

Finding the right MS treatment

What to *think* about,
what to *ask*, and *why*



Starting the conversation

Multiple sclerosis (MS) can affect everyone differently. If you've just been diagnosed or have been living with MS for a while, one thing is for sure: you've got questions. And when it comes to treatment, there are many factors to consider, such as:

- **Whether or not your MS has progressed**
- **Your treatment goals and personal preferences**
- **Potential side effects**
- **Other health conditions**



Using this guide

On the following pages, you'll find helpful questions about your overall health, current MS treatments, and goals you may have.

These can help you work with your healthcare team to determine if your current treatment is right for you. You can print this guide out or edit it on a PDF reader on your phone or computer.

Be prepared: We understand that a lot of things can change in your life from day to day. As you go through this guide, use the last page to help you think about the top 3 things you want to discuss with your healthcare provider.

Planning your life with MS

We know how unpredictable life with MS can be. Your goals are exactly that, YOUR goals. It's okay if your life or treatment goals have to change due to MS. Sometimes things happen in life that we can't control, but it's important to always keep looking forward.

Make a PACT with yourself!

One way to help achieve your goals is by setting small tasks or action items. Try thinking of each one as making a **PACT**:

PURPOSEFUL: Your goals should be connected to your long-term purpose in life, not just to your immediate needs. This can help you stay motivated when your goals are aligned with what you're passionate about in life.

ACTIONABLE: Your goals should be both actionable and controllable. Focusing on immediate next steps instead of overplanning for distant outcomes in the future can help change your mindset.

CONTINUOUS: One benefit of continuous goals is that they're flexible and can be repeated. Staying focused on how to improve over time is more important than a planned outcome.

TRACKABLE: Using a "yes" or "no" approach to tracking your goals can help you understand what progress you have made.

What matters to you?

What is something that you would like to achieve in your personal life
(for example: hobbies, family planning, education, or work)?

What are you looking to achieve when it comes to your overall health and well-being (for example: exercising more, making healthier food choices, or focusing on mental health)?

What is something that you want to do that you haven't been able to do?

What is something you're doing that you want to maintain?

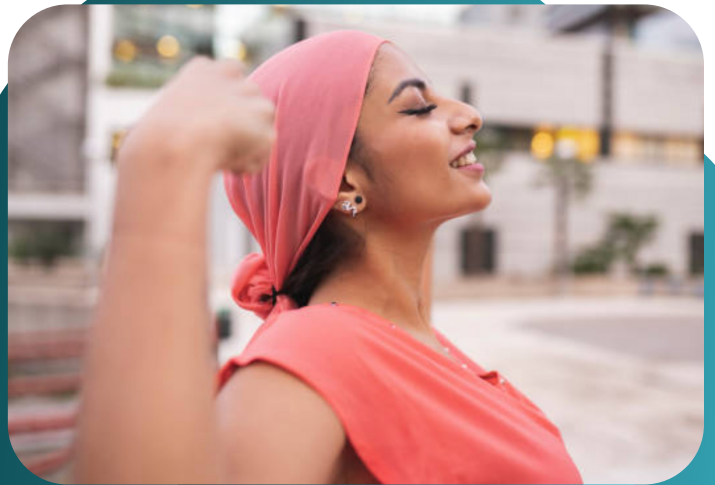
What is important to you when choosing a treatment?

Think about how the treatment is taken, how it's thought to work, and any potential benefits and risks.

Did You Know? Some disease modifying therapies (DMTs) may impact your immune system differently, which can influence your future treatment options.

Checking in with yourself

Self-reflection from time to time can help you understand how you're doing on treatment and how you are managing MS. It is also important to share your overall health with your healthcare team so they can better understand how you are doing. So, before your next appointment, try checking in with yourself using some of the questions below. It can be a great way to feel prepared for when you talk to your healthcare team.



How is your overall health?

Would you say your overall health and wellbeing is:

——— ——— ——— ———

Poor Fair Good Very Good Excellent

Has your health been limiting your physical activity?

——— ———

Yes, a lot Yes, a little No, not at all

How much physical pain have you had during the past 4 weeks?

——— ——— ——— ———

Uncomfortable pain Fair amount of pain Moderate pain Some pain No pain

How often does your physical or emotional health interfere with your day-to-day life (such as bladder problems, vision issues, or sexual dysfunction)?

Have you been experiencing any cognitive impairment (such as brain fog)?

— — — —

A lot of impairment Fair amount of impairment Moderate impairment Some impairment None

How often does fatigue impact your daily activities?

— — —

All the time Often Sometimes Not at all

Remember: Talk to your healthcare team about your overall health. Think about any signs or symptoms you've experienced, because they may be a side effect from your treatment. You may also want to bring up specific vaccines if you are looking to get one.

Checking in with your MS treatment

Not everyone's experience with DMTs is the same. As we know, #MSisPersonal!

