



1MSg

**We have one message for
people with multiple sclerosis:**

**TAKE CONTROL,
KNOW YOUR CHOICES**



WHEN WAS THE LAST TIME YOU SPOKE TO AN MS-SPECIALIST ABOUT YOUR CONDITION?

Every person living with MS should meet with their MS team for a review at least once a year,¹ but research suggests that this doesn't always happen.²

Active management of the disease is important because MS is not a static condition, it progresses over time. This can lead to irreversible progression (such as disability) or increased severity of a number of symptoms.

There are new and emerging treatments looking to control more forms of MS. Talk to your MS team and ask if treatment may be suitable for you.

1. NICE guidelines CG186: Multiple sclerosis in adults: management, October 2014.

2. GEMSS Patient Survey Meta-Analysis. MS Trust. November 2015. Available at: <http://support.mstrust.org.uk/file/Evidence-for-MS-Specialist-Services.pdf>. Last accessed: January 2018.

TAKE CONTROL, KNOW YOUR CHOICES

Visit www.1MSg.co.uk

to hear from MS-specialists about how you can take control

