

Do you know the signs of multiple sclerosis?

They are so common; they can sometimes go unnoticed!

Seemingly ordinary, these symptoms may initially show in a mild way, and not all at the same time, which makes it easier for patients to ignore them for years, therefore making the diagnosis of multiple sclerosis very difficult.



• Fatigue



• Depression



• Muscle weakness

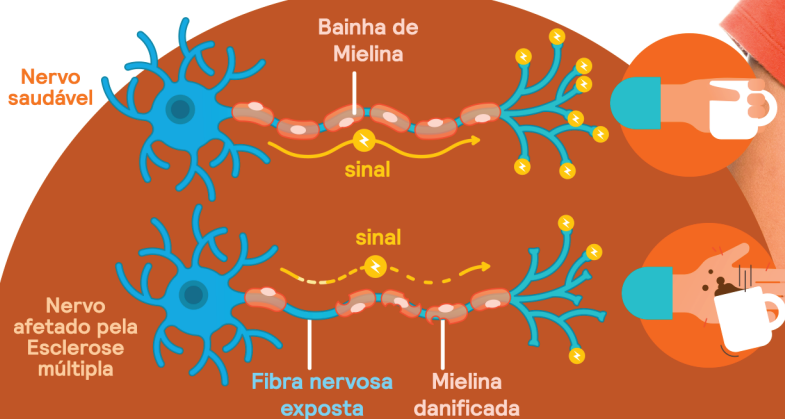
• Shifts in balance

• Speech disorders

• Loss of motor coordination

• Pain in the joints

• Bowel and bladder dysfunctions



Multiple sclerosis

It is a neurological, chronic, and autoimmune disease. That means that the body's defense cells attack its own central nervous system, causing damage to the brain and spinal cord.

All this process can occur gradually or in episodes and affects mainly young women between the ages of 20 and 40.

The 5 NOs of multiple sclerosis:

IT IS NOT a mental illness

Its causes **ARE NOT** known

IT IS NOT contagious

IT CANNOT be prevented

IT DOES NOT have a cure

IMPORTANT!

Even though there is no cure for multiple sclerosis, it is essential that there be a quick diagnosis and a proper treatment. The objective is to prevent the disease's progress or the appearance of new symptoms and, thus, guarantee a better quality of life for the patient.

Curiosities about the disease

1) There are different types of multiple sclerosis: Relapsing-remitting multiple sclerosis (RRMS) – symptoms appear suddenly but tend to go in remission. Primary progressive multiple sclerosis (PPMS) – evolves in periods outbreaks, with symptoms that worsen over time. Secondary progressive multiple sclerosis (SPMS) – its onsets shows slow and progressive symptoms in patients who had the relapsing-remitting multiple sclerosis and after around 20 years, started showing symptoms again.

2) Episodes can last for days or weeks.

3) Drug treatments for multiple sclerosis aim to reduce the inflammatory activity of the body and prevent episodes throughout life.