

## Fast Facts

### Multiple Sclerosis

- Autoimmune disease causing immune system to destroy the protective covering (myelin) that goes around your nerve fibers
  - Leads to communication problems between nerves and brain
- Process is slow (changes that occur do so over a period of time, usually years)
  - Cause unknown
- Two types: primary-progressive and relapsing-remitting

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
Different for each person  <i>Common Symptoms:</i> -Numbness/weakness to various parts of your body -Partial/complete loss of vision (usually one eye at a time) -Double vision that won't go away -Tingling/pain throughout your body -Electric-shock sensations that usually occur when you turn your neck a certain way -Tremors -Unsteady gait -Lack of coordination -Slurred speech -Fatigue -Dizziness -Problems controlling bowels/bladder	<i>Manage Symptoms:</i> -Physical therapy -Muscle relaxants -Medications to reduce fatigue, depression, pain, sexual dysfunction and bladder/bowel control problems -Get regular exercise, such as swimming, water aerobics, walking, stretching, low-impact aerobics and yoga -Get plenty of rest, eat a balanced diet and reduce the amount of stress in your life -Keep body temperature normal  <i>Treating Attacks:</i> -Corticosteroids -Plasmapheresis  <i>Slow Progression:</i> -Take medication prescribed by doctor  <i>Coping:</i> -Maintain normal activities as much as possible -Participate in hobbies -Stay connected with family and friends -Join a support group -Talk to a therapist	<i>Unable to Change:</i> -Age -Gender -Family history -Race -Autoimmune disorder status  <i>Can Change:</i> -Contracting certain viral infections -Living in a temperate climate -Smoking status

©2018 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.