

March Is Multiple Sclerosis Awareness Month



Do you know who's at risk for multiple sclerosis (MS)?

MS is a neurological autoimmune disorder, which means your body attacks itself. It is one of the most common disabling neurological diseases that affect young adults.

According to the National Multiple Sclerosis Society:

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Nearly 1 million **people in the U.S. have MS.**

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MS is 3 times **more common in women** than in men.

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MS is more commonly diagnosed **further from the equator.**

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White people are more likely to develop MS **than people of other races and ethnicities.**

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MS is **not passed down genetically.**

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People in their 20s, 30s and 40s **are most likely to be diagnosed with MS.**



Symptoms of MS include:

- Bladder control issues
- Blurred or double vision
- Dizziness
- Fatigue
- Muscle weakness, stiffness or spasms
- Numbness or tingling
- Poor coordination, especially trouble walking
- Trouble concentrating or remembering

Lifestyle changes can improve symptoms of MS, such as:

- Eating a healthy diet
- Getting regular exercise
- Quitting smoking



MS treatment has come a long way in recent decades. Many people with MS live long and active lives.

Treatment may involve:

- Assistive walking devices, such as canes
- Immunosuppressants
- Other medications
- Pain management
- Physical therapy
- Special eyeglasses
- Therapy and medications for mental health complications

**Talk with your doctor about your risk of developing MS.
Find a provider: weillcornell.org/doctors**