

Multiple Sclerosis

What is it?

- **Multiple Sclerosis**– an autoimmune disease that affects the brain and spinal cord/central nervous system;



Symptoms:

- **Symptoms**- vision problems, fatigue, muscle stiffness, weakness, tingling, poor balance, pain, bowel and bladder problems, numbness, concentration problems, depression; pressure sores, the location and severity of each attack can be different, episodes may last for days, weeks, or months;
 - **Muscle Symptoms**- loss of balance, tremor in one of more legs or arms, problems moving legs and arms, loss of balance, numbness or abnormal sensation in any area, pain due to muscle spasms, problems walking, problems with coordination and making small movements, speech is slurred to difficult to understand, uncoordinated muscle spasms, weakness in legs or arms
 - **Eye Symptoms**: discomfort, double vision, REM/rapid eye movement, vision loss (usually affects one eye at the time)
 - **Brain & Nerve Symptoms**- decreased judgment, attention span, and memory; feeling of sadness or depression, balance problems or dizziness; hearing loss, facial pain, fatigue
 - **Bladder & Bowel Problems**- urine leakage/incontinence, strong urge to urinate, constipation, difficulty beginning urinating, frequent need to urinate, stool leakage



Facts:

- **Can Worsen or Trigger MS**- hot baths, fever, sun exposure, stress
- **Treatment**- no cure, there are therapies that can slow the disease process, goal is to control symptoms and to maintain a normal quality life

What can I do?

- **See your Health Care Provider**- for more information
 - **Treatment**- physical therapy, speech therapy, occupational therapy and support groups, good nutrition, rest, avoiding fatigue & stress

