

Your life. Your MS.

When it comes to finding the best management strategy for your multiple sclerosis (MS), **you** are the most important consideration. With so many choices, having a clear picture of what you can achieve will empower you to help your neurologist make decisions that benefit you now and over the long-term.

Check the boxes beside the considerations that are most important to you and bring this checklist to your next neurologist appointment.

- I want to learn about the most effective disease modifying therapy for reducing frequency and severity of relapses.
- It is important to consider the pros and cons of starting treatment as soon as possible vs. waiting to start and how waiting to start may impact long-term disease progression.
- It is important to me to continue working.
- What treatment will have minimal disruption on my day-to-day life (e.g., less time spent in a doctor's office, less time required for safety monitoring)?
- I may be considering having a child in the near future. (Both men and women should respond, if applicable.)
- I need a disease modifying therapy that can safely be taken with my other medications. (You should tell your doctor if you are taking any other prescription or non-prescription medicines.)
- It is important to know the benefits and risks of the medications that are being considered.
- I want a medication that is administered in a way I am comfortable with (i.e., orally, injection, infusion).
- I want to be able to have an occasional drink.
- Which of these side effects might you find least troublesome? (choose 3 of the following):
 - Blood disorders
 - Depression
 - Flu-like symptoms
 - Flushing
 - Gastrointestinal events
 - Hair thinning or loss
 - High or low blood pressure
 - Injection-site reactions
 - Irregular heartbeat
 - Liver disorders
 - Thyroid problems
 - Other _____
- How will I know if my disease is getting worse?
- Who do I contact if I have questions regarding my medication?

Please list below any other considerations you have that may impact your treatment decision:

Questions to ask your Healthcare Professionals

About MS

1. How will MS affect my life?

2. What physical and/or mental symptoms could I develop?

3. How will I know if my MS is getting worse?

About treatment

1. What treatment will be effective for my type of MS?

Questions to ask your Healthcare Professionals

2. What are the possible benefits of treatment?

3. How will different treatments affect my lifestyle?

4. What side effects could I experience?

5. What can I do if these side effects occur?

6. How will I know if my treatment is working?

7. What do I do if I forget a dose?

8. What if the medication doesn't work?

9. Who do I contact if I have problems with my medication?

Questions to ask your Healthcare Professionals

Additional questions:
