

# 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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