



## March is MS Awareness Month

by NEWLIFEOUTLOOK TEAM

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### Learning the Facts About MS

About 400,000 people in the United States live with multiple sclerosis, yet awareness among the general public is still fairly low.

Awareness of MS is important for a number of reasons. Public knowledge of symptoms can lead to earlier diagnosis and treatment, and therefore better outcomes.

Additionally, awareness of what MS is and how it impacts individuals and families can lead to more money raised for treatment and cure research, as well as heightened empathy and understanding.

March is MS Awareness Month – the perfect opportunity to teach your friends, family, co-workers and even complete strangers about MS.

Read our MS awareness infographic below to learn about the basics of MS, and share to spread the word.



## MULTIPLE SCLEROSIS

is a disease that affects the central nervous system.

It causes the immune system to attack the protective coating that surrounds your nerves. When that coating, called myelin, is damaged, communication between your brain and your body is disrupted.

### THE RESULT IS SYMPTOMS LIKE:

- Blurred vision and/or loss of vision
- Impaired balance and coordination
- Numbness, tingling and weakness
- Cognitive difficulties, sometimes called "brain fog"<sup>1</sup>
- Fatigue
- Tremors
- Difficulty speaking
- Feeling dizzy

*You are not alone...*

Around 400,000 Americans, and 2.5 million people globally, live with MS. It is most commonly diagnosed in adults aged 20 to 40.<sup>2</sup>

## FOUR TYPES OF MS

### RELAPSING-REMITTING

The most common type is **RELAPSING-REMITTING MS**, in which the disease unpredictably flares up, called a relapse, then goes into remission. During a period of remission, symptoms improve, and may go away altogether. A relapse can last days, weeks, or even months.

Most people with relapsing-remitting MS will eventually develop secondary-progressive MS, in which the disease progresses steadily, without remissions or relapses.<sup>3</sup>

### PRIMARY-PROGRESSIVE

Less common is **PRIMARY-PROGRESSIVE MS**. In a person with primary-progressive MS, the disease progresses continuously without remissions or relapses from the very beginning.

### PROGRESSIVE-RELAPSING

The least common type of MS is **PROGRESSIVE-RELAPSING MS**, which progresses continuously from the beginning like primary-progressive, but with unpredictable flare-ups like relapsing-remitting.<sup>4</sup>

### PRIMARY-RELAPSING

**PRIMARY-RELAPSING MS** is diagnosed in around 5% of all people with MS.<sup>5</sup>

★★★★★

Around  
**85%**  
of people with MS have  
**RELAPSING  
REMITTING MS\***

★★★★★

## THE CAUSE OF MS IS NOT YET CLEAR

★★★★★  
MS in itself  
**IS NOT FATAL**  
although in very  
**RARE CASES**  
complications can  
shorten life expectancy  
★★★★★

★★★★★  
**EVERYONE**  
experiences MS  
**DIFFERENTLY**  
no two experiences  
**ARE THE SAME**  
★★★★★

## TWO THIRDS

of people who have MS will not lose the ability to walk, though many of these people will eventually require some mobility aid to get around.<sup>6</sup>

There is no cure for MS, but medications are used to manage symptoms, treat relapses and slow progression.  
**RESEARCH INTO A CURE FOR MS IS ONGOING.**

newlifeoutlook  
<http://ms.newlifeoutlook.com>

March is MS Awareness Month. Share this with your friends and family and help spread the word about MS.

### Resources:

<sup>1</sup> <http://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/basics/definition/dcc200000>

<sup>2</sup> <http://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/basics/symptoms/dcc200000>

<sup>3</sup> <http://www.healthline.com/health/multiple-sclerosis/facts-4#4>

<sup>4</sup> <http://www.healthline.com/health/multiple-sclerosis/facts-4#4>

<sup>5</sup> <http://www.nationalmssociety.org/What-is-MS/Types-of-MS>

<sup>6</sup> <http://www.nationalmssociety.org/What-is-MS/FAQ-s>