

# Keeping tabs on potential MS progression



Some people with MS notice gradual changes that may indicate disease progression. It's important to remember to mention evolving symptoms to doctors regardless of how gradual or small changes feel. Note changes here so you can remember to discuss them at your next appointment.

*\*Consult your care provider on all matters pertaining to your medical care.*

## Mobility & Coordination

- ☐ Increased difficulty walking
- ☐ More tripping, unsteadiness
- ☐ New need for assisted device
- ☐ Other: \_\_\_\_\_

## Fatigue

- ☐ Increased fatigue
- ☐ Fatigue without respite
- ☐ Sleep disturbance
- ☐ Other: \_\_\_\_\_

## Relapse History

- ☐ Steady worsening of disability
- ☐ No return to baseline after relapse
- ☐ Increase in relapse frequency
- ☐ Other: \_\_\_\_\_

## Cognition & Mood

- ☐ Worsening of mood changes
- ☐ Confusion/cognitive dysfunction
- ☐ Emotional disturbances
- ☐ Other: \_\_\_\_\_

## Bowel & Bladder

- ☐ Urgency
- ☐ Bowel or bladder leakage
- ☐ Urinary retention
- ☐ Other: \_\_\_\_\_

## Vision

- ☐ Worsening of vision
- ☐ Sudden loss of sight
- ☐ Seeing spots or double vision
- ☐ Other: \_\_\_\_\_

**Notes:** \_\_\_\_\_  
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