

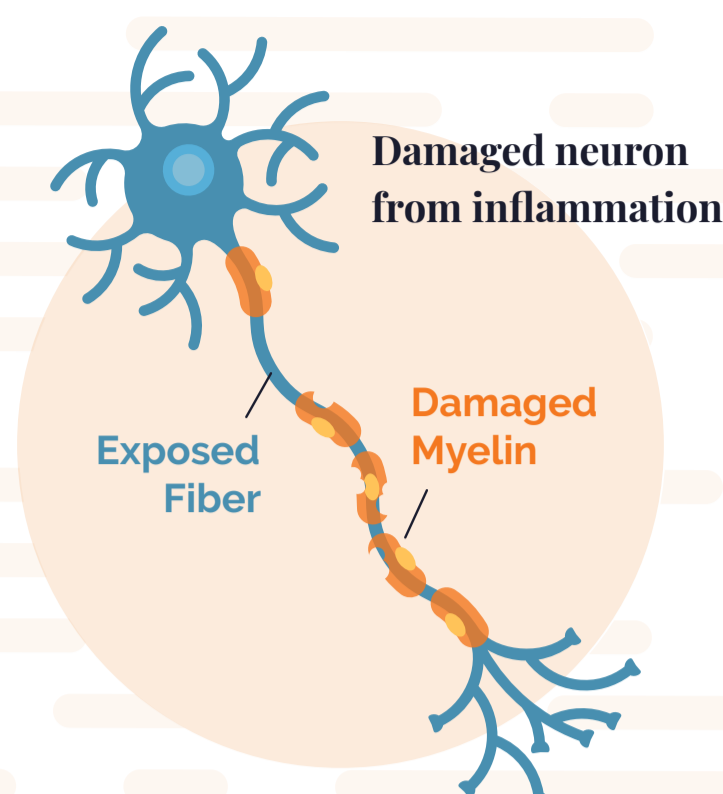


What You Need to Know About Multiple Sclerosis

There are nearly **1 million people** living with multiple sclerosis (MS) in the United States.

MS is a chronic condition of the central nervous system (the brain and the spinal cord).

The cause of MS is still unknown, but it may be triggered by an autoimmune reaction where the body's immune system attacks its own tissues.



Women are two to three times more likely than **men** to be diagnosed with MS.

Some **minority populations** living in the United States, such as Black and Hispanic women, are more likely to get MS than these same populations living outside the country.



Symptoms of MS vary widely



Tingling and/or numbness



Fatigue



Muscle weakness



Blurred and/or double vision



Lack of coordination



Trouble balancing



Memory loss



Urinary urgency



Difficulty concentrating



Depression

MS symptoms may worsen around menstruation and during the onset of menopause.

Did you know?



1 Early detection is key to treating MS

2 There are **four types of MS**, and diagnosing the type of MS can help determine the best way to manage the disease and the symptoms

3 Treatment can involve:

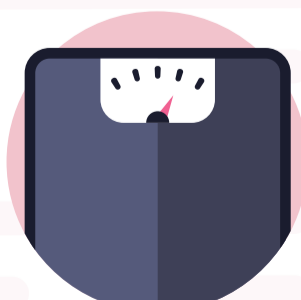
- Disease-modifying medications to slow the course of the disease
- Corticosteroids to treat inflammation and flare-ups
- Medications and rehabilitation to help with symptoms
- Emotional support to manage mental and cognitive health concerns

Are You at Risk for MS?

There is no way to prevent MS, but certain factors may increase your risk:



Genetics



Obesity



Tobacco smoking



Low vitamin D levels

Learn more at [HealthyWomen's hub on multiple sclerosis](#) and the [National Multiple Sclerosis Society](#).

This resource was created with support from Biogen.

healthywomen