

# TREATMENT TIPS FOR MANAGING MULTIPLE SCLEROSIS

## FOR INFUSION PATIENTS



Here are some general tips for managing multiple sclerosis for infusion patients:

1. **Stick to your injection schedule:** Infusions are typically given on a regular schedule, so make sure you keep up with your appointments to get the full benefit of the medication.
2. **Manage symptoms:** Multiple sclerosis can cause a range of symptoms, such as fatigue, numbness, and difficulty walking. Speak with your healthcare professional about ways to manage your symptoms, such as physical therapy, occupational therapy, or medication.
3. **Follow a healthy lifestyle:** Maintaining a healthy lifestyle can help to support your overall health and improve your symptoms. This includes eating a well-balanced diet, getting regular exercise, and getting enough rest.
4. **Attend regular check-ups:** Regular check-ups with your healthcare professional can help to monitor your progress and adjust your treatment plan as needed. Make sure to attend all scheduled appointments and report any changes in your symptoms.
5. **Be aware of potential side effects:** Infusions may cause side effects, such as flu-like symptoms, nausea, and headache. Speak with your healthcare professional if you experience any side effects or have any concerns.
6. **Seek support:** Multiple sclerosis can be a challenging condition to manage, both physically and emotionally. Seek support from family, friends, or a support group to help you cope with the challenges of the condition.
7. **Stay informed:** Stay informed about your condition and treatment options by reading reputable sources of information, attending educational events, and asking your healthcare professional any questions you may have.

### FOR MORE INFO

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