

Debbie Petrina. *MANAGING MS: STRAIGHT TALK FROM A THIRTY-ONE YEAR SURVIVOR.*

I have lived with MS for 35 and I agree completely with Debbie's approach to the disease. This is, essentially, a memoir packed with information and advice. It will be especially useful for the newly diagnosed. She replaces fear and doubt with down-to-earth experience and advice, adding practical tips for dealing with many of the symptoms and side effects of the medications. The chapters are broken down into advice for the newly diagnosed, symptoms, grieving, heat, and what you can do about many of problems that come with MS.

I was particularly drawn to the chapter on heat, "The Heat Element." Heat sensitivity seems to be an issue that almost all of us MSers recognize. Some are bothered more than others. But, in Arizona, people with MS must be even more cognizant of the danger. If you're feeling weak or sick while outside, you're already in danger. Seek air conditioning immediately.

This is a book that every person with MS and their families should own. Nurses and physicians who treat MS should read it too.

*Mary Jo Nickum*

*Author of: Mom's Story, A Child Learns About MS*