

# TIME MATTERS IN MS

## DISCUSSION GUIDE

MS isn't the same for everyone as symptoms can vary. There are treatments that aim to help manage symptoms, reduce relapses and slow development of disability.

Speak to your neurologist about the different options to help manage your condition in a way that works to achieve your goals.

Select the answers which are relevant to your situation:

## SYMPTOMS

**In the past month – have you experienced any of the following physical symptoms:**

- ☐ Problems walking, balancing or other types of movement
- ☐ Problems with vision
- ☐ Fatigue, tired or altered mood
- ☐ Pain
- ☐ Pins and needles, sensitivity, numbness or tingling
- ☐ Muscle weakness or muscle spasms
- ☐ Bladder control or bowel problems

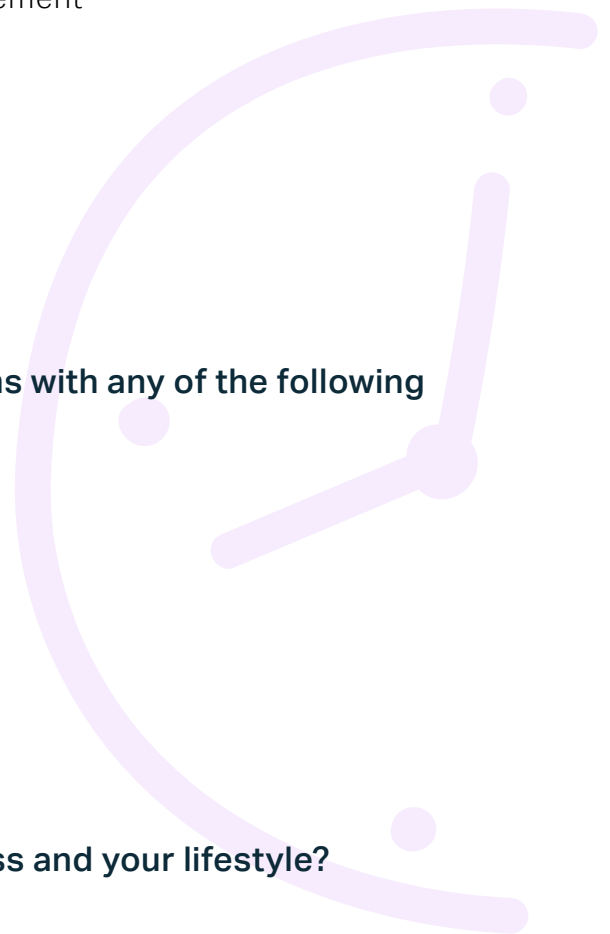
**In the past month – have you experienced problems with any of the following cognitive symptoms:**

- ☐ Memory or recall
- ☐ Attention and concentration
- ☐ Processing information
- ☐ Talking

## QUALITY OF LIFE

**How are you currently feeling with regards to stress and your lifestyle?**

- ☐ I'm more anxious than usual
- ☐ I've been feeling lower in mood and/or depressed more recently
- ☐ I'm more fatigued than usual
- ☐ I struggle with getting quality sleep
- ☐ I struggle to have the energy to exercise regularly
- ☐ I currently have an unbalanced/poor diet



**What areas of life do the above stressors impact the most?**

- ☐ Study
- ☐ Work
- ☐ Relationships
- ☐ Confidence
- ☐ Body image
- ☐ Ability to manage daily tasks
- ☐ Independence

**Is your MS currently having a negative impact on your quality of life?**

Yes      No

## TREATMENT

**When it comes to your treatment plan, the most important priority is to:**

- ☐ Urgently intervene to help reduce further damage to your brain
- ☐ Have an easy, simple treatment plan

**If you have one, are you satisfied with your current treatment plan?**

Yes      No

**Do you know what the goals of your current treatment plan are/would like them to be?**

Yes      No

**Do you want to know more about MS medications and why urgency in treating MS is important?**

Yes      No

**Have there been any changes to your physical/cognitive health, lifestyle or MS symptoms? If so, discuss this with your specialist.**

Yes      No

Complete this discussion guide and take it to your doctor to ensure a productive appointment tailored to your specific needs. Every person with MS is different.