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# Facing The Cognitive Challenges Of Multiple Sclerosis



## Synopsis

"When attorney Jeffrey N. Gingold misplaced his wife on the living room couch and lost awareness of his children, little did he know that he was experiencing a hidden symptom of multiple sclerosis: cognitive difficulties. How do you handle getting lost, while driving just blocks from your home? Facing the Cognitive Challenges of Multiple Sclerosis is a courageous and compelling personal account of one man's anguishing struggle with this aspect of the disease. It is written for the silent majority of MS patients who are privately dealing with MS cognitive symptoms and potential disabilities. The National Multiple Sclerosis Society estimates that over 400,000 people in the U.S. have been diagnosed with multiple sclerosis, and there are millions more worldwide. Conservatively speaking, half of them will encounter varying degrees of cognitive difficulties. Facing the Cognitive Challenges of Multiple Sclerosis brings this hidden disability into the open. It is an essential resource that will educate individuals coping with multiple sclerosis, and inform their families, caregivers, doctors and therapists. This new edition has been revised with on-point cognitive strategies and updated MS resources. The book includes a new foreword written by Dr. Dawn Langdon of the UK MS Trust and four completely new chapters that follow Jeffrey's journey since 2006. He openly explores some MS physical symptoms, which may accompany the thinking impediments that strike at his cognitive awareness and functions. Jeffrey carves a path of finding physical and cognitive wellness, as well as weighing the need to accept beneficial MS medical therapies. Not only did he become more active in the movement to cure MS, the progression of his MS led to a more controversial MS treatment, in effort to make his disease manageable. Jeffrey also shares the benefits of introducing a "safety person" into a life with MS and the strength gained from helping others, even while they may be assisting you. Whether or not a person is dealing with the cognitive issues associated with multiple sclerosis this book deserves to be on the bookshelf of every individual who is dealing with multiple sclerosis."

## Book Information

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## Customer Reviews

"This book (the first edition was published in 2006) details the cognitive challenges he faced-losing his train of thought while making a statement in court, getting lost a few blocks from home, forgetting whether he had dropped his daughters off at school, and not really recognizing his wife sitting next to him on their sofa-and the way he coped with them, from practical aides to courage, humor, and persistence in finding a neurologist who took his smallest mental lapses seriously. Gingold often speaks to groups afflicted with MS and their families and health-care providers, and this is another powerful testimony that interested readers will appreciate. Recommended."-Library Journal

"Facing the Cognitive Challenges of Multiple Sclerosis is a scholarly and powerful read that presents the very face of the disease, how it can be fought, and ultimately finding something of a cure."-Midwest book Review

"As recently as the 1980's, people diagnosed with multiple sclerosis were assured that their thinking skills would be spared when looking at the range of symptoms possible. It was not true then or now. Cognitive issues are bad players because, although they can significantly affect the lives of those who have them and their families, they are largely invisible to most. Jeffrey acknowledged his struggles and then moved forward by looking for solutions for himself and then by sharing them with others. We can all learn from his journey."- Patricia Kennedy RN, CNP, MSCN Nurse Educator, Can Do Multiple Sclerosis and author of the forthcoming Can Do Multiple Sclerosis Guide to Lifestyle Empowerment

"Jeffrey Gingold, in this the second edition of his book, has not only provided an intimate look into the personal experiences with which he has had to contend with his MS, he has created a work which is informative, highly personal, incredibly supportive and realistic in its advice. It is a truly outstanding work that I can recommend without reservation to those both with MS as well as anyone who wants to know more about this aspect of MS."- Patricia A. Farrell, PhD, author of It's Not All in Your Head and How to Be Your Own Therapist

"In his latest and most moving book, Jeff Gingold takes us on a journey into the 'hidden' precincts of multiple sclerosis - cognitive changes. Not only people with MS, but those with any connection to MS, personal or professional, should read this book."-Nicholas G. LaRocca, PhD, Vice President of Health Care Delivery and Policy Research, National Multiple Sclerosis Society, author of Multiple

Sclerosis: Understanding the Cognitive Challenges "Multiple sclerosis can be a scary, lonely disease. Jeffrey Gingold has given us some weapons to fight where we can. He also demonstrates the wisdom to accept situations that are not what we had envisioned for ourselves, while showing that a "new" reality doesn't mean defeat. Buy this book. You will be stronger for reading it."-Julie Stachowiak, PhD, About.com guide to Multiple Sclerosis, author of The Multiple Sclerosis Manifesto and The Diabetes Manifesto (Library Journal 20110711) --Library Journal

Jeffrey Gingold is the internationally acclaimed author of the Award-winning book, Facing the Cognitive Challenges of Multiple Sclerosis and an outspoken volunteer advocate on MS and cognitive disability. He has been a guest on The Montel Williams Show, NPR, numerous webcasts and national talk radio shows. In his second book, Mental Sharpening Stones: Manage the Cognitive Challenges of Multiple Sclerosis, Jeffrey provides strategies from people who have MS and medical providers, sharing their tactical advice on how to manage the "invisible MS." He was recently inducted to the 2010 National Multiple Sclerosis Society Hall of Fame for his Advocacy. Jeffrey is a published freelance writer and has authored numerous articles for U.S and international publications. He enjoys spending family time with his wife, Terri, two adorable daughters, Lauren and Meredith, and one cat named Mickey - named after the baseball player, not the mouse.

