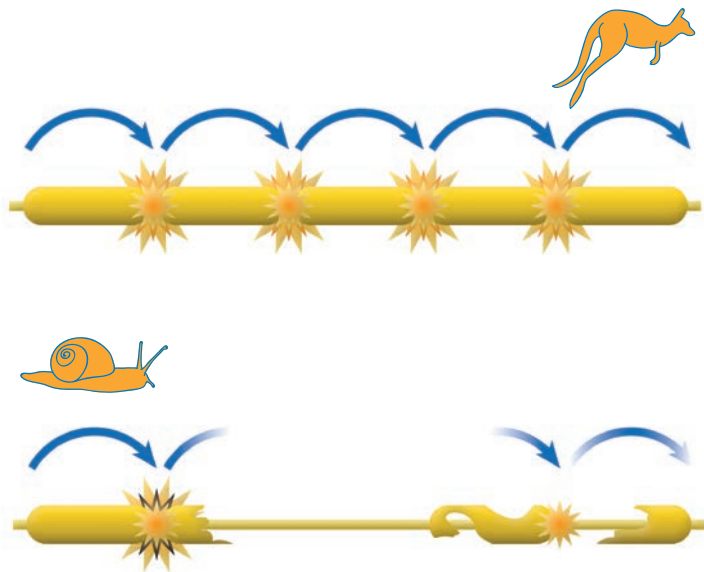


What happens in Multiple Sclerosis (MS)?

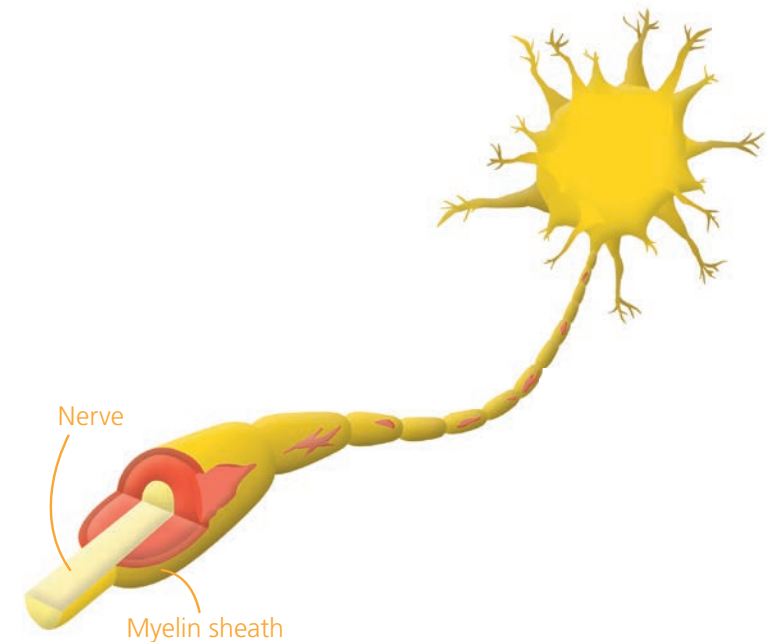
MS is one of the most common chronic inflammatory diseases of the central nervous system. The central nervous system (CNS) consists of the brain and spinal cord. It is the control centre of our body and responsible for our movements, sensory perceptions and the function of the organs.

MS is different in each patient. The symptoms and their strengths vary depending on the area of the CNS in which the inflammation occurs, the extent to which it develops and the extent to which it subsides. MS is therefore referred to as the disease with 1,000 faces. There is no "typical MS" and it is hardly possible to make an exact prognosis about the further course of the disease in a patient.



Impulse transmission in a healthy and a damaged nerve

MS is an autoimmune disease. Due to not yet fully clarified causes, a malfunction of the immune system occurs. The body's own tissue is attacked and damaged. The target of this attack is myelin. The myelin layer envelops the nerves. It serves to protect and nourish the nerve fibres. It also enables the rapid transmission of signals and commands in the nervous system.



Diagnosis of MS

Diagnosing multiple sclerosis is often not easy. One reason for this is that the symptoms are often fleeting and vary from patient to patient. Neither one nor several symptoms can be considered a reliable indication of the disease. Secondly, there are no clear laboratory findings.

Even complex imaging procedures such as magnetic resonance imaging (MRI) do not allow a reliable diagnosis. A thorough neurological examination can provide indications of neurological failures and impairments. However, such an examination can also remain inconspicuous, although one has MS.

Only when other diseases have been excluded as the cause of the symptoms and the individual “puzzle pieces” (symptoms that have occurred, examination findings, MRI examination) are combined, does this “overall picture” give the diagnosis of MS. Your doctor will discuss the necessary examinations with you.

There are good treatment options available

With all medical progress, multiple sclerosis is still incurable. Since the course of the disease can be very different individually, the therapy should also be adapted individually to each patient. This makes it necessary for the therapy to be checked and adjusted from time to time. Of course, the personal situation of the patient and his/her expectations of the therapy must also be taken into account and included in the therapy decisions.

If you have MS, it is important to make the right therapy decision for you. For this purpose, it is important that you inform yourself comprehensively about the available therapies. Discuss all questions you have about your MS therapy with your neurologist.

It is not possible to predict how the disease will develop and how it will develop in your case. Thanks to improved diagnostic options, however, there is now a much better chance of detecting the disease early and starting effective treatment.

Symptoms and their treatment

Typical initial symptoms of MS include vision and sensitivity disorders or numbness. If the motor system is affected, paralysis can occur. In addition, rapid fatigue, impairment of mental performance, disorders of movement coordination and mental disorders can occur.

Early treatment, which is individually geared to your complaints and needs, is the best way to counter possible restrictions in everyday life. The aim of every MS patient should be to find a way to accept and live with MS in the best possible way. However, do not let MS determine your life.

The support of family, friends, special MS nurses and doctors as well as various institutions can help you. Get help and support when you need it, and don't be afraid to accept it.

