

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:

