as breast cancer, rheumatoid arthritis, Crohn's disease, multiple sclerosis, fibromyalgia, and even Alzheimer's disease. Gabor Maté has found that in all of these chronic conditions, there is a common thread: people afflicted by these diseases have led lives of excessive stress, often invisible to the individuals themselves. From an early age, many of us develop a psychological coping style that keeps us out of touch with the signs of stress. So-called negative emotions, particularly anger, are suppressed. Dr. Maté writes with great conviction that knowledge of how stress and disease are connected is essential to prevent illness in the first place, or to facilitate healing. When the Body Says No is an impressive contribution to current research on the physiological connection between life's stresses and emotions and the body systems governing nerves, immune apparatus and hormones. With great compassion and erudition, Gabor Maté demystifies medical science and, as he did in Scattered Minds, invites us all to be our own health advocates. Excerpt from When the Body Says No "Only an intellectual luddite would deny the enormous benefits that have accrued to humankind from the scrupulous application of scientific methods. But not all aspects of illness can be reduced to facts verified by double-blind studies and by the strictest scientific techniques. We confine ourselves to a narrow realm indeed if we exclude from accepted knowledge the contributions of human experience and insight. . . . "In 1892 William Osler, one of the greatest physicians of all time, suspected rheumatoid arthritis to be a stress-related disorder. Today rheumatology all but ignores that wisdom, despite the supporting scientific evidence that has accumulated in the 110 years since Osler first published his text. That is where the narrow scientific approach has brought the practice of

medicine. Elevating modern science to be the final arbiter of our sufferings, we have been too eager to discard the insights of previous ages."

The Relationship Between Coping Strategies and Adjustment to Multiple Sclerosis Dayna M. Davis 1998

Practical Management of Systemic Sclerosis in Clinical Practice Marco Matucci-Cerinic 2020-12-18 This book provides a practical guide for managing a variety of problems encountered by the clinician in managing patients with systemic sclerosis. Chapters take a problem-orientated approach to help the reader cut through potential barriers that can arise when working with different medical specialities. Management strategies for a broad range of conditions, including pericardial and pleural effusion, sicca syndrome, calcinosis and watermelon stomach, are presented. Practical Management of Systemic Sclerosis in Clinical Practice describes a range of problems and clinical items encountered by a variety of medical professionals who encounter these patients. It is a valuable resource for rheumatologists, immunologists, specialist nurses and primary care professionals.

The Scleroderma Book Maureen D. Mayes 2005-05 "The ultimate resource for patients and their families seeking to gain a better understanding of this complex disease."--Back cover.

Psychological Issues in Amyotrophic Lateral Sclerosis Francesco Pagnini 2016-03-02 Amyotrophic lateral sclerosis is a fatal and progressive disease, characterized by progressive muscle weakness, with consequent loss of physical capacities. Patients become relentlessly immobile and, in the late stages of the disease, develop a "locked-in" state in which only residual muscular movement is possible, but the intellect and the personality usually remain unimpaired. At now, there is no cure for ALS. The psychological impact of the disease is huge, on both patients and caregivers. Aim of the present Research Topic is to collect new evidence about quality of life, depression, anxiety, pain, spiritual and existential issues, hope and hopelessness in the ALS field, with attention to both patients and their caregivers. Emphasis will be provided to the investigation of psychological support and the possible role of psychologists in this challenging field. Keywords: Amyotrophic Lateral Sclerosis; Health Psychology; Clinical Psychology, Motor Neuron Disorder; Quality of Life. Subtopics: The subtopics to be covered in the Research Topic include, but not limited to: 1. Assessment of psychological variables in ALS 2. Quality of life during the course of the illness 3. Impact of technological assistance to illness (wheelchairs, NIV...) 4. Interfaces among biological, psychosocial, and social factors 5. Psychological and psychotherapeutic interventions 6. Couple and family relationships 7. Research methodology, measurement and statistics 8. Cultural and social features of ALS 9. Professional issues, including training and supervision 10. Implications of research findings for health-related policy

Supporting People with Scleroderma Katherine Milette 2018 "Reducing the burden of chronic diseases has been identified as a health priority by National and International health organizations around the world, and community-based supportive interventions have been proposed as one possible way of achieving this goal. In general, receiving social support has been found to impact health and benefit many individuals with chronic disease who are engaged in disease management efforts. Scleroderma is a rare and complex rheumatic, autoimmune disease that affects the connective tissues and people who receive a diagnosis can experience a wide variety of challenges in their daily life. Because of the unique challenges that rare disease patients can experience related to the disease impact and navigating health care, people diagnosed with scleroderma may benefit from a variety of supportive interventions to help them better cope. However, no definitive conclusions can be drawn at this time about the unique support needs of people with scleroderma since qualitative investigations directly looking at coping and social support for scleroderma are limited. In the current dissertation research, two distinct focus group studies were conducted using a social constructionist framework. The purpose of Study 1 was to explore differing perspectives regarding the challenges experienced and strategies used while coping with scleroderma, through focus group discussions with people who have a diagnosis of scleroderma (4 focus groups, n=34) and health care professionals working with patients with scleroderma (1 focus group, n=8). The purpose of Study 2 was to perform an exploratory, follow-up investigation to Study 1 to deepen our understanding of patient perspectives about the influence of social support on the ability to cope with scleroderma (4 focus groups, N=19). Findings from Study 1 provided a deeper understanding of the unique challenges experienced by people with scleroderma while actively coping with the disease, including problems accessing information (e.g., from healthcare professionals), dealing with negative emotions (e.g., related to misunderstandings with loved ones), and accessing resources (e.g., effective scleroderma treatments). Study 1 also provided knowledge about helpful strategies to address those coping challenges (e.g., advocating for your needs and learning to problem solve). Next, findings from Study 2 showed that to better cope with their disease, individuals with scleroderma often relied on close social relationships to provide different types of support, such as emotional, informational, and instrumental support. In addition, different relational factors were identified that either enhanced or impeded the ability of people with scleroderma to rely on social support to cope with their disease, including different issues related to communication style, active engagement, and complementarity. Implications of the dissertation findings and future direction for research will be discussed." --

The Information Needs and Information-seeking Patterns of Women Coping with and Adjusting to Multiple Sclerosis Lynda Baker 1994 Multiple sclerosis (MS) is a chronic neurological disease with an unpredictable course and no known cause or cure. Coping strategies of people with MS may therefore yield insights into information-seeking patterns. This study of information preferences was based on Miller's (1980) theory of information-seeking, which states that some people (monitors) cope by actively seeking information, while others (blunters) reject information. In this study, 251 female MS clinic patients were classified through the Miller Behavioral Style Scale (MBSS) as either monitors or blunters and by the length of time since diagnosis. It was hypothesized that monitors (in contrast to blunters) would be more interested in information regardless of phase of the disease, format or specificity of information. In Part One of this study, 160 women completed a mail survey designed to assess their interest in and desire for information on 29 topics relevant to MS, as well as the preferred formats of this information. The results revealed that monitors expressed preferences for more information than did blunters in earlier phases of the disease, while blunters became interested and wanted information in later phases of the disease. Videos, magazines, pamphlets and books were the most preferred formats for information on multiple sclerosis. Physicians and spouses were the most common human resources, though preferences varied with topic and format. In Part Two, an additional 93 women with MS, also classified as monitors or blunters were asked to assess a general or a specific pamphlet on one of two topics (fatigue or treatment of acute attacks). More monitors than blunters rated the pamphlet they had received as relevant, regardless of the specificity of information. This study contributes to the development of a methodology for studying information-seeking patterns and suggests that information providers (e.g., MS societies, health care professionals and librarians) may need to consider general orientation to information as well as phase of the disease in order to meet the information needs of women with MS.

