



KEY MS WEBSITES

This information sheet provides a list of key websites for people with multiple sclerosis (MS), families, carers and health professionals.

General information websites

These are useful for both people with MS and health professionals, and are the best place to start when trying to find out information about MS. This list includes National MS Societies, charities and organisations offering information, advice and support on MS.

MS Society National Websites – Worldwide

<http://www.msif.org/en/> MS International Federation (MSIF)

You will find links and details for all the MS Societies around the world.

www.msaustralia.org.au Australia

www.mssociety.ca Canada

www.mssociety.org.uk Great Britain and Northern Ireland

www.msnz.org.nz New Zealand

www.nationalmssociety.org United States of America

<http://www.msra.org.au/> MS Research Australia

MS Resources Centres

www.msresourcecentre.co.uk The MS Resource Centre

www.ms-trust.org.uk The MS Trust

Chat rooms and Message boards

Most of the websites above also run discussion boards and forums for people with MS, children and parents.

Immunotherapy Treatments

The websites listed below are company websites for the four immunotherapy drugs available for the treatment of MS.

<http://www.biogenidec.com/> The manufacturers of Avonex and Tysabri.

<http://www.betaseron.com/> The manufacturers of Betaferon

<http://www.sanofi-aventis.com.au/> The manufacturers of Copaxone

www.merckserono.net The manufacturers of Rebif

Professionals and researchers website

A few of the websites by MS professionals and researchers can be found here.

PubMed provides free Web-based access to MEDLINE and other biomedical databases. PubMed can link many articles to their full-text versions at publishers' web sites. This site is the premier way to freely access the peer-reviewed biomedical literature. <http://www.ncbi.nlm.nih.gov/pubmed/>.

European Committee for Treatment and Research in MS. ECTRIMS is an independent representative European organisation that promotes and enhances research and improves clinical outcomes in MS. <http://www.ectrims.eu/>

Alternative Medicines

Rocky Mountain Centre – Aims to provide accurate unbiased and up-to-date information about Complementary and Alternative Medicines (CAM) and MS. Some of the information can only be accessed after paying a small annual registration fee. <http://www.mscenter.org/education/alternative-medicine>

Safe surfing

In seeking out new information on the web there will be a time when you need to sort out hearsay, anecdotal information and plain quackery from the authentic. Government websites such as HealthInsite <http://www.healthinsite.gov.au/> and the Better Health Channel <http://www.betterhealth.vic.gov.au/> are good places to start for unbiased and credible information. Wikipedia is a popular source however the information is provided on an unauthoritative model and whilst often accurate, this is not always the case. Always check references before relying on the information.

While the web is the provider of a huge source of information it should never replace the advice of health professionals or doctors. You should always ask yourself the following questions to help you work out if a website is credible:

- **Who are the contributors?** Are the major contributors clearly professionals in this field?
- **Does the website clearly identify its publisher and who are the supporters?** Most have an owner who may or may not have an interest in promoting/selling the product. You should be able to easily tell who owns the website and who they are affiliated with.
- **Is privacy protection and information about membership clear?** Cost of registration/membership should be clear and you should easily find information about your privacy rights.

- **Is the information up to date?** Update dates should be easy to see and should be regular.
- **What links are there to other websites?** There should be links to other reputable sites and sources of information.
- **Are sources quoted to back up claims?** There should be a clear identification of sources of material presented.

If you are interested in more information

The Society has more information sheets including a Symptoms Series as well as a Managing MS and a Healthy Living series.

Please see the website for more details.

Please Note

The opinions and information found on the websites listed in this document are not necessarily those the MS Society of South Australia and Northern Territory Inc.

Always seek medical advice before starting any new treatments.

INFO03 CS Key MS Websites

Last Updated 28March 2011

MS House, 110 Reservoir Road, MODBURY SA 5092

Phone 8396 0044

Fax: (08) 83 96 0184

Toll Free: 1800 812 311

Email ms@ms.asn.au

Website www.ms.asn.au