



Collaborative conversations

A doctor discussion guide for balancing an active lifestyle with MS treatment and management



1 Trigger tracker

Tracking potential triggers that can lead to multiple sclerosis (MS) flare-ups or relapses can help you and your doctor identify patterns and make informed decisions about your care.

▶ **Have you had any flare-ups/relapses/exacerbations since your last doctor visit?**

- Yes
- No
- I'm not sure.

▶ **If so, have you been able to pinpoint any of the following triggers as a catalyst?**

- | | | |
|-------------------------------------------|-----------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Stress | <input type="checkbox"/> Vitamin D deficiency | <input type="checkbox"/> Stopping medications too soon |
| <input type="checkbox"/> Heat | <input type="checkbox"/> Lack of sleep | <input type="checkbox"/> Pushing yourself too hard |
| <input type="checkbox"/> Childbirth | <input type="checkbox"/> Poor diet | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Getting sick | <input type="checkbox"/> Smoking | |
| <input type="checkbox"/> Certain vaccines | <input type="checkbox"/> Certain medications | |

Describe how your flare-ups/relapses/exacerbations have affected your daily life. How do you avoid your known triggers?

If you suspect a link between these experiences/events and symptom changes, discuss it with your doctor. They can help monitor triggers, adjust treatment, and guide MS flare-up management.

2 Treatment and life balance

Finding the right treatment goes beyond management – it's about balancing care and lifestyle.



▶ **What's most important to you when it comes to balancing your MS treatment plan with your lifestyle?**

- | | |
|---------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> Convenience: At-home or fewer infusions | <input type="checkbox"/> Long-term goals: Evaluates benefits vs. risks |
| <input type="checkbox"/> Side effects management: Stay active, minimize fatigue | <input type="checkbox"/> Flexibility: Adapts to life changes |
| <input type="checkbox"/> Work-life balance: Fits work, school, and social life | <input type="checkbox"/> Financial assistance: Options to manage costs |
| <input type="checkbox"/> Physical activity support: Helps maintain mobility | <input type="checkbox"/> Other _____ |

Ask your doctor if new treatments might better support your health goals. Listing upcoming life changes to discuss may also help, as they can affect your treatment plan or care needs.



3 Emotional wellness

Caring for your mental health is vital with MS, as it affects symptoms and quality of life. Use this section to track and discuss challenges, triggers, and resources with your doctor.

▶ **Are you experiencing or have you experienced any of the following symptoms?**

- | | |
|-------------------------------------|----------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Depression | <input type="checkbox"/> Cognitive changes: Trouble with memory, concentration, or problem-solving |
| <input type="checkbox"/> Anxiety | |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Emotional challenges due to MS flare-ups |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Other _____ |

▶ **Key questions:**

- What mental health resources or therapies can help me manage stress, anxiety, or depression?
- How can I identify when mental health issues are affecting my physical MS symptoms?
- Are there peer support groups, especially for young adults or those newly diagnosed with MS?
- What stress management or mindfulness techniques would you recommend for MS?

▶ **Take note of any recent mental health challenges you'd like to share with your doctor to explore support options.**

4 Other Notes





Want more information?

See our [living strong with MS](#) or scan this QR code.



Multiple Sclerosis

