

# MY MS

## Preparation form for your consultation with the doctor and nurse



It is important to monitor your MS and whether it is progressing.

This form is intended to help you speak to your doctor or nurse.

The form gives you an overview of:

- Whether your MS has progressed between your appointments at the clinic.
- Whether your MS is about to transition to secondary progressive multiple sclerosis (SPMS).

Complete the form regularly, **approximately every 6-12 months**, and take it with you when you are going to see your doctor or nurse.

At the back, you will find a reminder note that you can use for your questions. It may be a good idea to bring a relative with you to the consultations.

## Introductory questions

When was the last time you visited the doctor?	<b>Month:</b>	<b>Year:</b>
What medications are you currently taking for your MS?		
What medication have you previously taken for your MS?		
Do you remember to take your medicine as prescribed?	Yes	No
Age?		
What type of MS do you have?		
Year of diagnosis?		

# Your symptoms

Have there been any changes or new symptoms in the last 6-12 months?  
Tick the most important symptoms.

<input type="checkbox"/>	Problems with your vision
<input type="checkbox"/>	Pain
<input type="checkbox"/>	Difficulty gripping objects (e.g. coffee cup or pen)
<input type="checkbox"/>	Memory, concentration or focus problems
<input type="checkbox"/>	Fatigue/sclerosis fatigue
<input type="checkbox"/>	Numbness or tingling
<input type="checkbox"/>	Uncontrollable urination or constipation
<input type="checkbox"/>	Frequent waking during the night
<input type="checkbox"/>	Balance issues or need for walking aids
<input type="checkbox"/>	Muscle spasm or weakness

Other symptoms that are new or worsening:

Notice how your **MS has changed over time.**

**Speak to your doctor about whether your MS has changed.**

## Your relapses

Do you sometimes experience relapses?	Yes	No
<b>If yes:</b> Do you feel fully recovered after a relapse?	Yes	No
<b>If yes:</b> How often do you experience relapses?		

Further comments:

### Don't forget to keep an eye on ...

- Has your MS changed over time?
- Is there anything your relatives have noticed?

Signs and symptoms of MS are individual and may change over time. Monitoring how your symptoms are progressing gives your doctor the best possibilities to help you. Write everything down, even small changes can be important.

# What impact does MS have on **your daily life**?

Tick those options that mean the most to you.

<input type="checkbox"/>	Difficulty getting around
<input type="checkbox"/>	Sick days from work
<input type="checkbox"/>	Cancelling social activities (e.g. gatherings with family and friends)
<input type="checkbox"/>	Difficulties driving or cooking
<input type="checkbox"/>	Challenges related to intimacy and sexual intercourse
<input type="checkbox"/>	Feeling anxious, worried or sad
<input type="checkbox"/>	Increased dependency on help from others

Would you like to speak to your doctor/nurse about one or more of these concerns? Please write it here:

Further comments on how MS affects your daily life:



## My own reminder list

Please write down questions that you want answers to:

	What did my MRI show?	
	What did my blood tests show?	

Other question:

### Examples of questions

- What can I do to control my symptoms?
- My symptoms change. Could this mean that my MS has transitioned to e.g. SPMS?
- What does it mean if my relapses have stopped, but I feel more ill?
- What can I expect from my medicinal care?
- Are the results of my treatment as good as one could expect?

Being open and honest about the changes you are experiencing is essential in keeping your MS under control. Read your answers carefully before your next consultation at the MS clinic. Perhaps do it with a family member or friend. Some people choose to bring a relative with them when they speak to the doctor/nurse.

Find out more about MS at [www.kenddinms.dk](http://www.kenddinms.dk) and [www.scleroseforeningen.dk](http://www.scleroseforeningen.dk)

Fill out this form **every 6-12 months**.  
Discuss any changes you notice.