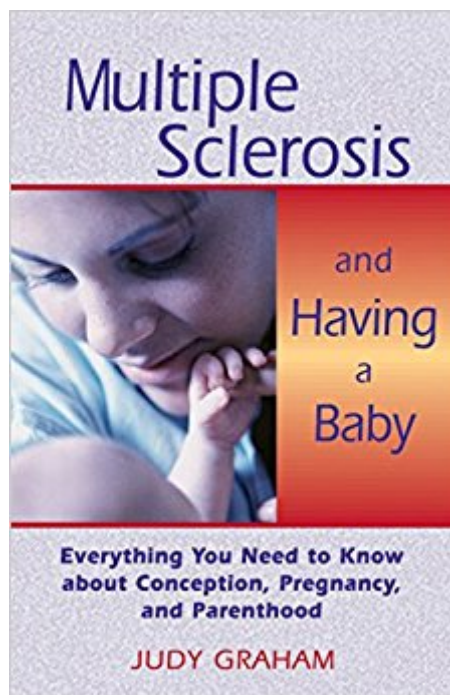




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# Multiple Sclerosis And Having A Baby: Everything You Need To Know About Conception, Pregnancy, And Parenthood



## Synopsis

An essential resource for anyone with MS who is considering having a child. **Firsthand advice from a woman with multiple sclerosis who has successfully borne and raised a child.**

**Contains information that can change the lives of many of the 250,000 women in the United States suffering from MS.**

**Highly readable format puts the facts at your fingertips.**

Diagnosed with MS at twenty-eight, author Judy Graham gave birth for the first time at the age of thirty-eight. Her new book *Multiple Sclerosis and Having a Baby* provides other women who are considering starting a family with the kind of genuine and useful insight that comes only from firsthand experience. *Multiple Sclerosis and Having a Baby* makes available not only the medical answers prospective parents need, but also the practical suggestions and sound advice that will help them meet the many unique and sometimes difficult challenges that face couples living with MS. In this highly informative and readable book, Graham asks and provides answers for nearly every question a woman with multiple sclerosis might want to consider before having a baby. With the latest medical facts and valuable data culled from hundreds of interviews with women who have multiple sclerosis and are currently raising a child, Graham straightforwardly addresses such issues as the possibility of relapse, genetic predisposition to MS, sexuality and fertility, pregnancy, postnatal care, and breastfeeding as they relate to women with MS.

## Book Information

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## Customer Reviews

"Graham is qualified to offer answers and comments that are sympathetic, empathetic, supportive

and very, very honest. This is a wonderful book." (Midwifery Today)"This is a comprehensive and useful reference guide offering professional and practical advice on everything you need to know about conception, pregnancy and parenthood in relation to multiple sclerosis. It is useful for health professionals and couples and builds on earlier texts by the same author." (Midwifery Digest, June 2001)

**PARENTING / HEALTH** With her first book, the groundbreaking *Multiple Sclerosis*, Judy Graham helped thousands of people with MS by supplying valuable information on how to manage the condition. Now in *Multiple Sclerosis and Having a Baby*, Graham turns her focus to parenthood. With the genuine insight that only comes from firsthand experience, Graham answers all the questions someone with MS may have about pregnancy, childbirth, and parenthood. Will having a baby make my MS worse? Can I pass MS on to my child? Can I have a normal birth? Should I breast-feed? Is it safe to take drugs? What about having more than one child? Using the latest medical research, Graham gives factual answers to all of these questions. From her discussions with dozens of parents who have MS themselves, she passes on to prospective parents the wisdom of those who have raised children successfully. In addition to giving medical information, *Multiple Sclerosis and Having a Baby* offers practical advice on how to make the most of parenthood and straightforwardly explores the issues of sexuality, the impact of MS on relationships, and how and why a person with a disability can still be a good parent. As in her earlier book, Graham offers hope that the disease can be slowed or stabilized through eating a low-fat diet, detecting food allergies, and using nutritional supplements. She also discusses effective pain management through the use of alternative therapies such as yoga, acupuncture, magnet therapy, and homeopathy. *Multiple Sclerosis and Having a Baby* gives an insightful presentation of the "whole picture"--what it means to be a parent with MS, from conception to your child's adulthood--in an effort to make the experiences of childbirth and raising a family the joyful and informed experiences they should be. JUDY GRAHAM has had MS for more than twenty-six years and gave birth for the first time at age thirty-eight. By following a variety of alternative therapies she has succeeded in stabilizing her condition and continues to work as a writer and journalist. The author of *Multiple Sclerosis and Evening Primrose Oil*, she lives in London with her teenage son Pascal.

This was very readable and offered clear and helpful statements of facts as known by medical literature from a few years ago. The anecdotes from various women helped me imagine what a

particular result/situation would be like if I were faced with that, which was a helpful supplement to the statistics. It also offers many practical tips, which while most of us know/may have read before regarding MS generally (keep cool) it was helpful to have them listed nonetheless. When I am in mother-martyr mode I will try to remember the recommendations to ask for help, accept help, and make time for yourself and to rest...and plan ahead for how to make these things possible. While it would be great if updated, it was still well worth buying and reading. I want to go into pregnancy having thought through as many issues as I can (or at least begun to think about them...), and this book helped me do that regarding having MS.

This book shares some research and a LOT of personal experiences to help women and men with MS decide if parenthood is right for them. The stories from different people aren't all positive or negative and really tell how different people's bodies react to the physical and emotional stress of becoming a parent. I was diagnosed with MS over 10 years ago and am now a happy (and healthy) mother!

This is the worst book I have ever read. First of all, it bases its "findings" on academic studies that are out of date and contradictory. The book gives no "conclusions" about any topic, but instead presents every piece of research done. She includes research that was conducted before the medical community had a strong understanding of MS and research conducted even before disease modifying medications were developed. To make matters worse, she does nothing to summarize or explain the findings in a meaningful way. Furthermore, the author's tone and language is incredibly offensive. She refers to people with multiple sclerosis as "disabled" throughout and even goes so far as to suggest that they are "deteriorating". In her relationships section of the book she says something to the extent that people with MS might not be able to find relationships, but don't worry because there are plenty of other disabled people longing for companionship. As if those with MS are unworthy of affection from someone without a chronic illness. Or, my personal favorite, she claims that MS can make existing relationships hard now that one person in the relationship is deteriorating. This kind of language is prevalent throughout the book. Painfully brief excerpts from patient stories are included. It's nice to hear whether someone experienced a relapse after giving birth, for example, but you don't know anything else about them - how long had they had MS, what form of MS they have, how soon after birth did they return to medication, what did their relapse rate look like before becoming pregnant? Without any context, these tid-bits are useless. And the ones about bad experiences are particularly nerve wracking. Overall, this book was not in the least bit

informative, and does a lot to damage spirit and hope. I'd suggest that you save yourself the money and just have a good chat with your Neurologist and OBGYN.

I was thrilled to be pregnant and, having seen this book more than once, expected it to be helpful. While it can offer some useful information to those who do not have knowledge about their MS at this point, the rest, with comments added in by mothers, was just scary and depressing. One women even comments that if she had known how bad she was going to feel she would never have gotten pregnant! This is NOT a book for someone who is happy about their pregnancy and unwilling to let MS rule their lives. Women would be better off reading one of the other books on MS combined with a good pregnancy book. This book also chooses to follow alternative medicine, which can be disappointing for those of us looking for traditional medical advice. I would suggest pregnant women with MS find a good website for women with multiple sclerosis. There a person can get advice from the message boards and chats, places where people not only share information, but a general concern for ones feelings.

This book has opinions of women who have ms and have had babies and some are very frightening. I wanted to know the facts of being pregnant with ms as well as what happened afterwards, but some of the stories had too much gloom and doom. One thing that I do know about ms is that everyones disease is different and it can change over time. I am one of the lucky ones who has no symptoms and after reading the majority of the book and crying while I read it, my husband asked me to throw it away.

I liked this book because it has an easy to read format and helpful information. I'm planning for pregnancy for a second child, and even already going through it once, I know this book will be a good reference, especially regarding nutrition and supplements. The author also doesn't force opinions on you. She lays out the facts so that you can make informed choices and be confident in those choices.

This book is very very outdated and has many inaccurate findings. It is very depressing and makes you think pregnancy with MS is a bad bad thing. This is the stuff they talked about years ago before all the disease modifying drugs and up to current research. This book is a waste of time.

This is a great collection of real-life stories and helpful hints for women with Multiple Sclerosis. If you

are thinking about having a child and you have MS, this is a book you need to read. It gives many different options for those who decide to have a baby. I am going to keep this a reference throughout my pregnancy. Thanks Judy!

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