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Every day we are way of ways to make your job easier and your life better, but Lifehacker readers are intelligent, insightful people with all kinds of expertise to share, and we want everyone to have regular access to this exceptional hive of mind. Help Yourself is a daily thread where readers can ask and answer questions about technology, productivity, life hacks, and anything else you need help with. We've already mentioned web services like SmartyPig and Mint, and now it's your turn. Today's theme is personal finance tools, so if you have any questions or tips, comments are open below! If you need a new laptop or should really start saving up for a wedding or anything else, try... Read more If you are already in a relationship, being diagnosed with MS can bring your own problems. There is often a fear of the unknown as you question how it can affect your ability to travel, work, start a family, or raise children. Medical expenses may take a toll and your sex life may require special accommodation. You really have no idea, says Merrill. I could be fine today and wake up and i can't move my hand tomorrow. If you have just been diagnosed with MS, remember that your partner handles the diagnosis as well. Depending on how long you've been dating, a person may already know and find out how they feel about you, regardless of your health, say Fiol. Some people join the occasion and show their support, while others fear the unknown and run away. Matt Allen Gonzales, 29, a freelance writer in Moreno Valley, California, had been dating someone for two years when he was diagnosed with MS, aged 20. Not long after, the relationship ended. This kind of diagnosis is difficult for most adults to adapt to, he says, and we were basically just two children. Losing your relationship to a disease that already takes so much from you can be heartbreaking, but in the end, says Fiol, you deserve to be with someone who will support you no matter what. Catherine Weston, a 25-year-old marketing manager in Richmond, Virginia, was a friend with her longtime partner before they got romantically involved, so she was aware of her MS. Yet she didn't see the really difficult aspects of her illness until they started dating, she says. Often, says Weston, before the relationship became serious, they only saw you in the best light. They don't get heavier, dumb-gritty times when you can barely get out of bed or have intense mood swings, or need to isolate yourself just to cool off from the world. Now in a binding relationship, she acknowledges, it's hard for us who have MS, but it's also hard for our partners to stand by us through everything. Sleeping Together: How MS can affect your sex life When you decide to take a relationship to the next level - or bedroom - nerves can rise. And Member States Another set of complications, whether it's the first time you have sex with boyfriend. MS new partner, or you're getting intimate with your husband, girlfriend, or boyfriend. MS are known to cause pain, numbness, tingling, or hypersensitivity that can affect the genital sensation as well as sexual desire. Women can experience vaginal dryness; men may have difficulty getting an erection; and both may have reduced frequency or intensity of orgasm. In addition, fatigue and mood swings can reduce sexual interest and desire, says Fiol. There are fixes for many of these problems though, says Fiol. For example, if fatigue is a common problem, she suggests being intimate earlier when you have more energy, rather than waiting for the end of the date. It can relieve pressure, and then you can have a relaxing date night, he says. Drugs can solve many physical complaints. Using pillows strategically or different positions can help too. The best way to maintain the quality of your sex life is to talk regularly – and frankly – with both your healthcare provider and your partner. Pillow Talk: Communication is the key to a relationship with MS Being able to talk freely with your partner is critical to a relationship when one of you has MS. It's so important to find an understanding of a partner who values communication above all else, says Weston. Sharing how you feel when you have MS is essential not only for a stronger relationship, but

also for getting the help you need when you need it. Weston recalls the trip she took with her boyfriend when the heat knocked her out with fatigue and pain. He kept me in an air-conditioned caravan when I cried about how severe the pain was, he recalls. In previous relationships, I've often been told, 'You're tough. Get over it,' or, 'That doesn't seem so bad to me.' Now I can express my pain, my emotional woes and my struggles and he is always there to bring me chocolate or watch bad movies with me. If you have MS, you will need an empathetic partner. The disease is confusing enough for the person who has it, but for someone on the outside it's even more difficult to understand, says Gonzales. They don't see that you feel tired, disgusted, dizzy or sore, he says, so you have to verbally express every little thing you can to help alleviate the likelihood of a misunderstanding. Making the First Move: Self-Love With MSOf all the dating problems that accompany MS, Gonzales believes the biggest is overcoming her own insecurities. This is usually the first hurdle people have to overcome when trying to jump into dating, he says. It can be scary to be there and be vulnerable, but if you have MS, you've already gone through a lot, and you'll be able to handle it even when you're ready. If you are trying to take emotionally consider reaching out to your health care provider, therapist