



My MS Healthcare Team Discussion Guide

I have MS, or think I might:

- I have been diagnosed with MS (diagnosis date: _____)
- I have not been diagnosed with MS, but I suspect I might have it

General questions about MS:

- Do I have MS, or could another condition be causing my symptoms?
- Which type of MS do I have?
- How does MS progress? Is there any way to predict how the disease will change over time?
- How will MS affect my daily life?
- Do you have any tips for coping with MS?
- Are there any lifestyle changes that would help me manage my MS (for example diet and physical activity)?
- Where can I go for more information and support?

My symptoms are:

SYMPTOM	✓
vision problems	
weakness, numbness or “pins and needles” sensations	
problems with balance or coordination	
dizziness or vertigo	
mobility issues (difficulty moving around)	
fatigue	
cognitive change (problems with thinking, concentration or memory)	
pain (musculoskeletal or neuropathic)	
bladder problems (frequent urination, incontinence)	
bowel problems (constipation)	
Other:	

I'm interested in learning more about the following MS treatments:

Disease-modifying therapies (DMTs) are medications that target some aspect of the inflammatory process and appear to reduce the frequency and severity of relapses; reduce the number of lesions in the brain and spinal cord as seen on MRI; and slow down the accumulation of disability.

- Aubagio® (teriflunomide)
- Avonex® (interferon beta-1a)
- Betaseron® (interferon beta-1b)
- Copaxone® (glatiramer acetate)
- Glatect® (glatiamer acetate)
- Extavia® (interferon beta-1b)
- Gilenya® (fingolimod)
- Lemtrada® (alemtuzumab)
- Mavenclad® (cladribine)
- Plegridy® (peginterferon beta-1a)
- Ocrevus® (ocrelizumab)
- Rebif® (interferon beta-1a)
- Tecfidera® (dimethyl fumarate)
- Tysabri® (natalizumab)
- Mayzent® (siponimod)

Medications for relapses:

Corticosteroids (e.g., methylprednisolone, prednisone)

Other _____

Other medications (i.e. symptom management medications, complementary and alternative treatments, medications for other conditions, supplements and vitamins):

Questions about MS treatments:

- What treatment options are available to me?
- Which treatments alter the natural course of the disease?
- Is there a medication that can maintain my physical and cognitive abilities? (i.e., delay the progression of disability)
- Are there different administrations and administration schedules (injections, infusions, oral) for the various MS drug treatments?

- Are some MS medications easier to use than others?
- Which treatment option would you recommend and why?
- How does the treatment work?
- How do I use the treatment properly and how often should I take it?
- Does the treatment offer features that may make it easier to stay on therapy?
- When will the treatment begin to work, and how long can I expect the treatment to continue working for me?
- What are the side effects, and how should I manage them?
- How long will I need to continue treatment?
- Are there any side effects I should watch out for, and what should I do if they happen?
- Does the treatment have a safety profile that is supported by long-term experience?
- Will I need to have regular checkups or blood tests during treatment?
- Are there any people who should avoid this treatment (e.g., women or men of childbearing age, women who are pregnant or breastfeeding)?

Other

I would prefer a treatment that (check all that apply):

- has the least number of known side-effects
- has the longest known safety profile
- has the least amount of monitoring and lab tests (periodic blood work etc.)
- doesn't require special care when I travel
- has the least impact for family planning (pre-conception, pregnancy and breastfeeding)
- will have the least impact on my fitness regime
- won't interfere with my work schedule
- won't impact sexual arousal
- can help prevent cognitive dysfunction (thinking and memory problems)

Other

Connect with a Multiple Sclerosis Society of Canada navigator:

Toll-free: 1 (844) 859-6789

Email: msnavigators@mssociety.ca