Questions to Help Patients

Live Well with MS

Would you say that you eat a healthy diet?
Are you happy with your weight?

What have you been doing for exercise lately?
What kind of exercise helps you most?

How many hours of sleep do you get each night?
Do you feel rested when you wake up?

How is your mood?
Are you experiencing any emotional ups and downs?

Apart from your MS care, are you getting basic wellness checks? (e.g. flu shots, mammograms, or cholesterol checks?)
Do you smoke? How is your blood pressure?

What do you do to de-stress? Do you get any time for yourself?
Have you tried any relaxation techniques?

We know MS can affect sex or intimacy.
Is this something you are concerned about?

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Online Resources for Living Your Best Life with MS

Diet
MS and nutrition booklet, National Multiple Sclerosis Society

Exercise
Exercise booklet, National Multiple Sclerosis Society

Sleep
Sleep Problems and Multiple Sclerosis, WebMD

Emotional health
Find Support page from the National Multiple Sclerosis Society
Depression and multiple sclerosis booklet, Multiple Sclerosis Association of America

General health and wellness
Men’s Health, Multiple Sclerosis Association of America
Can Do Multiple Sclerosis Programs, including conferences, webinars, and many other types of information; visit www.mscando.org

Stress management
Multiple Sclerosis and Stress Management, Multiple Sclerosis Association of America

Sexuality
“Intimacy and Sexuality in MS” National Multiple Sclerosis Society

Find an MS Center or VA Center
The Consortium of Multiple Sclerosis Centers has a directory of MS centers where patients can find additional resources such as physical and occupational therapy and other rehabilitation.
Community Resources: ____________________________________________