WHAT IS MULTIPLE SCLEROSIS (MS)
• An immune mediated disease in which the immune system attacks the central nervous system (brain and spinal cord)
• Causes damage and destruction to the nerve-insulating myelin and to the underlying nerves
• Nerve impulses within the brain and spinal cord are distorted and/or interrupted
• Impacts 2-3 times as many women as men
• Usually diagnosed between ages 20-50
• Diagnosed through medical history, neurological examination, MRI (brain/spinal cord), lumbar puncture and the exclusion of other possible causes
• The disease course varies with most people experiencing a relapsing remitting course – over time many transition to secondary-progressive MS
• A small number of people do not have relapses at onset and have a primary progressive disease course

WHAT CAUSES MULTIPLE SCLEROSIS (MS)
Exact cause is not known, but thought to be a complex interplay of genetic predisposition and environmental factors.

PRACTICAL TIPS FOR CASE MANAGERS
Be mindful of symptoms:
• Cognition
• Fatigue
• Depression
• Anxiety
• Pain
Be clear about the process:
• Break up tasks into small, achievable chunks
• Short sessions/conversations
• Write down directives and review at beginning and end of session
• Speak slowly with pauses for confirmation/clarification
• Send follow-up communication in writing to outline key points, next steps
• Schedule a call or visit when someone else is present to hear conversation
• Be clear about who is responsible for each task – the case manager or the client

Utilize comprehensive care team:
• Neurologist
• Neuropsychologist
• Occupational therapist
• Physical therapist
• Speech/language pathologist
• Social worker
• Case manager
• National Multiple Sclerosis Society

SUPPORT FROM THE NATIONAL MS SOCIETY
The National MS Society is focused on helping people affected by MS live their best lives through connection, support and information, no matter their location, needs, or circumstances. Each year, the MS Navigator team supports more than 155,000 connections, helping people navigate the challenges of MS with a one-on-one focus to enable each person to feel powerful, connected, supported and informed.

FINANCIAL EFFECTS OF MS
One Year of MS has $70,000 Economic Impact

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Intended To</th>
<th>What Is It?</th>
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<tbody>
<tr>
<td>Modify</td>
<td>Accelerate recovery</td>
<td>Multiple therapies available</td>
</tr>
<tr>
<td>Treat</td>
<td>Reduce exacerbations</td>
<td>Intravenous (Solu-Medrol®) oral (Deltasone®) steroids</td>
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<tr>
<td>Manage</td>
<td>Reduce symptoms, manage energy, maintain independence</td>
<td>Physical therapy/caregiver training; wheelchair, adaptive equipment</td>
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<tr>
<td>Support</td>
<td>Reduce depression</td>
<td>Counseling, connections, group involvement</td>
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COGNITION & MENTAL HEALTH FOR THOSE LIVING WITH MS

DIFFICULTY COPING WITH DISEASE IMPACT AND UNPREDICTABILITY

Table 1. Mental health diagnoses are higher for those living with MS than in the general population. Depression is very common, caused by disease activity, psychological reaction, or medication side effects. Cognitive challenges include speed of information processing, memory acquisition and retrieval, attention and concentration, planning, prioritizing, organizing and decision-making.