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## Pre-Diagnosis

“Something doesn’t feel right...”

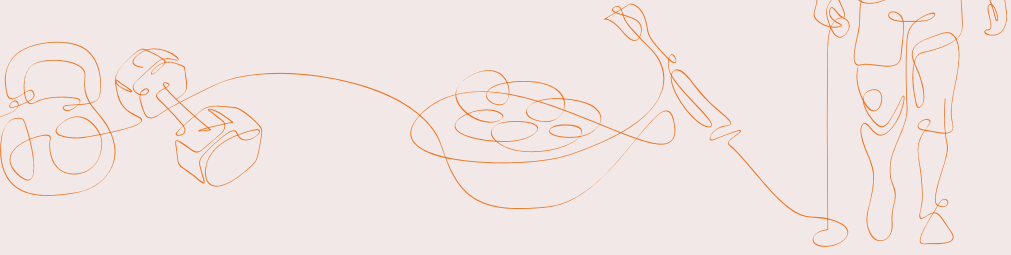
- A good place to start is going to your family medicine physician.
- If your physician suspects MS, they will refer you to a Neurologist.
- The neurologist might want to refer you to an MS specialist to confirm.

Learn about the symptoms of MS here

## Holistic Support

Adding positive changes into your lifestyle such as a healthy diet and exercise can help **manage your symptoms more effectively**, while slowing disease progression and improving life span.

- Emotional Support
- Caregiver Support



Fitness	Complementary Medicine	Mental Health	Nutrition & Lifestyle
Exercise at least 150 minutes per week consisting of strength and endurance exercises	Art therapy Music Therapy Acupuncture Hijama	Looking after your mental health is equally as important as looking after your body. You can visit a psychologist, psychiatrist and/or join a support group.	Visit a dietician for obesity management and a healthy nutrition plan (e.g. Mediterranean diet)

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## Diagnosis

Before a doctor can confirm whether you have MS or not, **they may need to perform a few tests.**

Here are a few examinations that your doctor may run:

MRI	Cerebrospinal Fluid (CSF)	Evoked potentials
EDSS Neurological examinations	Optic Coherence Tomography (OCT)	MS Functional Composite

To understand what each of these tests mean you can read about them here.



Your doctor or nurse will ask you questions to better understand your personal and family medical history

Your doctor may perform additional tests to rule out other conditions

There is no definitive blood test for MS, however blood tests can rule out other conditions that cause symptoms similar to those of MS

### Follow Ups

Your doctor may have to perform some of these tests frequently to track the disease progression, ideally every 6 months:

- MRI
- EDSS Neurological Examinations
- OCT
- Blood tests

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## Treatment

Treatment is important to **slow the progression of your condition** and to help keep your condition stable.

Please consult your healthcare provider about the available treatment options for MS and medication recommendation for your condition.



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## Rehabilitation & Management of Symptoms

Your neurologist may **recommend therapies to improve many of the symptoms** associated with MS, or refer you to the right specialty to help manage your symptoms

Mobility, Spasticity and Gait		
A comprehensive initial assessment can be conducted to assess strength testing, balance testing, gait analysis, functional outcome measures and patient specific goals.		
<b>Physical Therapy</b> A physiotherapists can help you improve movement and other functions through exercises such as:  <b>Fatigue Management</b> Endurance Exercises Strength, balance & gait training  Session frequency will be assessed by your therapist and can range from 1 -5 times/week.	<b>Occupational Therapy</b> Occupational Therapy can help improve your ability to carry out every day activities.  <b>Activities of Daily Life retraining</b> Improving hand coordination Memory, cognition and problem solving  Session frequency will be assessed by your therapist and can range from 1 -5 times/week.	<b>Assistive Devices</b>  Canes Walkers Wheelchairs Mobility Scooters

Based on your symptoms, you may be referred to various physicians to receive specialist care.

<b>Fatigue</b> Fatigue management through physiotherapy	<b>Urinary dysfunction</b> Referral to urologist	<b>Bowel dysfunction</b> Referral to GI specialist to establish bowel regimen	<b>Cognitive rehabilitation</b> Referral to neuropsychologist	<b>Neuropathic pain</b> Referral to pain specialist or psychologist for CBT	<b>Sexual dysfunction</b> Referral to sexologist or urologist
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