March is MS Awareness Month

by NEWLIFEOUTLOOK TEAM

Learning the Facts About MS

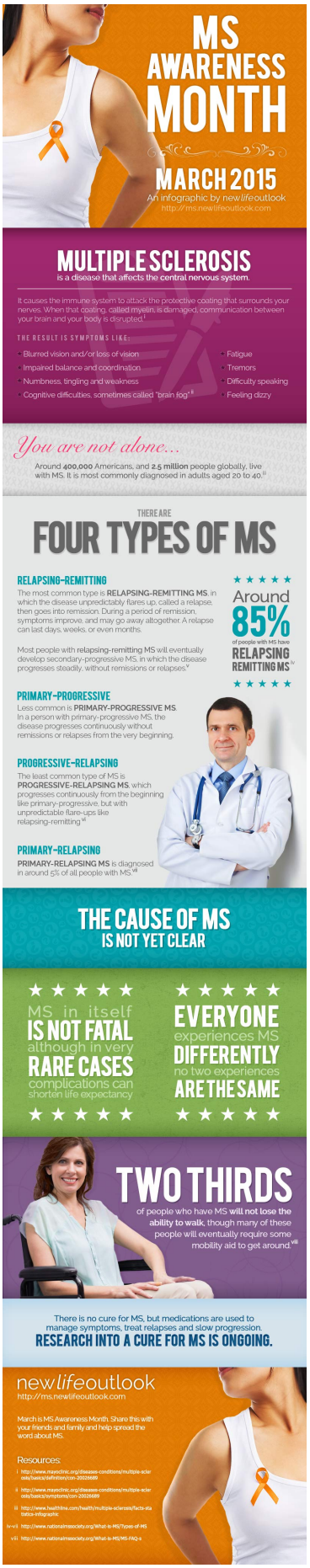
About 400,000 people in the United States live with multiple sclerosis, yet awareness among the general public is still fairly low.

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.


MS AWARENESS MONTH
MARCH 2015
An infographic by newlifeoutlook
http://ms.newlifeoutlook.com
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.[i]
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"[ii]
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.[iii]
THERE ARE
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.[v]
Around 85% of people with MS have RELAPSING REMITTING MS[iv]
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.[vi]
PRIMARY-RELAPSING
PRIMARY-RELAPSING MS is diagnosed in around 5% of all people with MS.[vii]
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.[viii]
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:
i http://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/basics/definition/con-20026689
ii http://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/basics/symptoms/con-20026689
iii http://www.healthline.com/hwaith/multiple-sclerosis/facts-statistics-infographic
iv-vii http://www.nationalmssociety.org/What-is-MS/Types-of-MS
viii http://www.nationalmssociety.org/What-is-MS/MS-FAQ-s