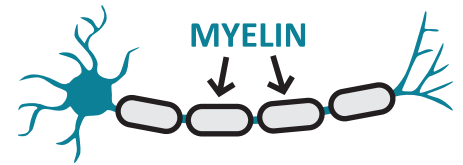


Multiple Sclerosis (MS)

Multiple sclerosis is a chronic disease that affects the central nervous system (spinal cord and brain). The exact cause of MS is unknown, but environmental and genetic factors appear to play a role. Most people are between the ages of 20 and 50 when diagnosed with MS. **It affects more women than men.**

The Immune System and MS

When you have MS, the immune system attacks myelin, the fatty substance around the nerves. When myelin is damaged, the nerves can also be damaged. This can destroy nerve impulses or prevent them from traveling to your muscles.



There is no cure for MS, but medications can help prevent worsening symptoms and improve your quality of life.

MS Symptoms

Common symptoms include:

- ✓ Numbness or weakness in one or more limbs
- ✓ Electric-shock sensations that occur with certain neck movements, especially bending the neck forward
- ✓ Tremor, lack of coordination or unsteady gait
- ✓ Partial or complete loss of vision, usually in one eye at a time, often with pain during eye movement
- ✓ Prolonged double vision
- ✓ Blurry vision
- ✓ Slurred speech
- ✓ Fatigue
- ✓ Dizziness
- ✓ Problems with sexual, bowel and bladder function



Treatment for MS

Treatment focuses on slowing the disease and managing MS symptoms. You may need to take medications such as corticosteroids to reduce nerve swelling. Those with more advanced disease may take disease modifying medications like Ocrevus. **Your healthcare provider will prescribe the medication that is right for you.**

Stay Safe

Falls can happen easily when you have MS, so it is important to stay safe and protect yourself.

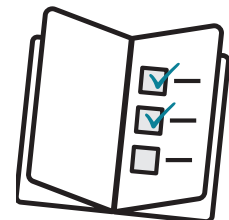
DO

- ✓ Stay active and exercise
- ✓ Remove throw rugs
- ✓ Use a cane or walker, as needed
- ✓ Have plenty of lighting in stairs and rooms
- ✓ Install grab bars in the shower, near a toilet, or near the sink
- ✓ Modify the kitchen to avoid stooping or overhead reaching
- ✓ Ask for help, as needed



Tips to Help Reduce Your Symptoms

- Adjust your schedule so your routine is less stressful. Stress can make your symptoms worse.
- Avoid getting overheated. Increased body temperature can make your symptoms worse.
 - Use an air conditioner.
 - Avoid heated pools and hot tubs.
 - Wear layered clothing.



When to Call Your Healthcare Provider

Call your healthcare provider right away if you have any new or worsening symptoms or if you feel you cannot cope with your MS.