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# Preface

## Why did we write this book?

We decided to write this book because our daily experience of caring for patients with motor neuron disease (MND) is dominated by the exchange of information. Access to specialist care for people living with MND is becoming increasingly available, and the work of the Motor Neuron Disease Association in the UK and equivalent organizations elsewhere is transforming support for patients and carers. Information on the Internet, though it comes with a 'health warning', is readily accessible and can be very valuable. However, we feel that a book drawing on the detailed experience from a clinic dedicated to the diagnosis and management of MND would be of value to people living with MND.

## Who is this book for?

This book is primarily for our patients and for their friends, relatives, and carers. However, the level of understanding of the disease among patients is often very sophisticated, and we have therefore written this book to a level of detail that we hope makes it useful to allied health professionals, especially the majority that only see a few MND patients in their working lives.

## How to use this book?

Living with MND is a journey with many ups and downs. Most people want specific information which relates to their needs at a particular time but do not wish to be bombarded with information which seems more relevant to a later stage and may even appear threatening. One of the most difficult tasks in writing this book has been to devise a structure which fits with the different stages of the disease. We have tried to order the chapters so that they can be read in isolation and so that the early chapters reflect the concerns and

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questions which we hear from patients early in their disease. We suggest that patients who are newly diagnosed with MND will find Chapters 1–3 helpful as an initial source of information.

Kevin Talbot  
Rachael Marsden