Coping Profiles and Health Outcomes Among Individuals with Systemic Sclerosis 2016 Systemic sclerosis (SSc) is a severe rheumatic disease with extensive implications for quality of life. Physically, the disease causes fatigue, chronic pain, and functional disability. Mentally, the disease is associated with body image distress, anxiety, and depression. Coping represents a mechanism by which individuals living with a chronic illness can exercise control over the situation and adapt more successfully. The primary aims of this study were to (1) identify coping-based profile groups, and (2) compare the coping-based profile groups on physical health and mental health outcomes. Participants included 94 adults with confirmed diagnoses of SSc. Data were drawn from a larger study, and were cross-sectional and archival in nature. A latent profile analysis was conducted to create profiles derived from participants' raw scores on coping subscales including problem-focused (PF), wishful thinking (WT), seeking social support (SS), avoidance (AV), self-blame (SB), blaming others (BO), counting one's blessings (CYB), and religiosity (RG). A three-profile solution was supported statistically and substantively. Low Copers (n = 7) were characterized by a below-average use of coping across all eight subscales. Conversely, High Copers (n = 23) exhibited an above-average use of coping across all eight subscales. Mixed Copers (n = 64) demonstrated infrequent use of BS, SS, AV, BO coping strategies and frequent use of the PF, WT, CYB, RG coping strategies. ANCOVAs were conducted to examine whether the profile groups differed in physical health, and whether the groups differed in psychological health. A significant effect was found for psychological health. Post hoc comparisons revealed significant differences in psychological distress between Low Copers and High Copers, and Mixed Copers and High Copers, with High Copers exhibiting significantly greater levels of distress when compared with the other two groups. This finding raises an interesting question about whether engaging in frequent use of a variety of coping strategies is related positively to one's psychological health, as has been assumed, or whether it may reflect distress. It is recommended that future research on coping with SSc employs an LPA approach, but also collects data at multiple time points to explore the causal relationship of coping and health.

Clinical Management in Psychodermatology Wolfgang Harth 2008-11-14 Psychocutaneous Medicine offers an overview of diseases in psychosomatic dermatology and creates a bridge between cutaneous and emotional disorders using extraordinary illustrations and clinical images of psychosomatic dermatology. It covers both common and rare diseases and helps doctors and psychologists recognize and deal with psychosocial features in dermatology and venerology. This superbly illustrated clinical atlas with concise text passages follows the American diagnosis classification DSM-V and current evidence-based guidelines. It allows rapid recognition of masked emotional disorders and thus administration of the most effective and efficient treatment as early as possible. Hone your diagnostic vision for psychosomatic disorders. Treat your patients efficiently and effectively. Psychocutaneous Medicine is a picture atlas and textbook that is indispensable for dermatologists, psychologists, pediatricians and general practitioners.

The Relationship Between Neuropsychological Test Performance and Coping Strategies in Individuals with Multiple Sclerosis Vickie M. Jean 1996

The Principles and Practice of Medicine Sir William Osler 1898

Relationships of Positive and Negative Affect to Coping and Functional Outcomes in Systemic Sclerosis Ingunn Hansdottir 2002 A vast literature has shown that chronic illness has a negative impact on emotional adjustment. To date conceptual models guiding this research have focused on negative emotions and psychopathology. However, most people with chronic illness do not meet criteria for a diagnosable disorder, suggesting that our focus should be on normal emotional processes instead. Based on the two-dimensional model of emotion proposed by Watson and Tellegen (1985), which suggests two distinct factors of emotion, positive affect (PA) and negative affect (NA), the present study extended previous research by examining the role of both PA and NA in adjustment to chronic illness. It was hypothesized that PA and NA would represent distinct aspects of emotional well-being with separate influences on factors related to adjustment to chronic illness. Participants were 96 patients with confirmed diagnoses of Systemic Sclerosis, a severe and chronic rheumatic disease. As part of a larger longitudinal study,

