

## Questions for your next appointment.

Asking questions about your care and treatment is an important part of playing an active role in the management of your MS. Here are some questions you may want to ask your doctor.

### Living with MS

- How does nutrition impact my health and my MS?
- How does stress affect my MS, and what can I do about it?
- What should I do if my MS is causing me to feel anxious or depressed?
- Would glasses help with my MS-related vision problems?

### Understanding MS activity

- Are there specific symptoms I should be looking out for?
- How should I keep track of my symptoms?
- How do I know if changes to my health are related to my MS?
- What should I do if I experience a new symptom for longer than 24 hours?
- How do relapses today affect what happens with my MS in the future?
- How can my MS change over time?

### Understanding Lesions, the silent activity of MS

- What are the different kinds of lesions, and what do they mean?
- How do lesions today affect what happens with my MS in the future?
- How have my lesions changed over time?

### Monitoring My MS Activity

- Are there tests we should be doing to track my MS, and how frequently should we do them?
- What does an MRI show?
- How frequently should I be getting MRIs?
- How have you determined the frequency of these MRIs?
- What are the different kinds of MRIs, and what do they say about my MS?
- How do I prepare for these tests and exams?
- Are there areas of my scans you are monitoring, and if so, why?
- Are there differences between these scans and my last scans?  
—What are the differences?