

## **Problems & Solutions**

### **List of Blog Post Articles**

<b><u>Learn Quickly about MS—All in One Place</u></b> “Easy and Accurate”	July 9, 2015
<b><u>MS Bloggers, Old MS Vets, the MS Community</u></b> “Engage and Listen to the <i>Real</i> Experts”	June 30, 2015
<b><u>Brain Health: What to Know/What to Do</u></b> “Take Care of Your Brain”	June 11, 2015
<b><u>MS Health and Wellness</u></b> “Critical for MS Management and Control”	June 3, 2015
<b><u>The Power of the Brain</u></b> “A Coping Mechanism”	April 10, 2015
<b><u>Why MS Doesn’t Scare Me Anymore”</u></b> “Overcoming Fear”	January 11, 2015
<b><u>How do you Manage MS?</u></b> “Want Some Help?”	December 10, 2014
<b><u>Explaining MS Fatigue</u></b>	November 6, 2014
<b><u>Where and How to Get Your MS Info</u></b> “Tips and Cautions”	October 2, 2014
<b><u>What MSers Really Need From Others</u></b> “The Chronically Ill, too.”	Sept. 22, 2014
<b><u>The Truth about MS and Wheelchairs</u></b> “My Personal Insights”	Sept. 5, 2014
<b><u>Insurance Companies, Health Care Costs</u></b> <b><u>And the Chronically Ill</u></b> “The Need to Fight Back”	Aug. 21, 2014
<b><u>The Optimist and the Pessimist</u></b> “Attitude is Everything”	Aug. 6, 2014
<b><u>Important Things Others Should Know about</u></b> <b><u>Chronically Ill People</u></b>	July 26, 2014

**“An Educating Tool”**

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<b><u>Growing Old with MS</u></b> <b>“A Double Whammy”</b>	June 6, 2014
<b><u>Pharma Companies Invite MS Bloggers:</u></b> <b><u>Let’s Talk</u></b>	April 29, 2014
<b><u>Unsteady Gait: Time for a Cane?</u></b> <b>“Thoughts and Choices”</b>	April 9, 2014
<b><u>How to Handle an ADA Violation</u></b> <b><u>if Disabled</u></b>	April 1, 2014
<b><u>Tisch MS Research Center:</u></b> <b><u>Stem Cell Trial News</u></b> <b>“Read, Support, Spread the Word”</b>	March 17, 2014
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<b><u>Tips to Cruise/tour Alaska in a Wheelchair (with Videos)</u></b> “What I learned--How I did it”	October 12, 2013
<b><u>MS Bladders &amp; Bowels: TheraCran, Colonmax, Article May Help</u></b> “Why Not Try It?”	September 3, 2013
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