

TOP TEN TIPS FOR DAILY LIVING WITH MS^{1,2,3}



Right now, you are new to the world of MS and it is likely that you do not know anyone else with it. But the community includes more than 2 million people with MS worldwide and expands to at least double that when you consider the health professionals and caregivers in the MS community at large. With all this experience, there are some surefire tips that may help you as you start your journey to wellness with MS.



Seek help and support when you need it

For example, contact your Local Multiple Sclerosis Society or your MS Nurse, to find out about services and support groups. These groups are dedicated to helping all those affected by MS and can tell you about current research and treatments that will help you keep a positive attitude.



Keep working

If you choose not to work full time, it does not mean an end to productivity. Whether your contribution is time, skills, funds, or ideas, you can make a big difference. Try charity work, consulting, or even teaching classes.



Focus on your individual quality of life

Spend time doing something that you never had a chance to do. For example, read poetry; a poem can change your mood and give you a boost of mental energy. Listen to your favourite music, or rent a movie or comedy collection and watch it during the day.



Continue lifelong learning

Look through books at the library and online resources for information, agencies, and organizations that can help you to meet your personal life challenges.



Do not make Multiple Sclerosis (MS) your career

You did not choose to have MS however you can choose to live well with MS; you'll rejuvenate yourself and feel stronger for making lifestyle changes for a healthier you. Spend quality time with your family, children, or a favourite friend.

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Pursue your lifelong dreams

For example, if you want to have children, your MS may not affect your chances for a healthy pregnancy and a healthy baby. However please make sure to consult your doctor before pursuing pregnancy.



Keep a log or diary if you are experiencing new symptoms or trying a new medication

If you do not write them down, you will only remember the symptoms you are feeling on the day you are at your doctor's office.



Learn all about your insurance coverage

So that you will have medical insurance coverage access to the treatment and therapy you need and get reimbursed properly.



Arrange your home for convenience

Even fairly simple changes to your home and workspace can help you conserve energy, be more efficient in your daily tasks, and avoid dangerous falls.



Make simple changes in your diet, and increase your level of physical activity

Both will create a strong foundation for you to fight MS in the years to come.

References:

1. http://www.ms-care.org/page/patient_resources
2. <https://www.nationalmssociety.org/Living-Well-With-MS>
3. GBD 2016 Multiple Sclerosis Collaborators. Global, regional, and national burden of multiple sclerosis 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. *Lancet Neurol* 2019; 18: 269–85

The information provided herein is intended to support and not replace the advice of your Healthcare Professional. Always seek the advice of your treating Healthcare Professional if you have any questions regarding your individual treatment plan. Further information is available on request. Merck (Pty) Ltd. Reg. No.:1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, South Africa, 1645. Report adverse events to drug.safety.southeastafrica@merckgroup.com. ZA-NONNI-00095 January 2025