Definition: MS is an autoimmune disorder of the nervous system caused by the destruction of part of the nerve cell coating. This is called the myelin. Loss of this coating slows down the transmission of neural messages.

It mainly affects young adults between the ages of 20 and 40, and affects more women than men.

Symptoms:

The signs and symptoms of MS are many and varied and indicate the location of nerve damage. Early symptoms include fatigue, depression, weakness, numbness, difficulty coordinating, imbalance and pain, blurred vision, diplopia, blind spots in the visual field, numbness, intestine and bladder disorders, and cognitive changes (memory loss), and reduced concentration.

Menopausal women with MS are more likely to have osteoporosis pain than normal people.

Diagnosis:

The best way to diagnose this disease is to do an MRI of the brain.

Treatment:

MS drugs are injectable and oral: they reduce the number of periods of exacerbation of this disease, as well as the duration of periods of disease exacerbation and the number and size of plaques visible on MRI. Interferon beta-1a (Rabif), interferon beta-1b (betaferon), methylprednisolone, baclofen are the drugs used in this disease.

Training and prevention of complications at home:

Balancing and relaxation exercises can improve the muscle function of a person with MS.

- Walking improves walking posture, especially when the feeling of leg position is destroyed.
- In cases of severe muscle cramps, using a hot water bag can be helpful. Swimming and using a stationary bike are also helpful.
- Weight bearing can gradually relieve leg cramps. The patient should not do any of the mentioned activities quickly, as this often causes muscle cramps.
- When the patient has diplopia, blindfolds or special glasses can be used for that eye.
- The patient should be instructed in the correct method of injecting medication from the relevant training expert. This expert is introduced to the patient by the doctor.
- Doing strenuous exercise is not recommended because these strenuous exercise activities can raise the body temperature and aggravate the symptoms. The patient is advised to use short rest periods, preferably lying down. Severe fatigue can contribute to aggravating factors.

Immobility due to decreased physical activity causes complications such as pressure sores, respiratory muscle weakness, and accumulation of pulmonary secretions.
- Necessary measures to prevent such complications include examining, recognizing and maintaining healthy skin, coughing and doing deep breathing exercises.
- A patient who has a lack of muscle coordination and disproportionate movements can spread her legs while walking, thus creating a wider support for her and walking steadily.

Adequate fluid intake and the fiber in the diet can prevent constipation in the patient. Eat more fiber-rich foods and laxatives (fresh fruits and vegetables) that increase intestine movements and prevent constipation.

If you have any questions or ambiguities, call the following number:

023-33437821, Internal ward of Kosar Hospital