

Self-Care Management:

- ✓ Lifestyle changes
- ✓ Get some exercise
- ✓ Get plenty of rest
- ✓ Manage your stress

Prepared By:

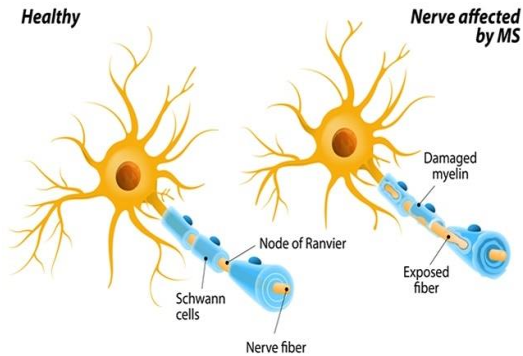
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Multiple Sclerosis



MULTIPLE SCLEROSIS



Prevention

- Higher levels of vitamin D
- Fasting
- Resveratrol
- Drank a high amount of coffee (more than 30 ounces, or around 4 cups, a day).

References: https://www.physio-pedia.com/Self_Management_of_Multiple_Sclerosis

<https://www.nhs.uk/conditions/multiple-sclerosis/>

<https://www.healthline.com/health/multiple-sclerosis-prevention>

It is a lifelong condition that can sometimes causes serious disability.

Treatment

There is no cure for multiple sclerosis (MS), but medicines and lifestyle changes can help you manage the disease.

1. Treating relapses with short courses of steroid medicine to speed up recovery
2. Specific treatments for individual MS symptoms
3. Treatment to reduce the number of relapses using medicines called disease-modifying therapies

Introduction

Multiple sclerosis (MS) is a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation, or balance.

Signs and Symptom

- Fatigue
- Difficulty walking
- Vision problems
- Problems controlling the bladder
- Numbness or tingling in different parts of the body
- Muscle stiffness and spasms
- Problems with balance and coordination
- Problems with thinking, learning, and planning