If you are thinking about switching to a new DMT, it can help to have questions and responses prepared for when you start the conversation with your healthcare provider. Working together can help you both better understand your treatment and life goals.

Date of MS diagnosis: _____

Current treatment: _____

When did you start this treatment? _____

How many relapses have you had in the past year? _____

How is your treatment going?

How satisfied are you with your treatment?

————— ————— ————— —————

Not satisfied Somewhat satisfied Neutral Satisfied Very satisfied

If you answered somewhat or not satisfied above, why are you feeling this way?

Are you able to take your medication as prescribed? If not, what is preventing this from happening?

Are you meeting your long-term goals? If not, what are some of the reasons?

Remember: Always take your medication as prescribed. Reach out to your healthcare team if you have any questions or concerns.



Taking the next step

We understand it can be tough to remember everything that is covered in a visit with your healthcare team. Now that you've completed the guide, use this page to write down anything you might want to talk about (for example: symptoms, medication concerns, etc).

During my appointment, I want to discuss:

After my appointment, I need to:

- Book a follow-up appointment*
- _____
- _____
- _____
- _____
- _____

Notes:

*Need more space?
Feel free to come back and print this page as you need.*

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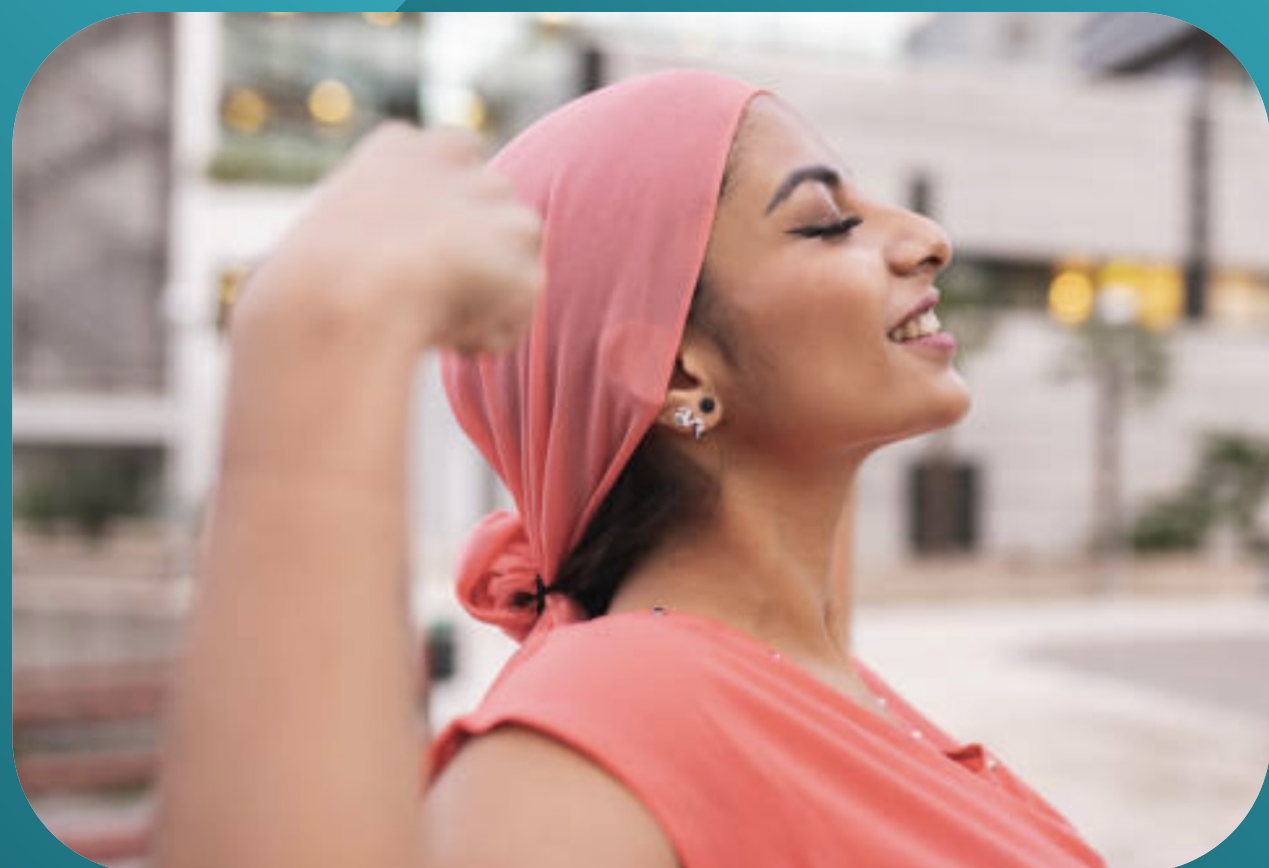
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