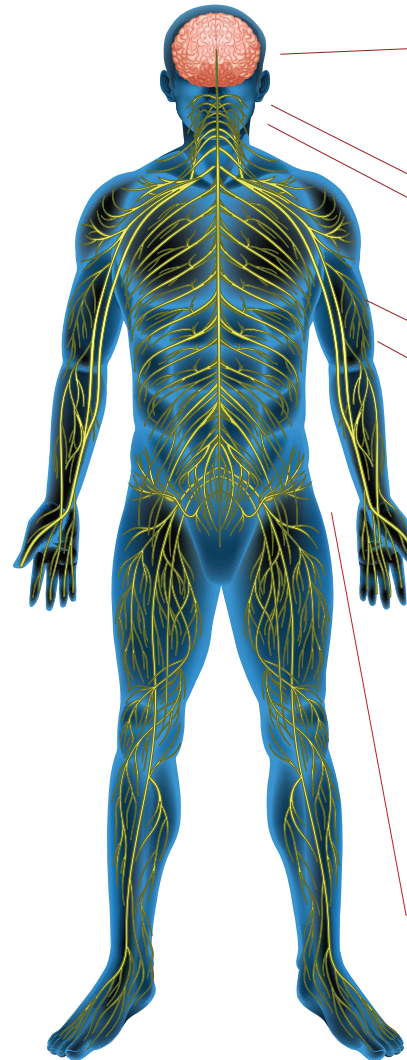


What is it?

Multiple sclerosis (MS) is an auto-immune disease in which the central nervous system (CNS) is attacked.

It is an unpredictable, disabling disease of the central nervous system (CNS) that disrupts the flow of information within the brain, and between the brain and body.



Mental changes

(Decreased concentration, attention deficit, memory loss) & Depression, paranoia, uncontrollable laughter and weeping

Visual disturbances

(Blurred vision, colour distortion, loss of vision in one eye, eye pain)

Loss of sensation, speech impediment, tremors, dizziness

Muscle spasms, fatigue, numbness, pricking pain

Limb weakness. Loss of coordination and balance

Bladder and bowel dysfunction

Causes

The cause of MS is still unknown. Scientists believe the disease is triggered by an as-yet-unidentified environmental factor in a person who is genetically predisposed to respond. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted. Most people with MS are **diagnosed between the ages of 20 and 50, with at least two to three times more women than men** being diagnosed with the disease.

Detection

Magnetic Resonance Imaging



Treatment

PERSONS WITH MS ARE USUALLY TREATED BY A NEUROLOGIST, SUPPORTED BY A MULTIPROFESSIONAL TEAM THAT MAY INCLUDE A PHYSIOTHERAPIST, OCCUPATIONAL THERAPIST AND PSYCHOLOGIST.

- There is no cure, but early and ongoing treatment can make a difference for people with MS. Disease-modifying therapies (also called DMTs, disease modifying medications or disease-modifying treatments) are a key component of comprehensive MS care, along with managing MS relapses (also called exacerbations or attacks), treating symptoms, overall health and wellness. They will reduce the frequency and severity of clinical attacks (also called relapses or exacerbations), reduce the development of new lesions (damaged/scarred or active disease areas) within the brain and spinal cord as seen on MRI and appear to slow down the accumulation of disability.
- The disease-modifying medications are the best strategy currently available to slow the natural course of MS and should be looked upon as an investment in the future.

LIFESTYLE CHANGES

- 1** There is **no method of predicting the course of MS** (Some patients lead productive self-sufficient lives; others are seriously disabled).
- 2** Be aware that there will be a time when you will **face changes** in your employment, home and future.
- 3** **Accept responsibility for your health** and work with the medical team and build support structures.