

MULTIPLE SCLEROSIS - THE FACTS YOU NEED. THIRD EDITION. 2005. By Paul O'Connor. Published by Key Porter Books. 155 pages. Price C\$19.95.

This 155 page book was developed as part of the Canadian Medical Association's "your personal health series" and is designed to be an informative, comprehensive book about MS for both MS patients and their families. This book fits the niche for those patients who would like to read more than the explanation about multiple sclerosis given in the office, on website summaries, and in MS pamphlets. As well, case histories which include the variation in time course, symptoms and signs for each individual are provided. This book also answers questions and discusses controversies in a friendly manner. Chapter titles include: 'What is MS?'; 'The causes

of MS'; 'How it affects a person with MS'; 'How is MS diagnosed?'; 'How to manage MS symptoms'; 'Treatment of MS and social aspects'. Highlighted boxes provide visual impact for topics such as "Diet and MS", "Allergies and MS are probably not linked" and "What is a neurologist?" Although most of the text is relatively simple and readable, terminology is included such as "cytokines" and "autoimmune". At the end of the book there is a list of resources about MS, accessibility and human rights in the USA and Canada. I enjoyed reading this book. Would I recommend this book to my patients? Yes!

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