



## How MS Affects Your Body

by NEWLIFEOUTLOOK TEAM

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### A Portrait of a Multiple Sclerosis Patient

The effects of MS are far-reaching; you'll notice MS symptoms in many parts of your body.

Every person with MS will have a different experience with managing MS symptoms, but many people notice some vision issues, so be sure to make frequent appointments with your optometrist. Having the optimal prescription for your eyes will help you reduce eyestrain and also to avoid a misstep – a trip or fall could cause injury, and as your sense of pain may be heightened, anything you can do to avoid injury is a positive.

Pay attention to how your muscles are feeling. If you're starting to feel weak and lacking energy, you should stop what you're doing and sit down. Having a walker with a platform for this purpose can be quite convenient when you're out for extended periods of time.

MS brain fog, or cognitive trouble, is another symptom you may notice to varying degrees.

See the below infographic for a summary of MS symptoms.

From Healtheo360

# MULTIPLE SCLEROSIS

## PORTRAIT OF A PATIENT

### VISION

- Involuntary Eye Movement
- Vision Loss
- Abnormal Eye Alignment
- Double Vision



### CENTRAL NERVOUS SYSTEM

- Fatigue
- Cognitive Impairment
- Depression
- Unstable Mood
- Hearing Loss



### MUSCULAR SYSTEM

- Muscle Atrophy
- Muscle Spasms
- Lack of Muscle Coordination



### THROAT AND SPEECH

- Slurring
- Stuttering
- Difficulty Swallowing



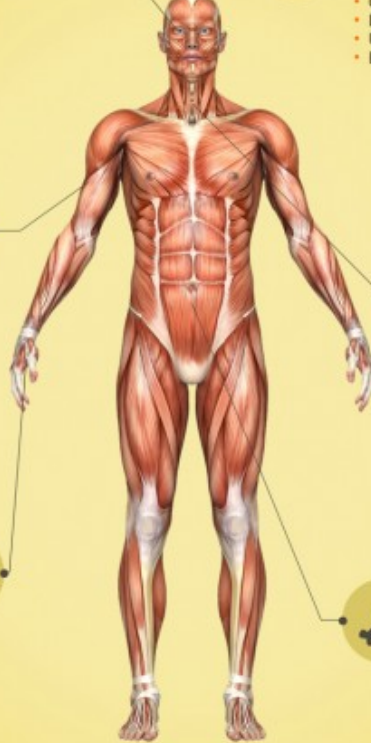
### SENSORY SYSTEM

- Heightened Pain
- Reduced Sense of Touch
- Constant Sense of Tingling and Burning



### DIGESTION

- Incontinence
- Diarrhea



## POSSIBLE CAUSES OF MS



### IMMUNOLOGIC

MS causes damage to the protective fatty coating that surrounds nerve cells (Myelin), causing signals from the cells to slow down or stop all together.



### ENVIRONMENTAL

Being exposed to greater amounts of sunlight year-round and higher levels vitamin D help protect against autoimmune diseases like MS.



### INFECTIOUS

Exposure to measles, canine distemper, epstein-barr, and pneumonia during childhood are a common triggers for later development of MS.



### GENETIC

MS is not hereditary in a traditional sense, however having a relative with MS increases the risk of developing the disease significantly.