

MS Society printed information booklets – latest versions

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our printed information booklets.

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

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What is MS? (in English) July 2024

What is MS? (in Welsh) March 2021 (2024 translation due autumn 2024)

Just diagnosed (in English and Welsh) June 2022

Managing your relapses November 2019

Understanding progressive MS August 2021

“I have MS” card December 2021

Fatigue August 2016

Pain and unpleasant sensations in MS June 2022

Diet and nutrition March 2021

Moving more with MS July 2024

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 October 2023

Supporting someone with MS

– a guide for family and carers October 2023

Advanced MS: a carers handbook October 2023

MS and your bowels February 2020

MS and your bladder June 2019

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