participants completed self-report measures assessing PA and NA (Positive and Negative Affective Schedule; PANAS), coping (Revised Ways of Coping Checklist), and functional outcomes (pain and disability measured with the Health Assessment Questionnaire). Confirmatory factor analysis indicated that PA and NA constituted separate, negatively correlated factors. The utility of assessing both PA and NA was further supported by differential relationships of PA and NA to coping and functional outcomes. Hierarchical regression analysis showed that relations among coping, affect and functional outcomes were consistent with a mediational model, in which affect was found to mediate the association between coping and functional outcomes after controlling for disease severity. Adaptive coping was associated with higher PA, and PA was related to better functional outcomes, i.e. lower levels of pain and disability. Maladaptive coping was associated with higher NA, and NA was related to higher levels of pain. Using a latent structural equation modeling approach, the mediational model yielded a marginally acceptable fit to the data. Implications suggest the importance of assessing both PA and NA in order to fully understand the process of adjusting to chronic illness, as well as to identify mechanisms that lead to improved functional outcomes in systemic sclerosis.

My Story Amelia Davis 2004-03-01 In a series of dramatic essays and photographs by the renowned San Francisco-based photographer Amelia Davis, My Story is an evocative description of what it is like to live with multiple sclerosis (MS), a disease that affects about 350,000 Americans and whose cause is still not entirely known. The essays and accompanying photographs in this highly engaging, beautifully illustrated book poignantly portray the lives of thirty-two men and women from the ages of seventeen to seventy and of various ethnicities, and socio-economic backgrounds who share the challenge of living with MS. Some, like Amelia, use no mobility aids, while others use canes, wheelchairs, or electric scooters. All have had to face the challenges and limitations that MS has imposed upon their lives, and each has devised unique and often creative coping strategies. Accompanying each essay are commentaries by family members and friends that express their own personal feelings and experiences of living with this disease. Here are the inspirational stories of women, men, and children who live with this disease. Many have children; one or two are currently expecting them. Treatments and therapies for slowing the progression of the disease are revealed and shared, from the latest advances in prescription medication to alternative methods of coping, including yoga, exercise and competitive sports, creative activities such as writing and art, and even community activism. A wide range of accompanying stories by spouses, children, and other loved ones depict the ups and downs of living and caring for someone who has MS, from the moment of first diagnosis to dealing with its ongoing challenges. All are strong reminders of the selflessness of the human spirit, and its ability to nurture and remain strong under even adverse circumstances. Highly motivating and deeply inspirational, My Story will be welcomed by anyone who lives with or shares the life of someone who has MS.

Benefits of Multiple Sclerosis and Quality of Life. The Mediating Role of Coping Strategies Jose Luis Gonzu00e1lez-Castro 2017 Multiple Sclerosis (MS) is an immune mediated process affecting a person's central nervous system. This illness has a significant impact in social relationships, autonomy, or psychological wellbeing reducing the quality of life of those who suffer the illness. Nevertheless, studies have shown that people with MS may also find positive aspects, or benefits, from the illness. These relate to survival strategies based on the search for meaning aimed towards improving Quality of life (QoL) defined as a subjective and objective feeling of general wellbeing or satisfaction regarding important aspects of one's life. The way people use cognitive and behavioral strategies and mechanisms to try to master, minimize or adapt to stressful situations is termed coping. The aim of this study was to analyze the mediating role of coping strategies in the relationship between perceived benefits of MS and Quality of Life. 250 participants took part in the study with a mean age of 41.74 years (sd = 10,34). Participants answered the following measures: Functional Assessment of Multiple Sclerosis (FAMS) (Cella et al., 1996). The Brief COPE-28 (Carver, 1997: problem based, emotional based and other coping strategies). The Psychosocial impact of multiple sclerosis (Mohr et al., 1999; only the benefits of MS subscale). SPSS v.24 and Process v. 3 were used in the analysis. Results from the mediation analysis showed that benefits had no direct effect on QoL. Benefits did have a positive significant effect on emotional support, planning and self-distraction, and marginal and positive on acceptance. Acceptance and emotional support had a positive effect on QoL while denial, planning and self-distraction had a negative effect on QoL. Indirect effects of the mediation show that denial had no significant mediating role, and that acceptance and emotional support positively mediated between benefits and QoL improving the latter. Planning and self-distraction negatively mediated the relationship between benefits and QoL. This study shows that the idea that positive growth from MS can improve QoL is only found when emotional, and not problem, based, coping mechanisms, are used. These results render support for flexibility theories regarding the adaptive nature of coping strategies or mechanisms.

