

Comprehensive Approach to Management of Multiple Sclerosis: Addressing Invisible Symptoms—A Narrative Review

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The authors of this work include **people living with MS** and **healthcare providers**, working towards a common goal of **raising awareness of the invisible symptoms of MS**

What are the invisible symptoms of MS?

People living with MS often experience ‘invisible symptoms’—symptoms which are not easily visible to others. These most frequently include:



Fatigue



Mood
changes



Cognitive
changes



Physical &
emotional
pain



Bowel &
bladder
problems



Sexual
dysfunction



Vision
changes

How can patients work together with providers to detect and monitor invisible symptoms?

**Tell your MS care
providers about all
symptoms**

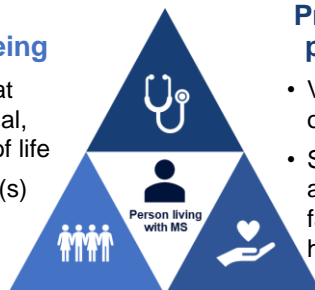
**Discuss the
routine use of
screening tools**

**Actively engage
with your provider
at all stages of care**

What can you do to manage invisible symptoms?

Maintenance of psychosocial well-being

- Nurture relationships that support personal, spiritual, and emotional aspects of life
- Join peer support group(s) to normalize life with MS



Preventative visits with primary care provider

- Visit annually for prevention of problems
- Schedule additional visits as needed to manage risk factors, obesity, and obtain health screens

Self-empowered choices which support health

- Learn about invisible symptoms
- Maintain a nutritious diet
- Incorporate exercise/mindful movement into routine
- Quit smoking and limit sugary foods



PEER-REVIEWED
INFOGRAPHIC

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