

I must stay fit! I must exercise to stay fit. I must overcome fatigue.

Regular exercise will help your muscles get **stronger**. You **MUST** exercise to improve your "Aerobic Capacity" or endurance. This will lower your risk of Heart disease and diabetes. (3)

Make small goals. Start with 5 minutes of easy exercise and progress to 30 minutes. Exercise 2-3 times a week.

Your PT can help decrease pain in low back, especially as you are more prone to a weak core with MS.

Participation in PT can help you walk safely and improve balance. He can guide if you need adaptive equipment such as cane, walker, or wheelchair.

You can work with your PT to learn exercises to have better balance, safety, and strength in your daily activities. (4)

Come for a free fifteen-minute consult at Max Health Physical Therapy Clinic. Talk to your Physician regarding your options for Physical Therapy.

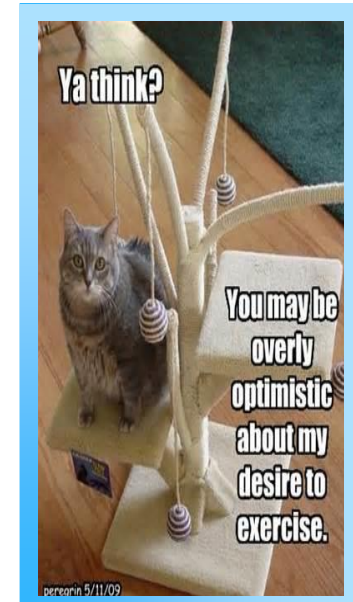
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I HAVE MULTIPLE SCLEROSIS



**I feel tired, but
I must stay fit**



What happens in Multiple Sclerosis (MS)?

- MS affects nerves in your brain and spinal cord. Nerves fibers (axons) are like wires that take messages from your limbs (arms and legs) to your brain. Your brain sends back a message to your arms and legs to help you move
- Nerves have a padding that protects your message (Myelin). This Myelin becomes thin in MS. The nerve fiber(axon) also loses its ability to conduct message from brain to limbs

Why did I get MS?

- Your blood has an army that attacks viruses, and stops you from getting sick (anti-bodies). These anti-bodies are not supposed to attack your body (immunity)
- In MS, your anti-bodies starts attacking your nerves

How long will I have MS?

- **It will stay with you for life.** You will experience decreased mobility at times of a flare up (**attack**). This may last 24 hours to 4 weeks.
- You may not have symptoms between attacks. (**Relapsing, Remitting**)
- You may continue to get weak (**Primary Progressive**) Your symptoms may get worse later in life (**Second-ary Progressive**)

How will my body change with MS?

You may have one or few of these symptoms. You may:

- have double vision
- feel fatigued
- get pins and needles, numbness, or weakness in arms and legs,
- may have less balance sitting , standing and walking
- less control over your movements(ataxia)
- may not have clear speech(slurring)
- not be able to hold my urine(in-con-ti-nence)
- experience muscle stiffness/spasticity

What are your chances of getting MS?

You may be at a **higher risk of getting MS if you**

- are a **female**
- **are Caucasian/White**
- are **between 20-40** years old
- have a relative with MS
- **live** in British Isles, Germany , Scandinavia, **North America** or New Zealand (**high-risk areas**)
- have lived in a **high risk area** in the first 13 years of life
- have been exposed to Epstein-Barr virus or herpes virus

What medicines may your doctor suggest in MS? He may give medicine to: (5)

- adjust your immunity. These medicines can make your attacks less severe and less frequent. **Betaseron, Copaxone, No-vantrone, Tysabri** and **Gilenya** have been approved to change immunity in MS
- help recover from an attack quickly, as by using **cortico-steroids.**