

Multiple Sclerosis Discussion Guide



How should I use the discussion guide?

This resource outlines important topics to discuss with your healthcare professional about multiple sclerosis (MS). It is recommended for newly diagnosed patients and those living with MS.

Write down the important information discussed with your healthcare team in the notes section provided below each question.

1. What is MS and why do I have it?

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2. Will my family develop MS?

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3. What type of MS do I have?

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4. What are the common symptoms?

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How will the symptoms affect me?

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How will the symptoms be managed?

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When do I need to contact my healthcare team?

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5. Will I always have MS? How will my MS progress over time?

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6. Will I need to have regular MRIs or any other tests?

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What are you looking for when you do these tests?

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You might want to consider these questions after you have started treatment or if you have experienced a 'relapse':

7. What lifestyle choices can I make to help manage my MS, and what other things do I need to consider?

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Diet, exercise, physiotherapy, other therapies?

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Existing health conditions or medications?

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Will MS affect me starting or adding to a family and how?

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8. What support services and resources are available for me and my family, and how can I access these?

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9. What is a relapse and how do I recognise it?

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What could the symptoms be?

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When do I need to contact my doctor(s) or nurse(s)?

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When do I need treatment for a relapse?

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13. How do I know if my treatment is effective or not?

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When do I need to seek medical advice?

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What choices do I have if I've experienced new disease activity?

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What ongoing tests will my doctor perform and why?

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The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient. Please talk to your Health Care Provider if you have any questions.

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By working with providers, manufacturers, and advocacy groups, we ensure our resources are available at the moment of diagnosis, during a treatment regimen, or while participating in a clinical trial. With the belief that an informed patient is a capable patient, Jumo Health designs its solutions for outcomes. With experience providing resources in more than 65 countries, 55 languages, and covering more than 200 topics, our mixed media solutions range from comic books to animated videos, are evidence based and peer reviewed, and pay careful attention to health literacy and educational attainment to ensure patients can understand and take the prescribed actions.

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