



## MS Society printed information booklets – latest versions

Using this list, you can always be sure you've got the latest available versions of our printed information booklets.

You'll find the published date on the back cover.

[Order free from our online shop](#)

What is MS? (in English and Welsh)	March 2021
Just diagnosed (in English and Welsh)	June 2022
Managing your relapses	November 2019
Understanding progressive MS	August 2021
"I have MS" card	December 2021 (This new version includes the words 'I may not speak clearly'.)
Information resources (catalogue)	January 2022
Fatigue	August 2016
Pain and unpleasant sensations in MS	June 2022
Diet and nutrition	March 2021
Moving more with MS	April 2017(a)
Work and MS – an employee's guide	January 2019
Benefits and MS	October 2021
Claiming Personal Independence Payment (PIP)	September 2016(a)
The Work Capability Assessment – for ESA and Universal Credit	January 2020
For family and friends – when someone close to you has MS	August 2016 (a)
Supporting someone with MS – a guide for family and carers	June 2017
Advanced MS: a carers handbook	August 2018
<del>Disease modifying therapies</del>	<del>July 2019</del> withdrawn Mar 2023
Our dad makes the best boats	October 2009
My child has MS	April 2018
<del>Understanding relapsing remitting MS</del>	<del>September 2016</del> not in print (available as a pdf online until the completely revised relapsing MS info is published (expected summer 2023))

MS and your bowels	February 2020
MS and your bladder	June 2019
Balance and MS	September 2016
Complementary and alternative medicine	December 2015
<del>MS and your eyes (including large print version)</del>	<del>Aug 2018</del> withdrawn Apr 2023
<del>Speech difficulties</del>	<del>Aug 2016</del> withdrawn Mar 2023
<del>Swallowing difficulties</del>	<del>Aug 2016</del> withdrawn Mar 2023
<del>Women's health</del>	<del>Oct 2015</del> withdrawn Apr 2022
<del>Short breaks</del>	<del>May 2015</del> withdrawn Feb 2023
<del>Social Care: getting support from your council England</del>	<del>Mar 2017</del> withdrawn Mar 2023
<del>Social Care: Getting support (Northern Ireland)</del>	<del>Aug 2018</del> withdrawn Mar 2023
<del>Social care: getting support from your council Wales</del>	<del>June 2017</del> withdrawn Mar 2023
<del>Social care: Getting support (Welsh language version)</del>	<del>June 2017</del> withdrawn Mar 2023
<del>Social care Scotland: getting support from your council Scotland</del>	<del>April 2018</del> withdrawn Mar 2023

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