

Wellness Tidbits

March is Multiple Sclerosis Awareness Month



NATIONAL MS EDUCATION & AWARENESS MONTH

Multiple Sclerosis (MS) is a progressive disorder thought to be immune-mediated. Your immune system is designed to keep your body healthy, but with MS, it can mistakenly attack parts of your body that are not harmful such as the protective coverings of nerve cells. This damage can lead to diminished function in the brain and spinal cord.

Myelin is the substance that surrounds and protects nerve fibers of the central nervous system. When MS damages the myelin, scar tissue (sclerosis) forms. This scar tissue can alter nerve impulses traveling to and from the brain and spinal cord or even stop the impulses altogether.

MS symptoms are varied and may come and go, appear in any combination and be mild, moderate or severe. This makes MS difficult to diagnose. No single neurological or laboratory test can confirm or rule out MS, but MRI (magnetic resonance imaging) helps clarify the diagnosis. Diagnosis requires evidence of scar tissue in the central nervous system and can take months to be definitive.

Common Early Signs & Symptoms of MS:

- Vision problems
- Tingling and numbness
- Pains and spasms
- Weakness or fatigue
- Balance problems or dizziness
- Cognitive problems
- Bladder issues



Resources:

1. <https://www.healthline.com/health/multiple-sclerosis/early-signs#early-signs>
2. <https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-What-Is-MS.pdf>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

TRUE OR FALSE: MS results in scar tissue on the myelin that surrounds the nerves.

**ANSWER FITBIT®
CHALLENGE HERE!**



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