

## Multiple sclerosis

Multiple sclerosis (MS) is a chronic neurological disease of the central nervous system that affects the brain and spinal cord, causing damage to the membrane surrounding neurons called myelin, leading to stiffness in the cells and thus slowed or interrupted functioning of mobile neurotransmitters between the brain and body organs.

Symptoms of MS appear suddenly to the patient and those around him, and they vary in severity depending on the degree and location of the disease.

### The following are MS symptoms:

- Numbness in limbs.
- Imbalance.
- weakness or spasms in muscles.
- Blurred vision or vision duplication or inability to distinguish colors.
- Weakness and exhaustion after simple efforts
- Difficulty speaking
- Affects memory and the ability to make decisions

### Diagnosis:

- By linking the symptoms, their timing and how they occurred.
- Assessing the condition and revising the medical history of the patient
- Clinical examinations
- Some tests, such as blood tests
- Taking a sample of spinal fluid to analyze it and detect any abnormal changes
- Brain MRI
- Neurotransmitters measurement test.

### Treatment:

The treatment aims to control to the disease's symptoms and slow down its progress.

Used medications

- **Corticosteroids:** Used to ease inflammation symptoms.
- **Interferons:** To slow the progress of the disease
- **Glatiramer acetate:** To reduce the immune system's attacks on nerves.
- **Fingolimod:** It blocks the immune cells in the lymph nodes, which helps reduce the immune system attacks on the nerves.
- **Natalizumab:** To reduce the immune system's attacks on nerves.
- **Mitoxantrone:** Used to treat acute and advanced cases of MS, as it inhibits the immune system.
- **Teriflunomide:** To reduce the immune system's attacks on nerves.

### Multiple sclerosis complications:

- Muscle stiffness and spasms
- Foot muscle paralysis
- Problems in the bladder and intestines
- Forgetfulness and loss of concentration
- Depression
- Epilepsy.



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### Living with Multiple sclerosis:

- Rest.
- Exercising
- Sclerosis symptoms or attacks sometimes occur after exposure to heat, such a exposure to the sun or showering in hot water or exposure to hot air, so the patient is always advised to avoid heat as much as possible.
- Eating healthy, balanced foods helps in maintaining healthy weight and strengthens immunity, keeping the bones healthy.
- Avoiding stress.

### **Clinical Health Education Department**

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