



Questions to Ask Your Healthcare Team

Use your time with healthcare professionals well, asking questions and getting the answers you need. Keep a list of your questions to bring to appointments; no question is too small or big. Use the questions below as a starting point, listing your highest priority questions at the top so they'll be answered first.

Taking the First Steps (and Working with Your Doctor)

- Why did I get MS / is MS fatal?
- What course will my MS take / will the course change as time goes on / how will I know?
- What examination(s) or test(s) will be repeated regularly / how often?
- How often do I need an MRI / of my spinal cord and/or brain?
- How do I know when and which doctor to call? Should I still see my primary care and other physicians?

Disease-Modifying Treatments

- What are the goals of treatment at this time? How will I know if my medication(s) are working?
- What are the benefits, risks and side effects of my disease-modifying therapy? Short- and long-term? What type of monitoring is required / how often?
- When / what factors will we consider in possibly switching to a different disease-modifying therapy?

Employment and Financial Security

- How and when should I disclose to family, friends, coworkers / employer?
- Should I disclose at work / continue to work?

Treating Yourself Well (Symptoms and Wellness)

- What are common symptoms of MS? Is (symptom I'm experiencing) normal? Do symptoms go away / stay the same / get worse?
- Why are my symptoms so different from other people?
- How do I know if what I'm experiencing is an MS symptom, an MS relapse or something else?
- Are changes in my memory or thinking related to MS or to aging?
- Are there medications / strategies that can help with my symptoms? Should I see any specialist(s) to help manage my symptoms?
- What is the best way to deal with MS fatigue?
- Is exercise good for me? What type / how often?
- Is there a specific diet that is recommended for people with MS?
- Should we test my vitamin D / other vitamin levels? What will we do if any level is too high or low? Supplements? Anything that might interact with the medications I am taking?
- Are there strategies that can help with all the stress in my life?
- What is the difference between feeling blue and being depressed?
- Can we talk about the (possible diet/supplement/treatment option) that I've read / heard about?

Maintaining Healthy Relationships (Family)

- How can I help my spouse/partner understand and deal with my diagnosis?
- When and how should I talk to my child(ren) about my diagnosis? Will my child(ren) get MS?

Additional Questions You Want To Ask

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For more resources and connection to information and other people and families living with MS, visit [nationalMSSociety.org/resources](https://www.nationalMSSociety.org/resources).