

SUPPLEMENTARY MATERIAL

ARTICLE TITLE

What is the true impact of cognitive impairment for people living with multiple sclerosis?

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1 S1: Existing resources for PwMS about cognitive impairment

Supportive and informative resources for PwMS about cognitive impairment	
Books	Online tools
<i>Facing the Cognitive Challenges of Multiple Sclerosis</i>, by Jeffrey N. Gingold A novel about the personal account of a man with MS who experiences cognitive impairment. This book is regarded as an essential resource for PwMS with cognitive symptoms, as it educates and informs PwMS, their families, caregivers, doctors and therapists.	https://mstrust.org.uk/resources/staying-smart This is an online educational tool for PwMS; it lists common challenges experienced by PwMS that are related to cognitive impairment, along with advice and tips on coping strategies to deal with those challenges.
<i>Mental Sharpening Stones: Manage the Cognitive Challenges of Multiple Sclerosis</i>, by Jeffrey N. Gingold By the same author of the novel listed above, this book offers strategies to assist PwMS living with cognitive impairment. Its approach revolves around the sharpening of mental discipline in order to retain cognitive functions, going beyond simply acknowledging the challenges that cognitive symptoms present.	https://www.msbrainhealth.org/people-with-ms/ This online educational resource focuses on defining brain health in the context of MS and advises on lifestyle habits and strategies to maintain brain health.