

Dietary Supplements and Multiple Sclerosis

A Health Professional's Guide



Allen C. Bowling, MD, PhD

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Dietary Supplements And Multiple Sclerosis A Health Professionals Guide

June Halper



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Dietary Supplements and Multiple Sclerosis Allen C. Bowling, MD, PhD, Thomas M. Stewart, JD, PA-C, MS, 2004-11-01

There is a relatively high use of complementary and alternative medicine CAM especially dietary supplements among people with multiple sclerosis MS Health professionals with CAM information can improve the quality of patient care by guiding patients away from possibly harmful therapies and if appropriate towards low risk possibly effective therapies Dietary Supplements and Multiple Sclerosis is meant to be referred to when people with MS ask a question about a particular dietary supplement Supplements are arranged in alphabetical order under the most commonly used name In addition the index contains a listing of these common names as well as less common names that may be encountered The main information about the supplements is written in a concise summary form that usually discusses only the MS relevance of the supplement The supplements selected for inclusion are those with specific MS relevance such as those that are known to be used by people with MS have claimed efficacy for slowing disease progression or relieving MS symptoms interact with drugs commonly used to treat MS and potentially worsen MS or its symptoms Also supplements are reviewed that are popular in the general population or are known to have serious adverse effects *Dietary Supplements and Multiple Sclerosis* Allen C. Bowling, MD, PhD, Thomas M. Stewart, JD, PA-C, MS, 2004-11-01 There is a relatively high use of complementary and alternative medicine CAM especially dietary supplements among people with multiple sclerosis MS Health professionals with CAM information can improve the quality of patient care by guiding patients away from possibly harmful therapies and if appropriate towards low risk possibly effective therapies Dietary Supplements and Multiple Sclerosis is meant to be referred to when people with MS ask a question about a particular dietary supplement Supplements are arranged in alphabetical order under the most commonly used name In addition the index contains a listing of these common names as well as less common names that may be encountered The main information about the supplements is written in a concise summary form that usually discusses only the MS relevance of the supplement The supplements selected for inclusion are those with specific MS relevance such as those that are known to be used by people with MS have claimed efficacy for slowing disease progression or relieving MS symptoms interact with drugs commonly used to treat MS and potentially worsen MS or its symptoms Also supplements are reviewed that are popular in the general population or are known to have serious adverse effects *Complementary and Alternative Medicine and Multiple Sclerosis* Allen C. Bowling, 2010-04-20 The first edition of *Alternative Medicine and Multiple Sclerosis* quickly became the single source for accurate and unbiased information on a wide range of complementary and alternative medicine CAM approaches that can aid both in the management of multiple sclerosis symptoms and in promoting general health and wellness The second edition of this authoritative book continues to offer reliable information on the relevance safety and effectiveness of various alternative therapies *Complementary and Alternative Medicine and Multiple Sclerosis* 2nd Edition is completely updated throughout and reflects the advances in the

field since the first edition's publication in 2001. There is a new chapter on low dose Naltrexone and a pivotal section on integrating conventional and alternative medicines. Therapies are organized alphabetically so that readers can readily pinpoint a specific treatment and learn about its origins, merits, and possible uses in MS. They will find in-depth discussions on topics that include acupuncture, biofeedback, chiropractic medicine, cooling therapy, yoga, diets, and fatty acid supplements, the use of herbs, vitamins, and minerals, and much more. With this book, readers will be able to find other options that may provide symptomatic relief when conventional therapies are limited. Learn about potentially dangerous interactions between CAM therapies and medical treatments used in the management of MS. Identify CAM therapies that are effective, low risk, and inexpensive. Recognize ineffective, dangerous, or costly alternative therapies.

The Health Professional's Guide to Popular Dietary Supplements Allison Sarubin-Fragakis, 2007. Twenty-nine new dietary supplements have been added to this edition. This guide comprehensively explores the media claims, drug supplement interactions, dosage information, and relevant research for more than 100 of today's most popular dietary supplements. Completely revised, updated, and indexed, information is provided for dietetics professionals and their clients. Written by industry experts, this guide's recommendations are reliable and backed by credible clinical research.

The Everything Health Guide to Multiple Sclerosis Margot Russell, Allen C. Bowling, 2008-12-17. The National Multiple Sclerosis Society estimates that 400,000 people in the United States have been diagnosed with MS. Because MS is a chronic disease, people with this diagnosis will live with the disease for years. MS sufferer Margot Russell and Dr. Allen C. Bowling, a nationally known MS expert, team up to help you recognize signs and symptoms, understand the types of MS, decide on treatment, and find the right doctor. Explore alternative therapies. Take charge by creating a management plan. Develop strength and avoid relapse. And more. Filled with tips for daily living, like staying cool, and the latest information on new treatments, this reassuring book offers more than medical advice. It gives readers with MS the strength, knowledge, and resources they need so they can live a full, active life.

