

Multiple Sclerosis
Discussion Guide



How should I use the discussion guide?

This resource outlines important topics to discuss with your healthcare professional about multiple sclerosis (MS). It is recommended for newly diagnosed patients and those living with MS.

Write down the important information discussed with your healthcare team in the notes section provided below each question.



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1. *What is MS and why do I have it?*

2. *Will my family develop MS?*

3. *What type of MS do I have?*

4. What are the common symptoms?

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How will the symptoms affect me?

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How will the symptoms be managed?

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When do I need to contact my healthcare team?

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5. *Will I always have MS? How will my MS progress over time?*

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6. *Will I need to have regular MRIs or any other tests?*

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What are you looking for when you do these tests?

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7. *What medication and treatment options are available that can help me?*

Infusions:

Injections:

Oral Medications:

Other:

Therapies - physiotherapy, counselling, occupational therapy, etc.

13. How do I know if my treatment is effective or not?

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When do I need to seek medical advice?

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What choices do I have if I've experienced new disease activity?

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What ongoing tests will my doctor perform and why?

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