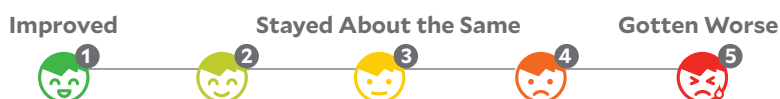


RELAPSING MULTIPLE SCLEROSIS

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. When the seasons change from winter to spring, how will the transition from cold to warmer temperatures affect my MS?

3. What changes should I make to ease my MS symptoms as the weather changes?

4. How might the flu and/or seasonal allergies affect my MS?

5. What changes should I make to get a better night's sleep and reduce MS fatigue?

Below are the symptoms I am experiencing:

(check all applicable areas)

