

Multiple Sclerosis (MS)

What is MS?

when the body's immune system attacks the nerves connecting the brain to the rest of the body

Symptoms

- ▣ Numbness or weakness in at least 1 limb
(usually on 1 side of the body)
- ▣ Partial loss of vision
- ▣ Sensations of pain/tingling
- ▣ Tremor (shaking/quivering)
- ▣ Slurred speech

Causes are unknown

How do I know if I have MS?

- ▣ There are no MS-specific tests
- ▣ Doctors recommend:
 - Blood tests
 - Lumbar puncture/Spinal tap
 - MRI
 - Evoked Potential Test
 - how nerves respond to visual & electrical factors

Treatment

- ▣ No cure yet, but there are very effective treatments for symptoms!
 - E.g. medication for nerve inflammation, physical therapy
- ▣ Cool down: symptoms can worsen with high body temperature
- ▣ Keep a record of your symptoms and medication for you and your doctor

What can I do at home?

- ▣ Get plenty of rest
- ▣ Exercise
- ▣ Have a balanced diet (include vitamin D)
- ▣ Manage & relieve stress