



The Confident Patient:

A Doctor Discussion Guide for MS Progression

Is this progression

- I haven't had a relapse, but I'm feeling worse – could this still be progression?
- Are these changes likely to get worse if we don't act now?
- Could my symptoms be progression even if they come and go?
- How can we tell the difference between a flare, everyday ups and downs, and progression?

Treatment options

- My symptoms are harder to manage even though I'm on treatment – what's our next step?
- Could a different medication or dose help slow progression?
- What non-medication options – like PT, OT, or mobility aids – could help me stay more independent?
- How do we decide when it's time to make a change, and what would that process look like?

What to track

- What changes in walking, thinking, or energy should I log?
- Can we use walking tests, memory checks, or other tools to measure where I'm at?
- Are there patterns that would help you – like symptoms at certain times of day or after activity?
- How will we compare today's results with past visits to see my trend?

Symptom check-in

- ☐ New or increased fatigue
- ☐ Trouble with walking, balancing, or falling
- ☐ Changes in speech
- ☐ Muscle tightness or spasms
- ☐ Vision changes
- ☐ Numbness, tingling, or pain
- ☐ Trouble focusing or remembering things
- ☐ Mood swings, anxiety, or depression
- ☐ Bladder or bowel changes

Notes: