

MULTIPLE SCLEROSIS: THE BASICS YOU NEED TO KNOW

CAREGIVERS



Multiple Sclerosis

Multiple Sclerosis: What You Need to Know

Multiple Sclerosis is a disease that can cause varying degrees of disability. Seniors affected by this disease often go undiagnosed.

Some symptoms of Multiple Sclerosis can be similar to those of other diseases, normal signs of aging, and common conditions that affect the elderly. As a result, the disease sometimes goes undiagnosed.

Medical practitioners can't treat a disease if they don't know someone has it. Since Multiple Sclerosis (MS) can be mistaken as something else, it is important for seniors and their caregivers to know what to look for.

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FAQS about Multiple Sclerosis

What is Multiple Sclerosis?

Often called MS, Multiple Sclerosis is a chronic disease of the central nervous system. The disease affects the myelin sheaths around the nerves, in turn causing problems in the communication system between the brain and the body. The resulting issues can become progressively worse.

What Impact does MS Have?

Since MS affects the nerves, it can cause a wide variety of issues. The problems resulting from MS are often unpredictable. Some cases are mild, others are severe. Many with MS develop impairments such as vision loss, a lack of control over muscles, and cognitive issues.

How is MS Treated?

Although MS cannot yet be cured, it can be managed with treatment. There are several medications that can reduce the progression and effects of MS. Different therapies and rehabilitation options can also improve quality of life for those with the disease.



worldMSday
30 MAY

May 30th is World MS Day

MS affects children, adults, and seniors. Through research, it is possible that better treatments and even cures could become available. On World MS Day, May 30th, share facts about MS to encourage those affected by this disease and rally for a cure.

([World MS Day](#))



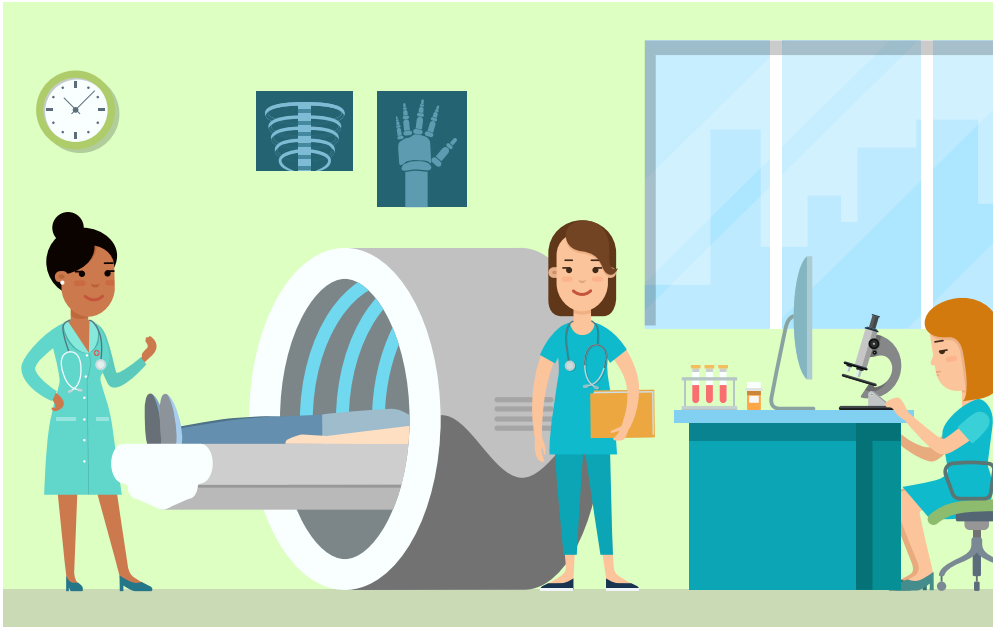
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Common MS Symptoms

- Fatigue that worsens throughout the day
- Numbness in the body, face, or legs
- Tight muscles in spasm
- Weakness in the muscles, especially the feet
- Bladder and bowel dysfunction
- Vision problems
- Dizziness
- Pain
- Cognitive issues like difficulty focusing
- Depression
- Sexual dysfunction

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Diagnosis Options for Those Who May Have MS

The most common symptoms of MS are also symptoms of a large number of other diseases. They are also similar to what people naturally experience as they age. If someone you know exhibits symptoms of MS (especially if they have risk factors like a relative with the disease), it is wise to consult a doctor.

A diagnosis of MS includes a combination of tests and examinations. Common tests include:

- An MRI to check for lesions in the central nervous system
- A cerebral spinal fluid analysis to look for oligoclonal bands
- An Evoked Potential (EP) test to check nervous system response time

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Home Care Tip

People living with MS or who are suspected of having MS may feel hopeless in regards to the disease. Share encouragement. MS is chronic, but not terminal. Many people with MS live productive lives into their 80s. Staying positive is important.

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