or ms support group for resources and support. Skip to content To prevent post-traumatic stress disorder, is it useful to provide psychotherapy to anyone who has been subjected to significant trauma? Rachel Tray When you are a financial planner, clients come to you with urgent personal finance issues. The same questions tend to appear from different clients. Here are the most common, with answers. (Special financial advice can assess the unique circumstances of each case. This column deals with general advice.) How much should I save? Most people should start saving at least 10% to 15% of their income before tax, starting in their 20s. If you start saving later in life, you will need to set aside a higher percentage. For example, if you start saving at age 30, you should probably save 15 to 20% or more. » MORE: How much should you save for retirement? What investments should I choose in my retirement accounts? Most people should have a mix of stocks and bonds. The younger you are, the more you should probably lean towards stocks. As you get older, it's better to increase the percentage of bonds in your portfolio. Most employer-sponsored retirement plans, such as the 401 (k), offer a set of universe investments from which you should choose those that are diversified and have low costs (charging less than 1% a year in fund fees). For the average investor, funds with a target date are generally a sensible set-it-and-forget-it option because they are diversified and have a share-to-bond ratio that is automatically adjusted over the years in relation to the retirement date. » MORE: How to choose your retirement account When is it ok to finance a purchase through debt? Credit card debt - always a bad idea. With credit card debt, usually the most expensive way to borrow money (interest rates are often 18% or more) is to buy things. It also wrecks havoc on your credit score. If you use a credit card, spend only the money you have and pay off your balance in full each month. Auto loans - usually a bad idea. If you can get a very low- or zero-interest car loan, then taking out a car loan is not a terrible idea. In any other situation, you should try to buy only cars that you can pay in cash, otherwise you could end up paying interest on a rapidly depreciating asset. Student loans - sometimes a bad idea. These usually come with somewhat high interest rates and cannot be released in bankruptcy. Rates are not as high as rates on credit card debt or personal loans, but are higher than mortgage rates or home equity lines of credit. So consider in advance whether the total return on your educational investment outweighs the significant cost of student loans. » MORE: Student loan What it means and how to deal with mortgage debt - mostly inevitable, but OK if it's within reasonable limits. Having a mortgage is inevitable for most would-be homeowners. Yet you should strive to get the lowest interest rate possible by taking a large chunk of money as a down payment and getting only a mortgage that you can afford to pay off. Your monthly home payments (mortgage, taxes and insurance) usually should not exceed 28% of your gross monthly income. Should I use the extra money to pay off my debt or invest in a pension? This depends on two key factors - the interest rate on the debt and your attitude to the debt. If the interest rate is low (4% or less), with debt does not cause too much anxiety and you can get a return of more than 4%, then it is not a bad idea to invest extra money in retirement. If the interest rate is high, you should repay it as soon as possible, even if the debt does not negatively affect your psyche. Also consider refinancing any high-interest debt. If you are worried about debt, pay it off with extra cash regardless of the interest rate. Your peace of mind is priceless. How do I approach debt repayment? First, consider refinancing all debt. Ask about refinancing costs, penalties for early payments, and flexibility in repayment schedules for job losses and other factors. If you have credit card debt, try negotiating with a card company at a lower interest rate. If you have a lot of debt with high interest rates and have access to a credit line or other loan with a lower interest rate, use lower debt interest rates to pay off higher debt interest rates in full. If you have extra cash, start paying off the highest interest rate loan first and then move on to the next highest interest rate loan. During this process, there are no more debts. » MORE: How to pay off debt How can I protect my family's nest egg? You can do this by having proper insurance coverage. If people depend on your income, you should have enough life insurance and long-term health insurance to replace your income in case you die or become disabled. Most people should have a policy of overarching personal responsibility. A car accident is probably your biggest source of potential liability. Many auto policies pay \$300,000 in damages stemming from an accident, but court rulings in such cases can run into millions of dollars. The personal liability policy would cover the amount of damages that exceed your auto insurance policy coverage (up to the policy limit). And health insurance is a must. Injury or illness can have disastrous financial consequences if health care costs are not at least partially covered by insurance. Educate yourself on personal finance matters. Consider hiring a financial adviser; there are a number of ways to get expert advice on your financial goals. » » How to Choose Financial Advisor Rachel Tray is a fee-only financial planner with Wealth Care LLC. Lic.

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