Voices of Scleroderma International Scleroderma Network 2004-08 Contains anecdotes and experiences of people with scleroderma or with loved ones who have it. Living with Progressive Multiple Sclerosis June Halper, MSN, ANP, FAAN 2007-10-19 According to the National Multiple Sclerosis Society, 15% of MS patients are diagnosed with the progressive form of the disease and experience symptoms such as tremor, poor coordination, difficulty walking, and other problems from the start. While an additional 50%, of those diagnosed with relapsing-remitting MS, will develop progressive MS within 10 years. Living with Multiple Sclerosis: Overcoming the Challenges, 2nd Edition is written for people who have been diagnosed with the progressive form of multiple sclerosis. It focuses on the newest advances in managing worsening symptoms and offers hope to MS patients facing the future. This concise and practical overview educates patients about diagnosis, disease-modifying therapies, managing difficult symptoms, and coping strategies. Other topics include: Top Ten Questions about Progressive MS Can Progressive MS be Treated? Vocational and Legal Issues A Glimpse into the Future This encouraging and informative book will be a welcome addition to any patient, healthcare professional, or institutional library.

Coping with Chronic Illness and Disability Erin Martz 2007-09-23 This book synthesizes the expanding literature on coping styles and strategies by analyzing how individuals with CID face challenges, find and use their strengths, and alter their environment to fit their life-changing realities. The book includes up-to-date information on coping with high-profile conditions, such as cancer, heart disease, diabetes, arthritis, spinal cord injuries, and traumatic brain injury, in-depth coverage of HIV/AIDS, chronic pain, and severe mental illness, and more.

Multiple Sclerosis: Coping with Complications Barry Farr, MD 2016-06-06 There's no miracle cure for multiple sclerosis. But there are ways to reduce its negative impact. What better source than a physician who battled MS as a patient for 24 years? Unlike the "cure for MS" books published for decades (none yet deemed valid by the scientific community), this one aims to help patients deal with the reality of chronic complications of MS, sharing new strategies. Why "new" ones? Older strategies didn't work so well. For example, using long-recommended conventional, medical wisdom, MS patients still got more urinary tract infections. Dr. Barry Farr tells how he avoided urinary tract infection for 20 years despite being high risk. When conventional approaches didn't relieve severe rib fracture pain, he tried something different. The pain disappeared. After 3 aspiration pneumonias during 7 months, he made a change and had none over 7 years. Being new, such strategies won't be found in other books for MS patients.

If You Have to Wear an Ugly Dress, Learn to Accessorize: Guidance, Inspiration, and Hope for Women with Lupus, Scleroderma, and Other Autoimmune Illne Linda McNamara 2011-08 Chronic illness forces you to slow down and reexamine your values, your choices, and the way you define yourself. This book offers companionship throughout the process, helping you face your challenges with dignity and grace.