1/18/15 Review edited to add more specificsMr. Gingold gives an extraordinary gift to people with MS with this book. First, he acknowledges that MS can impact cognitive abilities and he has a medical team substantiating his experience (my original neurologist told me the MS wouldn't affect my "thinking abilities") Second, he offers concrete, real-world advice for dealing with these problems.I was diagnosed with MS in 1995 and have progressing impairment of my "executive function" [from Wikipedia: Executive functions (also known as cognitive control and supervisory attentional system) is an umbrella term for the management (regulation, control) of cognitive processes, including working memory, reasoning, task flexibility, and problem solving as well as planning and execution.] Fortunately, my neurologist believes in neuropsychological testing and rehabilitation so I've had professional help in learning work arounds and new ways to do things. A lot of what Mr. Gingold suggests in this book is what I've been taught to do. It really works!Gingold also offers advice and evidence for the idea that keeping moving physically can help with the more often discussed physical limitations and fatigue in MS. He offers a way of looking at the MS experience that is empowering, energizing, and calming.I highly recommend this book to others with multiple sclerosis!

Were I able to articulate what I have been going through over the past years I would have chosen similar situations .It is as though I had written this book How good it feels when somebody understands truly understands .As most who have been through the difficulties of MS know it takes time, time to get the diagnosis, time to adjust to the limitations that seem to get ever worse, time to realize that you can no longer handle what you once may have found so simple, time to deal with the ever growing frustrations of mental limitations as well as the physical, Time to get those you love and care about to understand what you are going through,time to adapt to a new life .You can get through this ! What Mr.Gingold has shown here is he knows he really knows what it is all about. He aptly describes the frustrations we encounter on a daily basis, the fatigue of the mind, as well as of the body .You can reclaim some of the joys of life, you can live a bit more simple. he has given many helpful tips but for me nothing has been more helpful than to have another soul know what you are going through .I had been seeing a Neurologist for six years and found myself in the deepest pit of frustration as he said all I was going through related to diabetic neuropathies .MY GP sent me to the MS center here at a local hospital and like detectives working on an old dormant case the great personal here went back over my old records ordered tests and put all the pieces together until they solved the puzzle.I cannot tell you how good it felt when my wife and I sat down with Martha, she answered questions before we even got them out, she described what we were going through to us,just when we were at a point of questioning our own sanity, she gave us support .This is what Mr. Gingold does .All those strange feelings, fears, frustrations, The limitations that have been imposed upon you from God knows where and they can be so odd, like being unable to make a phone call, or to have papers build up on your desk without being able to respond , the mind freeze ,Loss of concentration thoughts blocked while in mid sentence ,someone moving about sending your nerves into a tailspin along with noise and confusion, being unable to do more than one thing at a time, the odd physical sensations and pain, most people know some degree of the physical difficulty. few seem to know the mental hardships which are just as devastating .It helps to know it is not just you.That others understand, you are not alone in what you are feeling, then you can begin to make some changes that will allow you to cope. Here Mr.Gingold offers some insights much the same as Martha did for my wife and I. That can make such a great and wonderful difference .My wife had been watching the man she has known for 35 years fade from view and she was unable to understand or stop the process .I worried for her as I felt myself become overwhelmed by everything .We are now working in a positive direction with the help of people like Martha, and with Mr.Gingold's book you can get a handle on your life and you can improve .Nothing

was more helpful than to have someone understand and know just what you are going through Mr. Gingold articulates that so very well .and offers some very helpful realistic tips on how to cope and make the best of what you have . I thank him and all those wonderful people who work so hard to help us.

I always like engaging with other people with MS and learning how they are coping with the challenges. I was very productive when I was working and am now looking for opportunities to be involved without wearing myself out. At the present time I do not have many visible signs of disability but I know the times when I struggle with something that was once easy for me. I know the lack of balance I feel, the fatigue and the cognitive changes. The author inspired me with his involvement in projects not allowing MS to define him.

I borrowed this from my public library to start. I thought it was a text book at first and I was not sure I would be interested. The cover picture and title was not really appealing. I was greatly surprised at how good this book was. Mr. Gingold wrote an excellent account of his battle with MS and the honesty and openness of his words touched me. My son most likely has MS and I am learning all I can. This book helped me to understand the issues that my son faces daily. I am so thankful for this book helping me to see the cognitive issues MS more clearly.

Excellent book - the author relates very well the feelings when diagnosed with MS, the assumed outcome and frustrations when cognitive functions fail while appear healthy physically. I've has MS for 28 years, jog 1 mile per day, but am experiencing a cognitive decline. Thank you Jeffrey Gingold for sharing your experiences! I recently went through cognitive testing at Kessler and plan to spend time on cognitive exercises daily after my one mile jog! FYI - physically I'm not 100%, bad sense of balance, but I keep an important sense of humor. I recommend this book!

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