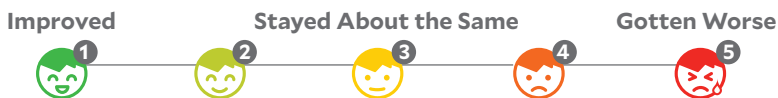


Doctor Discussion Guide:

RELAPSING MULTIPLE SCLEROSIS

Monitoring your symptoms and receiving the right care can make all the difference when managing your multiple sclerosis. You can take an active role in your health by not only asking questions, but also presenting your doctor with a complete picture of what you're experiencing. Toward that end, fill out the guide below so that you're prepared to have a detailed discussion with your doctor. Doing so will help your doctor to best help you.

1. On a scale of 1 to 5, since my last visit my symptoms have:
(circle on scale below)



2. Recently, my most noticeable or disruptive symptoms have been:

3. Overall, this is how I feel about my condition and treatment:

4. When I feel overwhelmed with certain aspects of MS, I employ these techniques:

5. I would like advice to help me achieve these goals:

Below are the symptoms I am experiencing:

(check all applicable areas)

