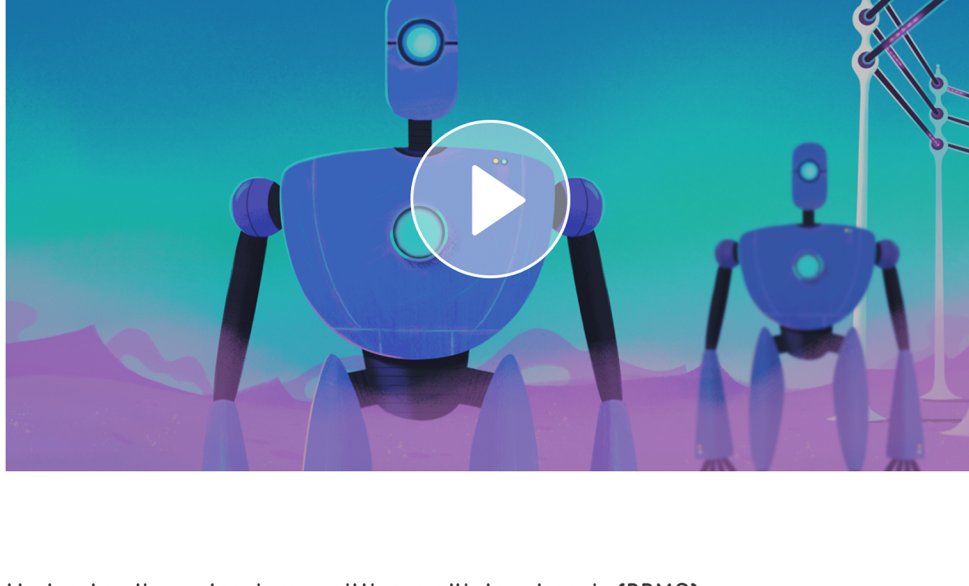


# Learn more about MS

Knowing more about your MS can motivate you take an active role in its management so you can achieve your treatment goals.

## What is multiple sclerosis (MS)?

Watch the video to learn more about MS and its causes.

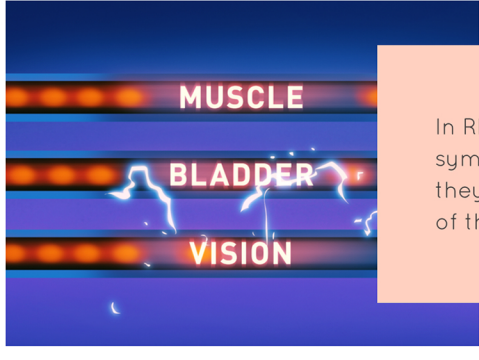


## Understanding relapsing remitting multiple sclerosis (RRMS)



MS is an autoimmune disease of the brain, spinal cord and optic nerve, which make up the central nervous system (CNS).

The immune system that normally protects the body begins attacking healthy nerve fibres in the CNS and slowly damages them over time.



In RRMS, there are periods when symptoms worsen and periods where they improve. Damage in different areas of the CNS leads to different symptoms.

## The most common symptoms of RRMS are:



Problems with motor control, for example, weakness and problems walking or balancing



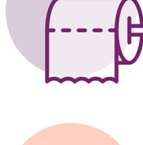
Problems with vision or pain behind the eye



Fatigue, altered mood or depression



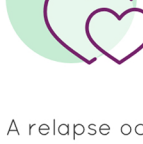
Memory loss or difficulty thinking



Bladder or bowel concerns or issues



Pain, pins and needles or heat sensitivity



Changes in sexual response or desire

A relapse occurs when symptoms get worse or new symptoms appear. Some relapses resolve quite quickly while others can take weeks or months to subside and may have long-term effects on the body's function.

## How is RRMS treated and managed?

### Two types of medical treatment:



**Symptomatic therapies** to manage symptoms when they occur



**Disease modifying therapies (DMTs)** to reduce the frequency and severity of a relapse and slow progression of MS

- Starting DMTs soon after diagnosis improves the chances of better long-term outcomes
- Your neurologist will help decide which DMT is right for you, so it's important you discuss your needs
- DMTs work in different ways, so you may need to change treatments and management strategies throughout your MS journey



### Why does time matter?

MS may still be active even if you feel well and aren't showing any visible signs.

Without treatment, the ongoing tissue damage continues to reduce the brain's remaining ability to adapt and function. When that brain reserve is used up, the chances of disability progression are increased.

## Five ways to lead a brain healthy lifestyle:

1

Stay active

2

Watch your weight

3

Keep your mind busy

4

Stop smoking

5

Avoid too much alcohol

Download this page and share with someone who would like to learn more about RRMS

Download

## Questions you could ask your neurologist

### Select which questions you would like to ask at your next appointment

- ☐ Why do I have MS?
- ☐ What type of MS do I have?
- ☐ What symptoms can I expect and can they be managed?
- ☐ Will I always have MS?
- ☐ Will my MS change over time?
- ☐ How do I know if my MS is getting worse?
- ☐ What is a relapse and can I prevent it?
- ☐ How do I know if I'm having a relapse?
- ☐ What are the long-term plans or goals of treatment?
- ☐ Which MS medication is right for me?
- ☐ Do some MS medications reach their full effect faster than others?

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This website is not intended to replace advice from a healthcare professional. Speak to your doctor if you have any questions about MS. Always advise your healthcare professional of any medications you are taking.