

How serious are your MS symptoms?

Take this symptom screener to your next doctor visit. Use it to partner with your doctor to discuss your MS symptoms. Call your doctor right away if you experience any of these symptoms for a long period of time.

Indicate on a scale of 1-7 how much the symptom categories affect your life, with “1” meaning they don’t affect you at all and “7” meaning they strongly affect you.

1. With MS, you may develop blurred vision. You may also feel pain behind your eye, which increases when you turn your eye.

How much has blurred vision or eye pain affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

2. Many people with MS lose muscle strength in their arms and legs as the disease progresses. This can mean anything from having problems gripping with your fingers, to being unable to move an arm or leg.

How much has loss in muscle strength affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

3. MS can cause feelings of numbness or tingling. Parts of your body may feel burning or cold, even though there is no heat or chill present.

How much have feelings of numbness, tingling, burning, or cold affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

4. Damage from MS can cause extra tension in the muscles of your arms and legs. This is known as “spasticity” and can be painful.

How much has pain or spasticity affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

5. Many people with MS develop trouble with urination, bowel control, and constipation.

How much have urinary or bowel problems affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

6. Having MS can lead to problems related to sexual activity. Men with MS can find it difficult to achieve or maintain an erection. In women, MS often causes a loss of sexual sensitivity, pain during intercourse, an inability to achieve an orgasm, or a reduction in naturally produced lubrication.

How much have sexual issues affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

7. Damage from MS can result in poor balance or coordination. For instance, you may have difficulty grasping small objects, writing clearly, or keeping a steady hand. When walking across a room, you may find yourself losing your balance and feeling wobbly.

How much have balance and coordination problems affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

8. Many people with MS experience fatigue or tiredness. But since fatigue can be a sign of many other diseases too, it is not often immediately identified as being caused by MS.

How much has fatigue affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

9. At some point in the course of your MS, you may notice changes in mental function, such as memory and speed of thinking. You may also have trouble concentrating. In some people with MS, these symptoms can occur early in the disease. In others, they can come later.

How much have changes in mental function affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

10. Many people with MS experience periods of depression. Sometimes this can be linked directly to physical changes in the brain. Understandably, it may also be an emotional reaction to having the illness and learning to cope with the symptoms and the challenges they represent. If you are experiencing feelings of depression or hopelessness, talk to your doctor.

How much have mood changes like depression affected you?

Not at all 1 2 3 4 5 6 7 **Strongly**

The symptoms above are common to many people with MS. It's possible that you may experience other MS symptoms. If so, be sure to mention these to your doctor.