

## Preparing for your Appointment: MULTIPLE SCLEROSIS (MS)

### Write down your symptoms:

- When did your first symptoms begin?
  
  
  
  
  
  
  
  
  
  
- Common symptoms in MS can include but are not limited to
  - Fatigue
  - Walking difficulties
  - Numbness or tingling
  - Spasticity (muscle spasm)
  - Weakness
  - Vision problems
  - Dizziness and vertigo
  - Bladder or bowel problems

Describe your specific symptoms.

- Are your symptoms always present or do they come and go?

- What makes your symptoms worse?

- What makes your symptoms better?

➤ How do your symptoms affect your activities of daily living?

➤ Does anyone else in the family have MS?

**Bring Multiple Sclerosis related records to your appointment:**

➤ Have you seen a medical provider for your symptoms? If so, what testing and treatment have been provided?