

MULTIPLE SCLEROSIS



MULTIPLE SCLEROSIS IS A DISEASE THAT IMPACTS THE BRAIN AND SPINAL CORD WHICH MAKE UP THE CENTRAL NERVOUS SYSTEM THAT CONTROLS EVERYTHING WE DO, WHETHER IT'S TAKING A PHYSICAL STEP OR SOLVING A COMPLEX PROBLEM.

THE EXACT CAUSE OF **M-S** IS UNKNOWN BUT WE DO KNOW THAT SOMETHING TRIGGERS THE IMMUNE SYSTEM TO ATTACK THE BRAIN AND SPINAL CORD. **T**HE RESULTING DAMAGE TO MYELIN THAT INSULATES WIRE-LIKE NERVE FIBERS IS A DISRUPTION OF SIGNALS TO AND FROM THE BRAIN. **T**HIS INTERRUPTION OF COMMUNICATION SIGNALS CAUSES UNPREDICTABLE SYMPTOMS SUCH AS NUMBNESS, TINGLING, MOOD CHANGES, MEMORY PROBLEMS, PAIN, FATIGUE, BLINDNESS OR PARALYSIS.

EVERYONE'S EXPERIENCE WITH **M-S** IS DIFFERENT AND THESE LOSSES MAY BE TEMPORARY OR LONG-LASTING. **M**OST PEOPLE INITIALLY HAVE RELAPSING-REMITTING **M-S**, WHERE THEY EXPERIENCE ATTACKS OF NEW SYMPTOMS FOLLOWED BY PERIODS OF TIME WHEN THOSE SYMPTOMS GO AWAY PARTIALLY OR COMPLETELY. **O**THERS EXPERIENCE GRADUAL AND ONGOING LOSS OF FUNCTION WITHOUT DISTINCT ATTACKS, WHICH IS KNOWN AS PROGRESSIVE **M-S**. **M-S** CAN BE DIFFICULT TO DIAGNOSE BUT ONCE A DIAGNOSIS IS CONFIRMED BY A NEUROLOGIST WHO IS KNOWLEDGEABLE ABOUT **M-S**, THERE ARE DISEASE MODIFYING THERAPIES FOR REDUCING ATTACKS AND SLOWING DOWN THE DAMAGE.

GROWING EVIDENCE SUGGESTS THAT EARLY AND ONGOING TREATMENT WITH A DISEASE MODIFYING THERAPY IS AN IMPORTANT DEFENSE AGAINST FUTURE ATTACKS. **T**HERE ARE ALSO TREATMENT STRATEGIES TO ADDRESS SOME **M-S** SYMPTOMS. **O**PTIONS ARE STILL LIMITED FOR SLOWING DOWN OR STOPPING PROGRESSIVE **M-S**. **W**ORLDWIDE RESEARCH IS ACCELERATING THE DISCOVERY OF HOW TO SLOW DOWN OR EVEN STOP PROGRESSIVE **M-S**. **H**OW TO REPAIR NERVOUS SYSTEM DAMAGE AND RESTORE FUNCTION, WELLNESS STRATEGIES SUCH AS EXERCISE AND DIET THAT CAN HELP PEOPLE WITH **M-S** TO LIVE THEIR BEST LIVES AND THE EXACT CAUSE OF **M-S** SO THAT IT MAY BE PREVENTED FOR FUTURE GENERATIONS. **T**O LEARN MORE ABOUT MULTIPLE SCLEROSIS, CONNECT WITH OTHERS TO DRIVE RESEARCH FOR A CURE AND TO ADDRESS THE CHALLENGES OF EVERYONE AFFECTED BY **M-S**, VISIT NATIONALM-SOCIETY.ORG OR CALL 1-800-344-4867.