



Newly diagnosed with MS: Doctor discussion guide

Asking your doctor the following questions will help start you on the right path toward navigating life with multiple sclerosis (MS).

1. What type of multiple sclerosis do I have?

Knowing what type of MS you have can help you understand your symptoms and treatment options.

My MS type:

- Clinically isolated syndrome (CIS)
- Relapsing-remitting multiple sclerosis (RRMS)
- Primary progressive multiple sclerosis (PPMS)
- Secondary progressive multiple sclerosis (SPMS)

2. What do my MRI results mean?

As your doctor is explaining your MRI results, ask them to define and explain any unfamiliar terms.

MRI notes: _____

3. What are my MS symptoms, and how do I know if I am experiencing a new one?

Keeping track of your MS symptoms can help to identify possible triggers that may cause a flare-up.

Symptoms I am experiencing now:

- Fatigue
- Difficulty walking
- Pain
- Numbness or tingling
- Muscle spasms
- Vision problems
- Balance issues
- Bladder or bowel problems
- Sexual dysfunction
- Cognitive issues
- Anxiety or depression
- Heat sensitivity
- Other: _____

»» Quick TIP

Ask your doctor if he has any advice on managing common MS symptoms such as fatigue, brain fog, numbness, or loss of balance on a day-to-day basis.

4. What are my treatment options, and which one is best for me?

Treatment plans should be the result of shared decision-making between you and your doctor.

Treatment options presented to me:

1. _____
2. _____
3. _____

My choice: _____

My doctor's choice: _____

What we've decided on: _____

»» Quick TIP

Ask your doctor about the therapy's side effects, how it is given, and how it will affect your daily life.

5. What else can I do to manage my MS symptoms on a daily basis?

Consider asking your doctor about the following lifestyle considerations:

- Diet
- Physical activity
- Assistive aids
- Alcohol/nicotine
- Sleep hygiene
- Brain training
- Mental health

»» Quick TIP

Discuss any stress, anxiety, or depression you are feeling and ask for recommendations for support groups, therapists, or other community programs that might help.



Additional information?

For more info, see our [newly diagnosed guide](#) on *Multiple Sclerosis News Today* or scan this QR code.

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