

LEARN ABOUT

MULTIPLE SCLEROSIS



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

What is Multiple Sclerosis (MS)?

MS is a chronic condition that happens when the immune system attacks the brain and spinal cord.

Symptoms of MS

Different people experience different symptoms. Symptoms can come and go or get worse over time. Heat or other illnesses such as a urinary tract infection can make symptoms worse

- Some common symptoms are: blurry or double vision, trouble walking or keeping your balance, tiredness, numbness or weakness especially in arms or legs, muscle tightness, depression, trouble thinking clearly, or bladder or sexual problems

How is MS Treated?

- Medicines called DMTs (disease-modifying therapies) help slow MS
- Steroids are used to treat flare-ups
- Other medicines help with things like tiredness, tight muscles, and depression
- Rehab and therapy can help people move better and feel stronger

How is MS Diagnosed?

- There is no single test to tell if someone has MS
- Doctors use several tests to help find it:
 - MRI Scan: Shows spots (plaques) on the brain or spinal cord
 - Spinal Tap: Looks at fluid from the spine
 - Eye and Brain Tests: Show how well messages travel through nerves

What Causes MS?

- MS happens when the body's immune system attacks the myelin, a covering around nerves. Myelin helps send messages from the brain to the body
- When it's damaged, it causes scars that slow or block messages. Doctors don't know exactly why this happens, but it may be due to a mix of genes and the environment, like not enough sunlight or vitamin D.
- MS is more common in: People aged 20 to 50, Women, and People living in cooler parts of the world