

MANAGING YOUR MS SYMPTOMS

INTERMITTENT MS SYMPTOMS

Intermittent symptoms are common in MS and usually do not require treatment. These symptoms may come and go over a period of time and are commonly a re-activation of symptoms that you may have experienced in the past. You may also experience a temporary worsening of your symptoms in the following situations:

- Heat (try cooling down)
- Recent surgery
- Dental treatment
- Increased stress
- Vaccinations
- Infections and fever

CONTACT OR VISIT YOUR GP

We are not able to replace your GP and for the following problems it is best to visit your GP/Local Doctor

- Fever
- Viral Infections
- Colds and Flu
- Sleep Deprivation
- Mild Depression
- Constipation
- Gut / tummy infections
- Urinary symptoms – urgency, frequency & discomfort

YOUR GP MAY CONSIDER REFERRING YOU FOR A SPECIALIST ASSESSMENT

If new or worsening symptoms last for greater than 24 hours. Examples of symptoms include:

- Weakness of limbs
- Persistent dizziness or vertigo
- Altered Sensation (loss of feeling or numbness) in new areas
- Worrying injection site reactions or medication side effects
- Changes in vision (for example double vision or decreased vision in one eye associated with pain on eye movement)
- Severe fatigue which is not helped by rest
- Sudden changes in memory or mood

GO STRIAIGHT TO EMERGENCY

Very rarely, emergency situations may occur but these are not common. In the unlikely event that these situations occur, presentation to your local hospital emergency department is appropriate:

- Falls with injury
- Severe dizziness/balance issues
- Sudden loss of vision. Severe pain on eye movement
- Severe limb weakness, falling to one side, unable to walk
- Severe allergic reaction
- Difficulties breathing