Fatigue in Multiple Sclerosis Dr. Lauren B. Krupp, MD 2004-03-01 This practical guide for physicians and other health care professionals discusses the impact of fatigue on the individual with MS, the potential etiologies underlying MS-related fatigue, its work up and diagnosis, and pharmacologic and nonpharmacologic management strategies. Fatigue is perhaps the single most prevalent and disabling symptom of the multiple sclerosis, and limits patients' activity more than any other MS symptom. The identification of fatigue as a distinct clinical entity requires both art and science, and most of all, a willingness and ability to listen carefully to patients and their families. The physician's ability to obtain a comprehensive history requires a full understanding of the circumstances in which fatigue occurs (physical, cognitive, and psychosocial) and demands consideration of a large number of disorders, including anxiety, depression, excessive daytime sleepiness, pain, and spasticity, all of which may mimic or contribute to fatigue. While fatigue is almost exclusively a subjective experience, depending on the patient's ability to understand and report this symptom, there are effective methods for identifying the existence of fatigue, determining its severity, and distinguishing it from related or contributing disorders such as depression, pain, and sleep disorders. Readers will learn that fatigue need not be tolerated by the MS patient. Various therapies, support systems, and treatment of underlying affective disorders can all alleviate fatigue or reduce its impact, restoring the patient's energy levels and ability to participate in life. Virtually every MS patient with fatigue can benefit from intervention, and failing to treat the symptom of fatigue with the respect that it deserves is a serious detriment to patient care.

Coping with Multiple Sclerosis: Coping Strategies, Personality, and Cognitive Appraisals as Predictors of Adjustment Among Multiple Sclerosis Patients Holly McCartney Chalk 2007 Correlational results indicated that coping and cognitive appraisals were systematically related to adjustment, while physical disability was not. This implies that many of the variables which relate to adjustment outcomes among MS patients are controllable, suggesting that practitioners should target these cognitive and behavioral variables to positively affect adjustment to MS.

Interpersonal and Disease-related Coping Strategies Among Patients with Multiple Sclerosis Rodrigo Da Silva Dias 2002

Summary of Gabor Mate's When the Body Says No Milkyway Media 2022-04-28 Please note: This is a companion version & not the original book. Book Preview: #1 Raynaud's phenomenon is a condition in which the small arteries supplying the fingers are narrowed, depriving the tissues of oxygen. It can lead to gangrene, and in some cases, scleroderma. #2 The idea that people's emotional coping style can be a factor in scleroderma or other chronic conditions is anathema to some physicians. #3 The more specialized doctors become, the less they understand the human being in whom that part or organ resides. The people I interviewed for this book reported that neither their specialists nor their family doctors had ever invited them to explore the personal, subjective content of their lives. #4 Until the advent of modern medical technology and scientific pharmacology, physicians relied on placebo effects to treat their patients. Today, we have lost the ability to treat our patients based on their confidence in their inner ability to heal.

Coping Style Moderates the Effects of Pain on Depression in Multiple Sclerosis Megan Lynn Bradson 2021 Objective. The present study examined coping style as a possible moderator in the relationship between pain and depression in persons with multiple sclerosis (PwMS). Methods. Fifty-four PwMS completed a

comprehensive neuropsychological test battery and psychosocial questionnaires that assessed physical, cognitive, and emotional functioning. Using four pain indices (i.e., average pain, current pain, pain intensity composite, and pain interference composite) from the Brief Pain Inventory (BPI), an overall pain index was created to capture a more comprehensive index of individuals' overall pain intensity and interference. The COPE questionnaire was used to derive three coping indices: active coping, avoidant coping, and a composite cope index that accounts for the relative contributions of both active and avoidant coping. The Beck Depression Inventory-Fast Screen (BDI-FS) was used to measure depression. A series of hierarchical linear regressions were conducted with depression as the outcome variable. Overall pain, each conceptualization of coping style, and their interactions were included as predictors. Disability status, measured with the Expanded Disability Status Scale (EDSS), and previous treatment for depression were included as covariates in the final analyses. Results. Regression analyses revealed that the interactions between overall pain and each conceptualization of coping were significant ($p = .001-.003$). Simple effects tests revealed that overall pain only predicted depression in PwMS with low active coping (p

