



The Confident Patient:

A Doctor Discussion Guide on Relapsing MS Treatment

Tracking symptoms and severity

- What symptoms should I be tracking, and what's the best way to record them?
- How do I know when I'm experiencing a relapse? What should I do if I am?
- How would you describe my MS type and severity? How will that inform your treatment approach?
- How will I know when it's time to seek a change in my treatment?

Exploring treatment options

- What treatment options are available for MS besides injectable medications, and how do they compare?
- What oral treatment options are currently available for relapsing forms of MS, and how do they work?
- Based on my profile, which treatments am I a good candidate for?

Meeting your unique needs

- How will you evaluate whether my treatment is working or not? How will we measure and track this?
- If we decide it's time to make a treatment change, what does that process look like?
- How can I keep doing the things that matter to me while managing treatment?

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: