



Mapping your MS treatment journey

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

1 Setting treatment goals



When you think about your MS treatment, which outcomes feel most important to you right now?

- Preventing or reducing relapses
- Delaying disease progression
- Easing or managing symptoms
- Protecting overall quality of life
- Maintaining independence and function
- Other _____

Discuss your personal treatment goals with your doctor to determine whether your current treatment plan still fits your needs or if it may be time to consider other options.

Use the space below to write down questions, concerns, or changes you've noticed since your last appointment:

Taking time to note your priorities ahead of a visit can support a more focused and meaningful discussion. Clear communication about what matters most to you can help guide shared decision-making and ensure your treatment plan is reviewed and adjusted as needed over time.

2 Exploring and adjusting treatment options



▶ Key questions:

- Given where I am in my MS journey right now, what treatment options should we be talking about?
- Have there been any new treatments or updates since I was first diagnosed that might be worth revisiting?
- How do we know if my current treatment is doing what it's supposed to do?
- What are the possible pros and cons of making a change to my treatment?
- Are there any newer therapies or clinical trials that could be a good fit for me?

▶ Things to consider:

- How do the potential benefits compare with the possible risks
- What side effects may occur and how can they be managed
- How the treatment is given (pill, injection, or infusion)
- How often follow-up visits, lab work, or imaging may be needed
- Insurance coverage, out-of-pocket costs, and financial support options
- Other _____

Regularly reviewing treatment options with your care team can help ensure your plan continues to align with your goals, lifestyle, and how your MS may be changing over time.

► **Would you like to talk with your doctor about possible treatment changes or adjustments?**

- Yes
- No



3 MS treatment tracker

Keeping track of your MS treatments can help you and your doctor better understand what's working, what's changed, and how your symptoms respond over time. Use this tracker to record your treatments and note any side effects, benefits, or adjustments.

Treatment Tracker				
Treatment	Dose	Dates Used	What you noticed (benefits, side effects, changes)	Notes

4 Other notes



Use this space to write down anything else you want to discuss with a doctor about your care plan.

 **Want more information?**

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

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