



Mapping your MS treatment journey

A doctor discussion guide to support informed decision-making for people with multiple sclerosis

1 Setting treatment goals

What's most important to you when it comes to your MS treatment?



- Reducing relapses
- Slowing progression
- Managing/easing symptoms
- Maintaining/improving quality of life
- Limiting disability
- Other _____

Discuss your personal treatment goals with your doctor to determine if your current treatment regimen is appropriate or if it might be time to explore other options. Use this space to write down questions or areas of concern you would like to address at your next visit.

Writing down your questions and concerns can help you and your doctor define clear treatment priorities and set realistic expectations for progress. Understanding these details ensures your treatment plan is tailored to your needs and monitored effectively over time.

2 Exploring and adjusting treatment options



▶ Key questions:

- What treatment options are available for my MS type?
- Is there any treatment that is available now that wasn't an option when I was diagnosed?
- What are the pros and cons of switching treatments?
- Are there clinical trials or experimental options available?

▶ Things to consider:

- Risks vs. benefits
- Potential side effects and how to manage them
- Route of administration
- Frequency of follow-ups and monitoring
- Insurance and cost considerations
- Other _____

By exploring and discussing these treatment options, you can better understand which approaches might work best for managing your MS and the related symptoms. This ensures your treatment plan remains flexible and responsive to your changing needs.

3 MS treatment tracker

Keeping track of your MS treatments can help you and your doctor determine the best approach for managing your symptoms. Use this tracker to monitor your medications, note any side effects or improvements, and record any adjustments to your treatment plan.



Treatment Tracker

Treatment name	Dose	Date started	Date stopped	Reason for starting	Reason for stopping	Side effects	Improvements	Notes

4 Other notes





Want more information?

See our
[MS Pathways](#) guide
 or scan this QR code.

Multiple Sclerosis

