

Keep track of your MS symptoms

Take this symptom discussion guide to your next doctor visit. Use it to partner with your doctor to discuss your multiple sclerosis (MS) symptoms. Always remember to contact your doctor if you experience any new symptoms or a change in symptoms. And keep in mind that everyone's situation is different.

Indicate below how much you are affected by each symptom. Your doctor is your best resource when it comes to your MS. Always talk to your doctor about your symptoms, and ask any questions you may have.

1. People with MS may develop blurred vision. They may also feel pain behind their eye that increases when they look to the side.

Are you affected by blurred vision?

No **Sometimes** **Often**

2. Many people with MS lose muscle strength in their arms and legs as the disease progresses. This can mean anything from having problems with gripping to not being able to move an arm or leg.

Are you affected by loss in muscle strength?

No **Sometimes** **Often**

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

Are you affected by feelings of numbness, tingling, burning, or cold?

No **Sometimes** **Often**

4. Damage from MS can cause extra tension in the arm and leg muscles. This is known as “spasticity” and can be painful.

Are you affected by pain or spasticity?

No **Sometimes** **Often**

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

Are you affected by urinary or bowel problems?

No **Sometimes** **Often**

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

Are you affected by sexual issues?

No **Sometimes** **Often**

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

Are you affected by balance or coordination problems?

No **Sometimes** **Often**

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

Are you affected by fatigue?

No **Sometimes** **Often**

9. At some point in their MS journey, people may experience changes in mental function, such as loss of memory, reduced speed of thinking, and trouble concentrating. In some people with MS, these symptoms can occur early in the disease. In others, they can come later.

Are you affected by changes in mental function?

No **Sometimes** **Often**

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.

Are you affected by mood changes, like depression?

No **Sometimes** **Often**

The symptoms above are common to many people with MS. It's also possible that people with MS may experience other MS symptoms. Be sure to talk to your doctor about any symptoms you may be experiencing.