



## 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 MS types

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)

#### »» 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.

### 2 MRI results

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

MRI notes: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### »» 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.

### 3 Treatment options

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

What's most important to you when it comes to choosing a treatment?

- Fatigue
- High rate of effectiveness
- Low risk of side effects
- Ease of administration
- Convenience
- Cost

What is your preferred route of administration?

- Oral
- Subcutaneous
- Intravenous infusion
- Other: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### »» Quick TIP

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

### 4 Daily management strategies

Consider asking your doctor about the following lifestyle considerations:

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

## 5 MS symptom tracker

You can use this guide to track your symptoms and determine patterns and triggers. Use this information to discuss your symptoms with your doctor and come up with a plan for management.

### Step 1: Which of the following symptoms are you experiencing on a regular basis?

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Fatigue              | <input type="checkbox"/> Muscle spasms             | <input type="checkbox"/> Sexual dysfunction    |
| <input type="checkbox"/> Difficulty walking   | <input type="checkbox"/> Vision problems           | <input type="checkbox"/> Cognitive issues      |
| <input type="checkbox"/> Pain                 | <input type="checkbox"/> Balance issues            | <input type="checkbox"/> Anxiety or depression |
| <input type="checkbox"/> Numbness or tingling | <input type="checkbox"/> Bladder or bowel problems | <input type="checkbox"/> Heat sensitivity      |
|   |  | <input type="checkbox"/> Other: _____          |

### Step 2: For each symptom you noted above, fill in the additional details below.

Symptom	Time of day when it is most prevalent	What factors make it worse? (heat, activity, etc.)	How does this symptom make you feel or affect your daily life?	Does anything make it better?



### Additional information?

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

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