

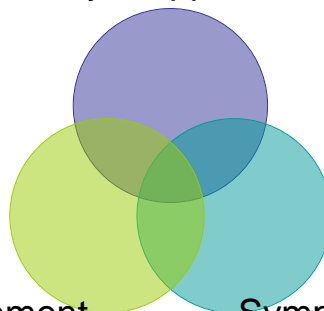


Managing MS Symptoms – an overview

Live Well



Lifestyle Approaches



Medical Management

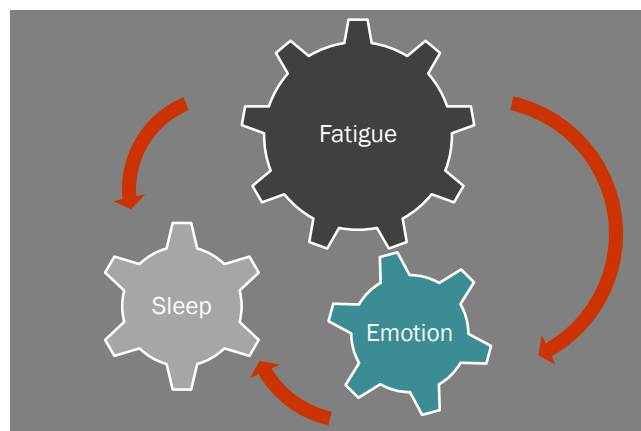
Symptom Management

MS Symptoms



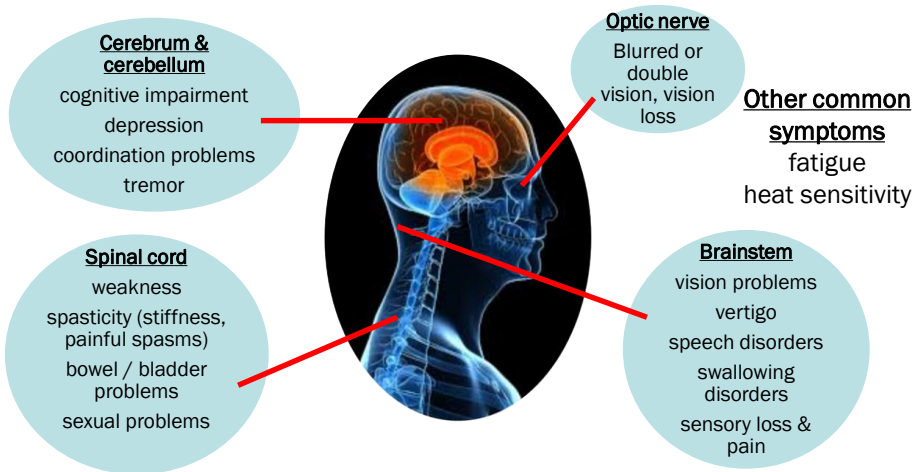
- Not everyone experiences every symptom
- Symptoms vary from person to person
- Symptoms can fluctuate and change
- There is interplay between symptoms

Multiple Sclerosis Limited



Multiple Sclerosis Limited

MS symptoms



Multiple Sclerosis Limited



Managing MS Symptoms – an overview.



This symbol indicates a recording is available on our website



Visual Problems



- Usually transient
- Medical review if ongoing
 - Neuro-ophthalmologist
- Referral to Vision Australia
- Consider the Impact on Driving



Multiple Sclerosis Limited

Physical symptoms



- Balance
- Spasticity
- Weakness
- Tremor



Multiple Sclerosis Limited

Physical symptoms



- Physiotherapy assessment
- Exercise
- Medical Management
- Aids, Equipment and Adaptations

Multiple Sclerosis Limited

Pain and Sensory Changes



- Medical review
- Combination of treatments
- Investigate causes and effects
- Medication
- Lifestyle Strategies



Multiple Sclerosis Limited

Heat Sensitivity



Temperature or heat intolerance occurs in MS and can make symptoms temporarily worse.

Temperature or heat intolerance can be managed by:

- Planning around the heat
- Cooling Products and Air Conditioners



Multiple Sclerosis Limited

Fatigue



- Pace activities
- Allow rest breaks
- Maintain cooler environments
- Exercise
- Hydration
- General Health checks
- Improve sleep quality
- Seek advice



Multiple Sclerosis Limited

Sleep disturbances



- Routine – including daylight, exercise during the day and wind down activities in the evening
- Caffeine intake (coffee, tea, chocolate, cola)
- Manage Other symptoms eg Bladder
- Appropriate Referral



Multiple Sclerosis Limited

Cognitive Change



- Seek advice
- Neuropsychological assessment
- Develop strategies
 - Diary
 - Reminders



Multiple Sclerosis Limited

Continence Issues



- Seek advice
- Effective management is available
- Specialist health practitioner eg Continence Nurses and clinics
- Lifestyle changes
 - Exercise
 - Diet
 - Fluids



Multiple Sclerosis Limited

Changes in mood and emotions



- Dealing with a diagnosis of MS
- Mood changes
- Depression
- Seek support



Multiple Sclerosis Limited



Medical Management



Network of professional support



Management of Symptoms



Health Promotion to Improve Quality of Life



Continual Assessment & Reassessment



Multiple Sclerosis Limited



Questions?

1800 042 138

www.ms.org.au

msconnect@ms.com.au

Copyright Multiple Sclerosis Limited
©MS Limited 2011

Multiple Sclerosis Limited