

Multiple sclerosis

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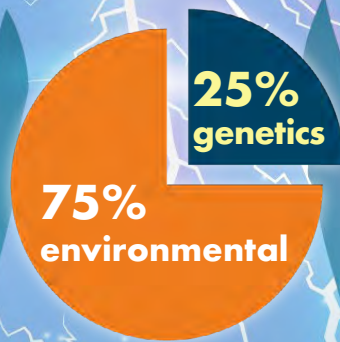


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Causes of MS

The exact cause is unknown



Disease progression is largely determined by modifiable lifestyle factors, particularly if changes are made early on.²

Women are **3 times** more likely to be diagnosed with MS but men tend to have more rapid progression.



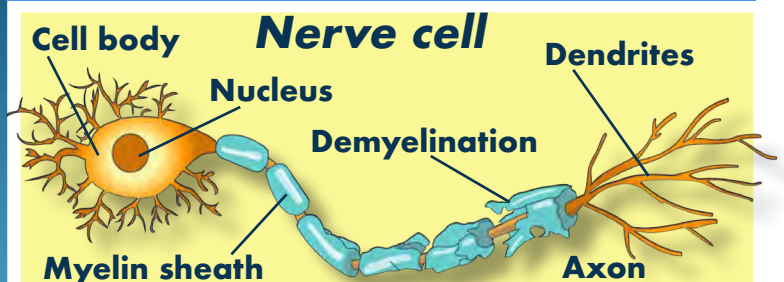
MS is categorised into four groups:

- clinically isolated syndrome (just an odd episode)
- relapsing-remitting (RRMS)
- primary progressive
- secondary progressive

RRMS is the most common form although it is now thought that all groups are part of the same disease state, just different stages.

Multiple sclerosis (MS) is an inflammatory condition that causes **demyelination** of the brain and spinal cord, resulting in progressive disability.

Currently there is **no cure** but there are some disease modifying therapies that can slow progression in some people.



It is the most common degenerative neurological condition in younger people, and numbers are increasing each year. Currently over **110,000** people in the UK have MS, **2.5million** world wide.

Environmental risk factors:¹

- Smoking
- Lack of sunlight/vitamin D
- Diet high in saturated fat and processed foods (leading to nutrient deficiency)
- Diet low in omega 3 fatty acids
- Lack of exercise
- High stress levels
- Viruses particular EBV

MS can affect all parts of the body. The most common symptoms are:

- Extreme fatigue and brain fog
- Eyesight issues like optic neuritis, double vision
- Tingling, pain or strange sensations
- Memory and cognitive issues
- Difficulty in walking
- Bowel and bladder issues

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Research suggests that people with MS who follow a diet low in saturated fat have better outcomes.³

Eating whole plant foods with more fibre and micronutrients has also been shown to improve quality of life and lead to less fatigue.⁴

Avoid the following foods:



Have more of these:^{5,6}



Stop smoking



Exercise every day – mix of cardio and strength training according to ability (build up).

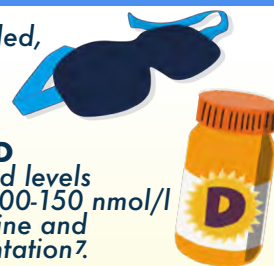


Maintain a healthy weight



Reduce stress with mindfulness and/or meditation. Seek counselling if needed.

Rest as needed, sleep well.



Vitamin D
Keep blood levels between 100-150 nmol/l with sunshine and supplementation⁷.

Take medication if appropriate (research shows best outcomes with mixture of disease modifying treatment and lifestyle changes).²

References

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8. **Overcoming MS website** - <https://overcomingms.org/for-healthcare-professionals>