

MULTIPLE SCLEROSIS

Multiple sclerosis (MS) is a disease that leads to inflammation and damage to parts of your central nervous system (CNS).

- The CNS includes brain, spinal cord, and nerves.
- In MS immune system attacks and destroys the coating (myelin) that covers nerves.



- ✓ The average age of MS onset is 30 years.
- ✓ MS is found in every region of the world.
- ✓ There are twice as many women as men with MS overall.

The cause of MS is unknown

There are no specific tests for MS. The medical history, clinical examination, lab tests and MRI imaging of the brain help physicians to rule out other diseases and confirm the MS diagnosis.

Symptoms

fatigue, weakness, numbness of the face, body, or extremities (arms and legs), dizziness, vision problems, walking difficulties, bladder and bowel problems, sexual problems

There is no cure for MS – Management is only KEY

Take Plenty Of Rest.

Exercise Regularly

Avoid Exposure To Heat

Eat A Balanced Diet.

Relieve Stress With Yoga

Take Medicines As Directed.

**30 May
World Multiple
Sclerosis Day**

The theme is
Visibility and the
campaign is called
My Invisible MS