



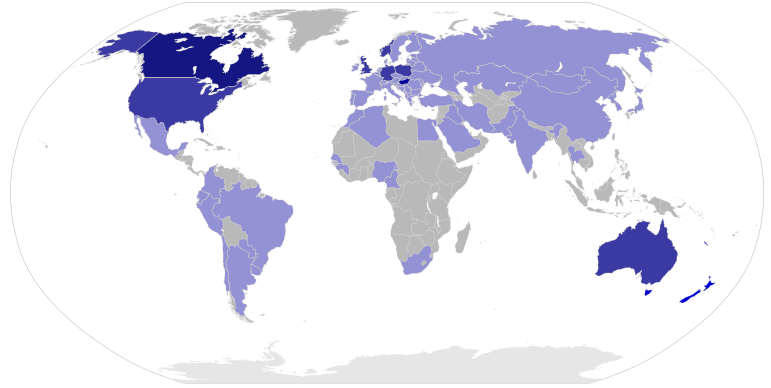
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MULTIPLE SCLEROSIS (MS)

What is multiple sclerosis?

- Multiple sclerosis is a neurological disease associated with demyelination of the central nervous system disrupting the communication between brain and body
- Specific cause is unknown, current belief is that it is an immune system reaction on the nervous system.
- Most people are diagnosed between the ages of 20 and 50
- 2-3 times more common in women than men
- More than 2.3 million people affected worldwide
- The course of MS is unpredictable, and people often experience stages of remission and exacerbation



Signs and Symptoms vary from person to person but may include:

- Numbness and tingling
- Electric sensations that occur when moving neck in different directions
- Tremor
- Decreased coordination
- Unsteady while walking
- Disruption in vision (blurry vision, loss of vision, or double vision)
- Slurred speech
- Pain
- Severe fatigue
- Dizziness
- Decreased tolerance to heat

Risk Factors

- Sex: More common among women
- Age: Usually between 20 and 50
- Genetics: Increased with family prevalence
- Climate: More common in temperate climates (Northern U.S., Canada, Europe, New Zealand, etc.) as demonstrated in image
- Low levels of Vitamin D and low exposure to sunlight
- Cigarette smoking
- Presence of autoimmune diseases (Type 1 Diabetes, thyroid disease, or inflammatory bowel disease)

Potential Complications

- Depression
- Muscle spasms
- Muscle stiffness
- Incontinence
- Dysphagia
- Dysarthria

Diagnosis

- Blood Tests
- MRI to reveal areas of lesions on brain or spinal cord
- Evoked potential tests to observe nerve conduction

Treatment

- No cure exists
- Medications for slowing and managing disease progression
- Medications for muscle relaxants, reduce fatigue, improve walking speed, depression, sexual dysfunction, incontinence, pain and more.
- Rehabilitation
 - Occupational, physical, and speech therapy provide services to address energy conservation strategies, strength, endurance, vision, cognition, adaptive equipment, mobility devices, community resources, functional independence, driving