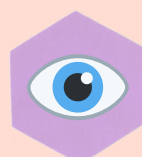


# Welcome to the UBC MS Clinic

## Introduction to Multiple Sclerosis

### COMMON SYMPTOMS



Vision changes



Difficulty walking



Change in bladder function



Muscle weakness or spasm



Dizziness, changes in mood or cognition



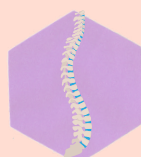
Pain, numbness, or tingling



Challenges with balance



Speaking and eating changes



Shooting pain down your spine

### WHAT IS A RELAPSE?

A relapse is a period of at least 24 hours of new neurological symptoms or sudden worsening of prior symptoms.

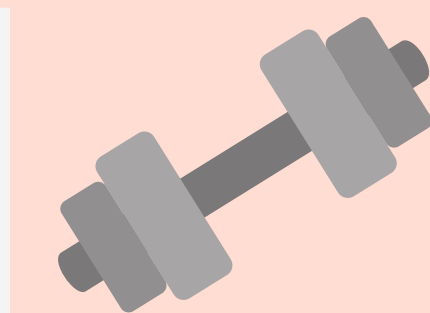
### CONTACT NURSING STAFF IF...

- You have questions about MS
- You are experiencing a relapse
- Your MS symptoms are not well managed
- You want to start/stop disease modifying therapy
- You have questions about other medications that were prescribed by your neurologist
- You are thinking of starting a family

## Importance of Exercise

### HOW MUCH IS ENOUGH?

- 30 minutes of moderate intensity aerobic activity 2 x week
- Strength training of major muscle groups twice a week
- 7-9 hours of sleep each night
- Less than 2 hours of recreational screen time per day
- Sedentary behaviour less than 8 hours per day



### WHY EXERCISE?

Exercising contributes to improved:

- Sleep
- Mood
- Respiratory function
- Bladder/bowel control
- Feelings of fatigue
- Cardiovascular fitness, muscle strength/control, balance & flexibility
- Daily activity performance
- Weight management

### RESOURCES TO HELP YOU GET MOVING

#### MS Society Resources

- [MS Society Canada GetFitToolkit](#)
- [MS Trust Exercise Videos](#)
- [MS Society UK Simple Exercises](#)
- [National MS Society Stretching for MS](#)

#### Other

- [MS Gym](#)
- [NeuroSask](#)
- [Evergreen Health Yoga for MS](#)



## Management of Fatigue

### AN OVERVIEW OF MS FATIGUE

Many individuals with MS experience fatigue, and most report fatigue as their worst symptom. Fatigue symptoms can be broadly categorized into:

#### Cognitive Fatigue

- Thinking becomes more difficult as tasks progress
- Difficulty with sustained attention & concentration

#### Physical Fatigue

- **Central ("lassitude")**  
Generalized, full body fatigue
- **Peripheral ("motor")**  
Specific to certain muscles

#### Emotional Fatigue

- Frustration
- Decreased motivation
- Loss of pleasure
- Sleepiness



### HOW CAN YOU MANAGE YOUR FATIGUE?

#### Maximizing Energy

- Treat factors that increase fatigue:
  - Poor sleep
  - Stress
  - Low mood or anxiety
  - Lack of exercise/de-conditioning
  - Suboptimal nutrition
  - Heat
- Do things you enjoy!



#### Energy Conservation

- Rest (physical & cognitive)
- Reduce energy demands of activities
- Pace activities
  - Determine activity tolerance
  - Avoid multi-tasking
  - Balance activities based on demands
  - Avoid comparing to others

### RESOURCES FOR SELF-MANAGEMENT

- [BC Brain Wellness Program](#)
- [Self-Management BC Health Coach](#)
- [Aby MS Expert Series](#)
- [My MS Toolkit](#)

## Contact Us



Clinic phone number: (604) 822-7131  
Nursing phone number: (604) 822-0753



Nursing e-mail: [msclinicrn@vch.ca](mailto:msclinicrn@vch.ca)