



Managing MS: Straight Talk from a Thirty-One-Year Survivor

Debbie Petrina

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Debbie Petrina walked into her doctor's office in 1980 with strange symptoms. She was only twenty-five years old and terrified of what to expect; it was not until four years later that she was finally diagnosed with multiple sclerosis. Since then, she has faced a battle in living with the disease; even so, she continues to live and enjoy her life. In this inspiring account, she shares her personal experiences with MS and how she deals with the disease's devastating effects. If you think you might have MS, have been diagnosed with MS, work with MS patients, or have a family member or friend dealing with the disease, Petrina offers help. You'll obtain knowledge and guidance for handling symptoms; deal with the effects of MS on your daily life; manage emotions, depression, and cognitive functions; and approach issues such as long-term disability. Debbie's commonsense approach to dealing with MS cuts through the mounds of information available today and packages it into a practical, easy-to-read resource. Take the fear out of diagnosis and learn how to effectively begin Managing MS.

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