



# Living Your Best Life with MS

## Are you living your best life with MS?

If you or someone you love has multiple sclerosis (MS), you know it can affect many parts of your life. You might think you just have to live with fatigue, depression, or memory problems.

**But you can live well with MS.** Getting support, staying active, and keeping up with new information about MS from reliable sources (e.g. National MS Society) can help you live your best life right now.

In addition to taking MS medications as prescribed by your health care provider, health and lifestyle changes that may help include:

- ▶ Diet and exercise—Exercise can improve your strength and help you feel less tired and depressed.
- ▶ Physical, occupational, and speech therapy—These can help with balance, fine motor, and speaking problems.
- ▶ Getting enough sleep—To help with fatigue and other challenges.
- ▶ Learning new ways to relieve stress and finding someone to talk to about emotions.
- ▶ Getting regular checkups to take care of your general health.
- ▶ Quit smoking—This can slow the progression of MS.

Turn this card over for questions to ask your health care provider about living well with MS. These questions can help you talk to your Nurse Practitioner so you can start living the best life possible.

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## Questions for your health care provider

Your MS care is important. And getting support for your general health and wellness, including mental health, is too. Here are some questions to ask your health care provider.

- ▶ Should I avoid certain foods? Is there a diet that would give me more energy or slow down my MS?
- ▶ Will exercise help my MS? How do I keep from getting too hot or becoming weak?
- ▶ My balance is not as good as it used to be. Do I need a walker, or can I try something else?
- ▶ How many hours of sleep should I get each night?
- ▶ My emotions go up and down. Is this related to my MS?
- ▶ Do I need an annual physical? I see my MS health care providers all the time.
- ▶ My MS seems to get worse when I'm stressed. How can I manage stress?
- ▶ I don't always get to the bathroom in time. Can anything help?
- ▶ Sex is not the same since I was diagnosed with MS. What can I do?
- ▶ I've tried to stop smoking, but it's difficult. How can I quit for good?
- ▶ I have trouble thinking, planning, and remembering things. What might help?

Asking your health care provider about sex, emotions, and other topics can be difficult. If you are not comfortable asking directly, you can say something like, "Things aren't the same for my partner and me since I got MS," or "I feel like I'm angry more often." Your provider can find ways to help.