



Therapy Professionals Ltd

Physio, Speech Language, Music,
Occupational Therapists & Dietitians



Multiple Sclerosis (MS) is an autoimmune disease of the central nervous system in which the insulating covers of nerve cells become inflamed in the brain and spinal cord causing damage. This damage disrupts the ability of parts of the nervous system to communicate with the rest of the body resulting in a wide range of signs and symptoms, including:

- numbness or weakness in one or more limbs on one side of the body
- partial or complete loss of vision, usually in one eye at a time, often with pain during eye movement
- prolonged double vision
- tingling or pain in parts of your body
- electric-shock sensations, especially bending the neck forward
- tremor, lack of coordination or unsteady walk (gait)
- slurred speech
- fatigue
- dizziness
- problems with bowel and bladder function

With MS, new symptoms either occur in isolated attacks or build up progressively over time.

Between attacks, symptoms may go away completely, however, permanent damage often occurs, especially as the disease advances.

Multiple Sclerosis is more common in:

- those between 15 and 60
- women (twice as likely as men)
- those with a family history
- people who have had viral infections such as Epstein-Barr, the virus that causes infectious mononucleosis.
- those of Northern European descent.
- cooler climates
- those with autoimmune diseases, such as thyroid disease, type 1 diabetes or inflammatory bowel disease.
- smokers

There's no cure for multiple sclerosis, however, treatments can help speed recovery from attacks, modify the course of the disease and help manage the symptoms. Management may include:

- drug therapy
- rest
- exercise
- reducing stress
- keeping cool
- a balanced diet
- physiotherapy to help with balance, movement and fatigue
- occupational therapy to help with managing every day life
- music therapy to help with emotional wellbeing
- speech language therapy for communication and swallowing

Therapy Professionals Physios, Speech Language, Music, Occupational Therapists and Dietitians can help just call us.

Follow this link to hear Tracey Ellery's song (composed with Kimberley Wade, Music Therapist) on her experience of MS:

<https://www.facebook.com/cantabrainerschoir/videos/1963130150584002/>

For more information check out the MSNZ website.

MSNZ is a non-profit organisation formed to provide on-going support, education and advocacy for people with MS and their support networks. It also aims to educate the general public, employers and health professionals about MS and actively funds key research into the condition.

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