Multiple Sclerosis (MS)

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Symptoms

- Fatigue, balance issues, and difficulty walking or moving.
- Numbness, tingling, or 'pins and needles' in the limbs.
- Blurred vision or pain when moving the eyes.

Age & Gender

- Most commonly diagnosed in people aged 20 to 40.
- Females are roughly three times more likely to have MS than males.

Misconceptions

- Most people with MS have a normal life expectancy.
- It’s not contagious and cannot be passed to others.
- It doesn’t always require a wheelchair.

Diagnosis

- Neurologists use MRI scans to look for scarring in the brain or spine.
- Lumbar punctures may be used to check spinal fluid for specific proteins.
- Nerve tests measure how quickly signals travel to the brain.

Treatment

- Disease-modifying therapies (DMTs) help reduce the number of relapses.
- Steroids are used to speed up recovery from sudden attacks.
- Physiotherapy maintains strength and manages muscle stiffness.

Support

- Avoid suggesting 'miracle diets' or simple lifestyle cures.
- Provide a cool environment, as heat often makes symptoms worse.
- Be patient with 'brain fog' or sudden changes in energy levels.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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