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## 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?
- What is my score on the Expanded Disability Status Scale? (The EDSS is a scale ranked from 0.0 to 10.0 used by MS specialists to determine an individual's level of physical disability).
- 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:

- vision problems
- weakness, numbness or "pins and needles" sensations
- problems with balance or coordination
- dizziness or vertigo
- mobility issues (difficulty moving around)
- fatigue
- problems with thinking, concentration or memory
- bladder or bowel problems (such as frequent urination and constipation)
- pain
- 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. These medications are used for treatment in individuals with relapsing-remitting MS and some are approved for secondary-progressive MS, with relapses:

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|--|--|
| <input type="checkbox"/> Aubagio® (teriflunomide)        | <input type="checkbox"/> Lemtrada® (alemtuzumab)           |
| <input type="checkbox"/> Avonex® (interferon beta-1a)    | <input type="checkbox"/> Plegridy® (peginterferon beta-1a) |
| <input type="checkbox"/> Betaseron® (interferon beta-1b) | <input type="checkbox"/> Rebif® (interferon beta-1a)       |
| <input type="checkbox"/> Copaxone® (glatiramer acetate)  | <input type="checkbox"/> Tecfidera® (dimethyl fumarate)    |
| <input type="checkbox"/> Extavia® (interferon beta-1b)   | <input type="checkbox"/> Tysabri® (natalizumab)            |
| <input type="checkbox"/> Gilenya® (fingolimod)           |  |

**Medications for relapses:**

- corticosteroids (e.g., methylprednisolone, prednisone)
  - Other \_\_\_\_\_
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**Other medications (i.e. symptom management medications, complementary and alternative treatments, medications for other conditions, supplements and vitamins):**

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**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 \_\_\_\_\_

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**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
- 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) from developing or getting worse

Other \_\_\_\_\_  
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\_\_\_\_\_

**Helpful resources**

The following resources are available through the Multiple Sclerosis Society of Canada at [mssociety.ca](http://mssociety.ca) or by calling **1-800-268-7582**.

[Multiple Sclerosis: The Facts You Need, 5th Edition, Dr. Paul O'Connor](#)

[Newly Diagnosed](#) (information sheet)

[Multiple Sclerosis: Its Effects on You and Those You Love](#)

This resource was adapted by the Multiple Sclerosis Society of Canada with permission from EMD Serono Canada. (2015).

**How to reach us**

Call toll-free in Canada: **1.800.268.7582**  
MS Society of Canada Web: [mssociety.ca](http://mssociety.ca)  
Email: [info@mssociety.ca](mailto:info@mssociety.ca)

