

Patient information from BMJ

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Multiple sclerosis: questions to ask your doctor

If you've been told that you have multiple sclerosis (MS), you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- What type of MS do I have?
- Should I take drugs to try to slow down the progression of the disease?
- How likely is it that drugs can slow down the disease?
- Which drugs do you recommend and why?
- How can these drugs help me?
- Do these drugs have side effects?
- How long should I keep taking them?
- What if they don't seem to be working?
- What other treatments should I have for my MS?
- What treatments can help if I start having trouble getting around?
- Will I be able to have children (if you're a woman)? Will MS affect my pregnancy and delivery?
- Are there any lifestyle changes I can make to help myself? For example, will eating certain foods or exercising help?

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