Multiple Sclerosis 3, Volume 34 E-Book Claudia Lucchinetti, Reinhard Hohlfeld, 2009-10-29. Multiple Sclerosis 3 emphasizes the latest in the pharmacologic treatment of this incurable inflammatory demyelinating disorder. Primary editors Claudia Lucchinetti MD and Reinhard Hohlfeld MD, with the aid of all new contributors, present a complete and current reference on multiple sclerosis that includes discussions of such hot topics as Biomarkers, Genomics, and Surrogate Outcomes in MS. Pediatric MS, Transverse Myelitis, Attack Therapies in MS, Current Disease Modifying Therapeutic Strategies in MS, Management of Aggressive MS, Symptomatic Therapies in MS, Complementary and Alternative Medical Therapies, and Strategies to Promote Neuroprotection and Repair. Distinguish between MS and other similar demyelinating disorders and know the best and most aggressive methods of treatment. This title in the Blue Books of Neurology series is exactly what you need to treat the disease and its relapses. Covers the latest clinical advances and relevant discussions. Biomarkers, Genomics, and Surrogate Outcomes in MS, Pediatric MS, Transverse Myelitis, Attack Therapies in MS, Current Disease Modifying Therapeutic Strategies in MS.

Management of Aggressive MS Symptomatic Therapies in MS Complementary and Alternative Medical Therapies and Strategies to Promote Neuroprotection and Repair to bring you up to date and keep your practice state of the art Features a greater emphasis on practical management to help you determine the type of multiple sclerosis and the best course of therapy Focuses on pharmaceutical therapies so you know the best and most aggressive methods and which drugs to use for treatment Includes extensive information on differential diagnosis so that you can clearly distinguish between multiple sclerosis and other similar demyelinating disorders Presents expert new editors and experienced contributing authors for the most current and relevant practice information Emphasizes the pharmacologic management of patients with multiple sclerosis to address treating the actual disease and its relapses as well as treating the symptoms

Optimal Health with Multiple Sclerosis Allen C. Bowling, 2014-10-20 In addition to conventional medicine many people with MS also use some form of alternative medicine and there is growing evidence and interest in the effects of lifestyle factors such as diet and exercise on MS Yet until now it has been difficult to obtain unbiased and practical information about the MS relevant aspects of these non medication approaches Written by a renowned specialist in MS and alternative medicine Optimal Health with Multiple Sclerosis provides the accurate and unbiased information people with MS their friends and family health care professionals and educators need to make responsible decisions and achieve the very best outcome

Comprehensive Nursing Care in Multiple Sclerosis June Halper, Nancy Holland, 2010-08-30 This is an excellent resource for those caring for patients with MS In addition to nurses I could easily recommend this book to other physicians and perhaps even to patients Score 91 4 stars Doody's This book represents the most current information on the care of the MS patient This will be an unparalleled resource for all nurses caring for MS patients and families Amy Perrin Ross APN MSN CNRN MSCN Among the many responsibilities of the Multiple Sclerosis MS nurse perhaps the most important is to help patients devise learn and implement self care strategies to improve their wellness and quality of life Taking a fresh perspective on the complex role of the MS nurse this comprehensive clinical reference demonstrates how nurses can change the lives of patients with MS This newly revised edition is completely reorganized refocused and updated throughout to provide a stronger focus on instilling hope in patients and helping them regain their independence The special feature of this new edition is the incorporation of the Morgante Conceptual Framework of Hope a model of care that helps nurses integrate the concept of hope into clinical practice The book also illustrates how to deliver nursing care that is both culturally sensitive and life span appropriate Key features Uses detailed case studies to highlight the various roles of the MS nurse the care provider facilitator advocate educator counselor and innovator Incorporates the Morgante Conceptual Framework of Hope into every chapter Provides practical guidance on disease and symptom management alternative medicine sexuality and family planning and pediatric patients Discusses how to maximize the effectiveness of pharmacotherapeutics

Primer on Multiple Sclerosis Barbara S. Giesser, 2011 Primer on Multiple Sclerosis is a practical guide to the management of persons with Multiple

Sclerosis It provides guidelines for diagnosis and treatment of both symptoms and the underlying disease process as well as updates on current basic science and research initiatives *Advanced Concepts in Multiple Sclerosis Nursing Care* June Halper, 2007-11-16 The nurse plays a vital role as an educator care provider and advocate for patients and families affected by multiple sclerosis MS The companion book to an earlier work *Comprehensive Nursing Care in Multiple Sclerosis* *Advanced Concepts in Multiple Sclerosis Nursing Care* 2nd Edition examines complex issues in MS management and reflects a new philosophy of MS care one of empowerment The focus is on the numerous settings in which MS nurses practice as well as their many roles and responsibilities in managing this highly variable disease It will provide the reader with an updated view of MS along with a greater understanding of its lifelong impact Special features of the second edition include A new chapter on sustaining hope in MS patients A new chapter on treatment of acute exacerbations A new chapter on emerging intravenous therapies Expanded sections on pain depression and skin care with frequent injections The book is divided into sections dealing with the disease itself advanced practice requirements for nurses and advanced symptom management Contributors to *Advanced Concepts in Multiple Sclerosis Nursing Care* 2nd Edition are nurse clinicians and researchers who work in geographically diverse practice settings throughout North America and Europe The book will provide nurses with tools and strategies to improve the lives affected by multiple sclerosis and to reinforce the role of the nurse in managing it

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