

Nurse with MS launches new "Really Clear Guide" for fellow sufferers

Submitted by: Southwick Media Consultancy

Friday, 1 February 2013

Embargo: Tuesday February 5th 00:01

HOW A NURSE WITH MS IS HELPING OTHERS TO UNDERSTAND THE CONDITION WITH A NEW "REALLY CLEAR GU

A nurse who suffers from Multiple Sclerosis has written a new, clear guide to the condition to help others cope with it and get the most out of life.

When Kaz Aston was diagnosed with Multiple Sclerosis 18 years ago, it made her more determined than ever to be active and adventurous.

She plays golf and darts, goes clay pigeon shooting, and has taken part in drag racing events and a Round the Island yacht race. She is currently the sports lead for the Rotary Club of London - an amazing feat for someone with MS.

Her latest achievement is the publication of "Really Clear Guide to MS", which is available in 66 languages, to help people with MS understand how it affects them, and get the most out of life. MS is a neurological condition which affects the nervous system and causes a wide range of symptoms, including tingling, numbness, loss of balance, weakness and blurred or double vision.

Kaz was a 21-year-old student nurse when she discovered she had MS. She started to learn as much as she could about it, and to tell everyone how MS affects people and what patients can do to help themselves lead healthy lives.

She realised that people can find it difficult to understand the condition, and felt there was a need for a new guide to explain what it is, how it develops, and the treatments available to help manage it.

So, with her medical training and the backing of her consultant neurologist Dr Richard Nicholas, and specialist nurses at Charing Cross Hospital, in Hammersmith, London, Kaz has written the "Really Clear Guide to MS" to help the 2.5 million people affected by Multiple Sclerosis across the world. It is available online and is easy to navigate, divided into short sections, and free from medical jargon.

Dr Nicholas is a great supporter of Kaz's work. He said: "The internet is full of a lot of confusing advice. It needs a clear direction. This is a short, succinct guide, written by someone with MS who knows what it's like."

Kaz is acutely aware that in some countries there is very little information about MS and how the condition affects people. The guide is available in many languages to be accessible to people all around the world.

She said: "This Really Clear Guide to MS is all about sharing useful information that you can easily understand with no big words or medical jargon. The topics included, I hope, will help you get your head around Multiple Sclerosis (MS) a little more. I have lived with MS for over 18 years, learnt loads over

the last 20 years and am still learning. Yes being a Registered Nurse helped but when dealing with everyday life challenges we can all face then dealing with MS, it can be tough sometimes.”

The general perception of MS is that it is a debilitating condition which prevents people leading active lives. Kaz is trying to change that. She and her medical team are optimistic about the future for people with this condition. There have been many developments in the understanding and treatment of MS. Ten new drugs are being trialled and researchers are also exploring the benefits of stem cell treatment.

Kaz’s guide has also been backed by Oyster Healthcare, which publishes a magazine for people with MS. Annabel Daguerre, Deputy Editor, Oyster Healthcare Communications said: "The Really Clear Guide to MS offers an insightful and thorough overview of Multiple Sclerosis in an easy-to-read format. It provides both practical and clinical information in just enough detail without overloading people with information, and suggests some useful sources for further information. Karen's unique perspective as both a registered nurse and a patient puts her in the perfect position to write this valuable guide. I imagine that it will be of great use to people living with MS, whether they are newly diagnosed or have been managing MS for some time."

NOTES:

From Tuesday February 5th, The Really Clear Guide will be available on Kaz’s website:

<http://www.kazaston.com>

Follow Kaz on Facebook and on Twitter:

@kazaston #MSClearGuide

See Kaz in action on her YouTube channel: <https://www.youtube.com/user/kazaston1>

INTERVIEWS:

Kaz Aston is available for interview about her Really Clear Guide and about living with MS.

Consultant Neurologist Dr Richard Nicholas, of Imperial College Healthcare Trust, treats Kaz at Charing Cross Hospital, in Hammersmith, and is willing to do interviews with her about the importance of her “Really Clear Guide to MS”, and about the new treatments which are being developed for MS patients.

TO ARRANGE INTERVIEWS:

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