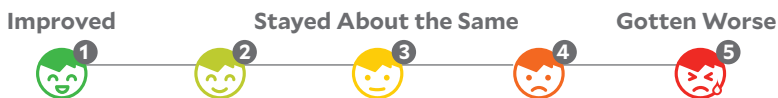


Doctor Discussion Guide:

RELAPSING MULTIPLE SCLEROSIS

Monitoring your symptoms and receiving the right care can make all the difference when managing your multiple sclerosis. You can take an active role in your health by not only asking questions, but also presenting your doctor with a complete picture of what you're experiencing. Toward that end, fill out the guide below so that you're prepared to have a detailed discussion with your doctor. Doing so will help your doctor to best help you.

1. On a scale of 1 to 5, since my last visit my symptoms have:
(circle on scale below)



2. With fall and winter approaching, how will the colder temperatures affect my MS?

3. What adjustments should I make to ease my MS symptoms as the weather changes?

4. If I get the flu or a cold, how will that affect my MS?

5. What activities, foods, or routines should I add to my day-to-day life to help me manage my MS?

Below are the symptoms I am experiencing:

(check all applicable areas)

