

MS and the Web: In Search of Quality Information

Most requests for health-related information on the Web start at a search engine, such as Google (www.google.com) or Yahoo (www.yahoo.com), but the list of Web sites identified by search engines will vary widely in quality and integrity. This compilation of MS-related Web sites has been created to make it easier to find Web sites that may be helpful.* Tear it out and keep it near your computer for easy access. If you or your MS healthcare providers know of sites not included on this list, there is room for you to add them.

MS Organizations

www.nmss.org

The National MS Society's Web site has information for people living with MS and information for their families.

www.msaa.com

The MS Association of America's Web site has downloadable booklets and brochures on MS, as well as information on support services.

www.msfacts.org or **www.msfocus.org**

Either URL will lead to the latest news, videos, and live chats offered by the Multiple Sclerosis Foundation.

www.heuga.org

The Heuga Center offers programs and information to help improve the quality of life for people with MS and their families.

www.mscenter.org or **www.ms-cam.org**

The Rocky Mountain MS Center's Web site contains information on complementary and alternative medicines.

Government Web Sites

www.ninds.nih.gov

The National Institute of Neurological

Disorders and Stroke has a Web page and lists resources devoted to MS.

www.nlm.nih.gov/medlineplus

Medline Plus features a medical encyclopedia and dictionary.

www.pubmed.com

PubMed, a searchable database of articles published in scientific journals, allows users to get full citations of articles.

www.clinicaltrials.gov

The US National Institutes of Health created a registry of publicly- and privately-supported clinical trials plus a glossary of related terms.

www.dol.gov

For information on your rights in the workplace and other employment-related issues, visit the US Department of Labor's site.

www.medicare.gov

People with MS may be eligible for Medicare; find out if you qualify.

www.usdoj.gov/crt/ada

Learn more about the Americans With Disabilities Act and the rights of those with disabilities.

Treatments

Visit these Web sites for the latest on MS treatments, and to take advantage of the support services offered by the drugs' manufacturers.

Copaxone®: www.copaxone.com

Avonex®: www.avonex.com

Betaseron®: www.betaseron.com

Rebif®: www.mslifelines.com

Tysabri®: www.tysabri.com

Novantrone®: www.novantrone.com

*Neither *Making Strides*, its editorial board, its grant provider, nor its publisher endorse any of the Web sites listed nor take responsibility for these sites or for the accuracy of information they provide.

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Other Web Sites

Health Talk: www2.healthtalk.com/go/multiple-sclerosis

Web MD: www.webmd.com/multiple-sclerosis/

About.com: www.ms.about.com

Understanding MS:
www.understandingms.com

Forums and Support Groups

MS World: www.msworld.org/forum/

This is MS: www.thisisms.com/forums.html

Blogs

There are many blogs by people affected by

MS. You can search for one by using the search feature at www.technorati.com

Podcasts

National MS Society: www.nationalmssociety.org/site/PageServer?pagename=HOM_LIVE_podcasts

John Hopkins Medical Center Podcast:
www.hopkinsmedicine.org/mediaII/Podcasts.html

University of Maryland Medical Center:
www.umm.edu/podcasts/index.htm

Medical View: www.medicalview.com/Program.asp?CatID=28

Web Sites for Caregivers

Many of the Web sites above have sections for people caring for loved ones with MS. Below are a few caregiver-specific Web sites.

General Sites:

Caregiver.com: www.caregiver.com

Family Caregiver Alliance:
www.caregiver.org

Caregiving.com: www.caregiving.com

National Family Caregiver Association:
www.nfcacares.org

Blogs:

Caregivingly Yours by Patrick Leer:
journals.aol.com/daddyleer/CaregivinglyYours/

MS Caregivers by Jon Strum and the Southern California Chapter of the NMSS: www.ms-caregiver.typepad.com

Sites I Like/My MS Healthcare Professional Recommends

WWW.MAKING-STRIDES.NET has arrived! Be sure to visit for past issues of *Making Strides*, Web exclusives, and more!

*Neither *Making Strides*, its editorial board, its grant provider, nor its publisher endorse any of the Web sites listed nor take responsibility for these sites or for the accuracy of information they provide.