Fatigue and Multiple Sclerosis 1998

Families Affected by Multiple Sclerosis Rosalind C. Kalb 1995

Multiple Sclerosis, an Issue of Neurologic Clinics Darin T. Okuda 2017-12-05 This issue of Neurologic Clinics, edited by Dr. Darin T. Okuda, focuses on Multiple Sclerosis. Topics include, but are not limited to, Myelin and Axonal Repair Strategies in Multiple Sclerosis; Common Clinical and Imaging Conditions Misdiagnosed as Multiple Sclerosis; Topographical Model for Multiple Sclerosis: A Novel Approach to Understanding Clinical Phenotypes and Disease Activity; Incidental Anomalies Characteristic of CNS Demyelination: Radiologically Isolated Syndrome; Pediatric Multiple Sclerosis: From Recognition to Practical Clinical Management; Progressive Forms of Multiple Sclerosis: Distinct Entity or Time Dependent Phenomena; Advanced Symptom Management Strategies in Multiple Sclerosis, Ethnic Considerations and Multiple Sclerosis Disease Variability; The Dynamics of the Gut Microbiome in Multiple Sclerosis in Relation to Disease; Spinal Cord Imaging in Relation to Clinical Status in Multiple Sclerosis, and more.

Scleroderma John Varga 2016-11-07 Comprised of the authoritative work of international experts, this fully-updated second edition of Scleroderma builds upon the well-regarded approach in the first edition to provide integrated, concise, and up-to-date synthesis of current concepts of pathogenesis and modern approaches to management of systemic sclerosis (scleroderma). With a multidisciplinary approach to comprehensive care, this book is easily accessible for health care professionals in many fields. The new edition includes extensive updated material based on major developments in the field, with new chapters on personalized medicine, cancer complications, global perspectives on scleroderma, and more. It presents a succinct and thoughtful synthesis of current pathomechanistic concepts, providing a valuable reference tool for basic and translational investigators working in the field. Scleroderma: From Pathogenesis to Comprehensive Management serves as an essential, all-inclusive resource for rheumatologists, pulmonologists, cardiologists, gastroenterologists, nephrologists and all those involved in the care of scleroderma patients.

Relationships Between Personality, Coping Strategies, Prosocial Behavior, Empathy, and Quality of Life Among Persons with Multiple Sclerosis and Their Caregivers Donna LeAnn Plemons 2004

Psychological Functioning After a Recent Diagnosis of Multiple Sclerosis Shirley Isobel Anderson 2005

Stress and Multiple Sclerosis Judith Tschannen Reppell 1986

Multiple Sclerosis Institute of Medicine 2001-08-10 Multiple sclerosis is a chronic and often disabling disease of the nervous system, affecting about 1 million people worldwide. Even though it has been known for over a hundred years, no cause or cure has yet been discovered-but now there is hope. New therapies have been shown to slow the disease progress in some patients, and the pace of discoveries about the cellular machinery of the brain and spinal cord has accelerated. This book presents a comprehensive overview of multiple sclerosis today, as researchers seek to understand its processes, develop therapies that will slow or halt the disease and perhaps repair damage, offer relief for specific symptoms, and improve the abilities of MS patients to function in their daily lives. The panel reviews existing knowledge and identifies key research questions, focusing on: Research strategies that have the greatest potential to understand the biological mechanisms of recovery and to translate findings into specific strategies for therapy. How people adapt to MS and the research needed to improve the lives of people with MS. Management of disease symptoms (cognitive impairment, depression, spasticity, vision problems, and others). The committee also discusses ways to build and financially support the MS research enterprise, including a look at challenges inherent in designing clinical trials. This book will be important to MS researchers, research funders, health care advocates for MS research and treatment, and interested patients and their families.