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:

<table>
<thead>
<tr>
<th>SYMPTOM</th>
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<tbody>
<tr>
<td>vision problems</td>
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<tr>
<td>weakness, numbness or “pins and needles” sensations</td>
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<tr>
<td>problems with balance or coordination</td>
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<tr>
<td>dizziness or vertigo</td>
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<td>mobility issues (difficulty moving around)</td>
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<td>fatigue</td>
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<td>cognitive change (problems with thinking, concentration or memory)</td>
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<td>pain (musculoskeletal or neuropathic)</td>
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<td>bladder problems (frequent urination, incontinence)</td>
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<td>bowel problems (constipation)</td>
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<td>Other:</td>
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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® (alemuzumab)
- 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