



MULTIPLE SCLEROSIS
AWARENESS

A Healthy Diagnosis

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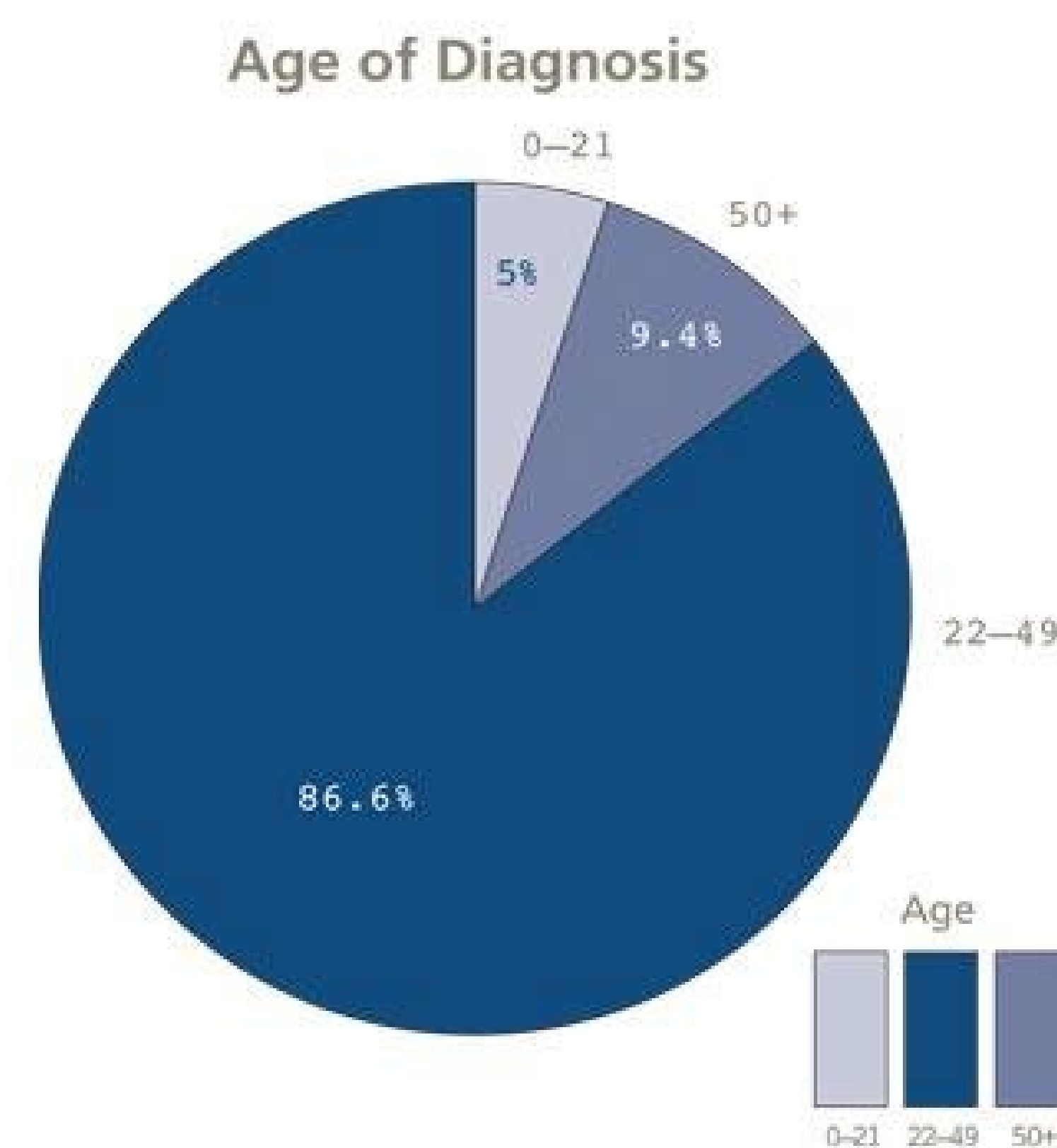
National
Multiple Sclerosis
Society

Overview

- Multiple sclerosis (MS) is an autoimmune disease that has a main effect on the immune system. This disease also has multiple forms such as relapsing MS, primary progressive MS, secondary progressive MS, and/or isolated MS. This causes our own bodies to attack itself. Specifically, the myelin sheath that surrounds the nerves within the brain, that allow signals to pass through the body for basic motor function. Once this sheath has been broken down, it hinders the communication throughout the body such as telling your hand to open or close, moving your foot, etc.
- According to the National Multiple Sclerosis Society, “MS is at least two to three times more common in women than in men” (“Who Gets MS?”, 2018).
- The main age range consists mostly in the 20-40-year old’s and are rarely in older or younger people.

Diagnosis

- When it comes to MS, it can be difficult at first to diagnose.
- There is no known cause for why this disease manifests, or even how it is going to affect the person. This, in turn, makes it more difficult to treat since there are multiple differences between each diagnosis.
- On top of the difficulty to accurately give a diagnosis, many people are misdiagnosed with anything but MS. Since the symptoms mimic those of several other diseases, such as Lupus, a stroke, meningitis or even encephalopathy.
- It can be hard to get it right and could take months or even years to receive a diagnosis at all.



About Terry Wahls. (2018). Retrieved September 8, 2018, Retrieved from <https://terrywahls.com/about/about-terry-wahls/>

Multiple Sclerosis: Then and Now. (2017). Retrieved September 17, 2018, Retrieved from <https://innovation.org/diseases/neurological/multiple-sclerosis/multiple-sclerosis-then-and-now>

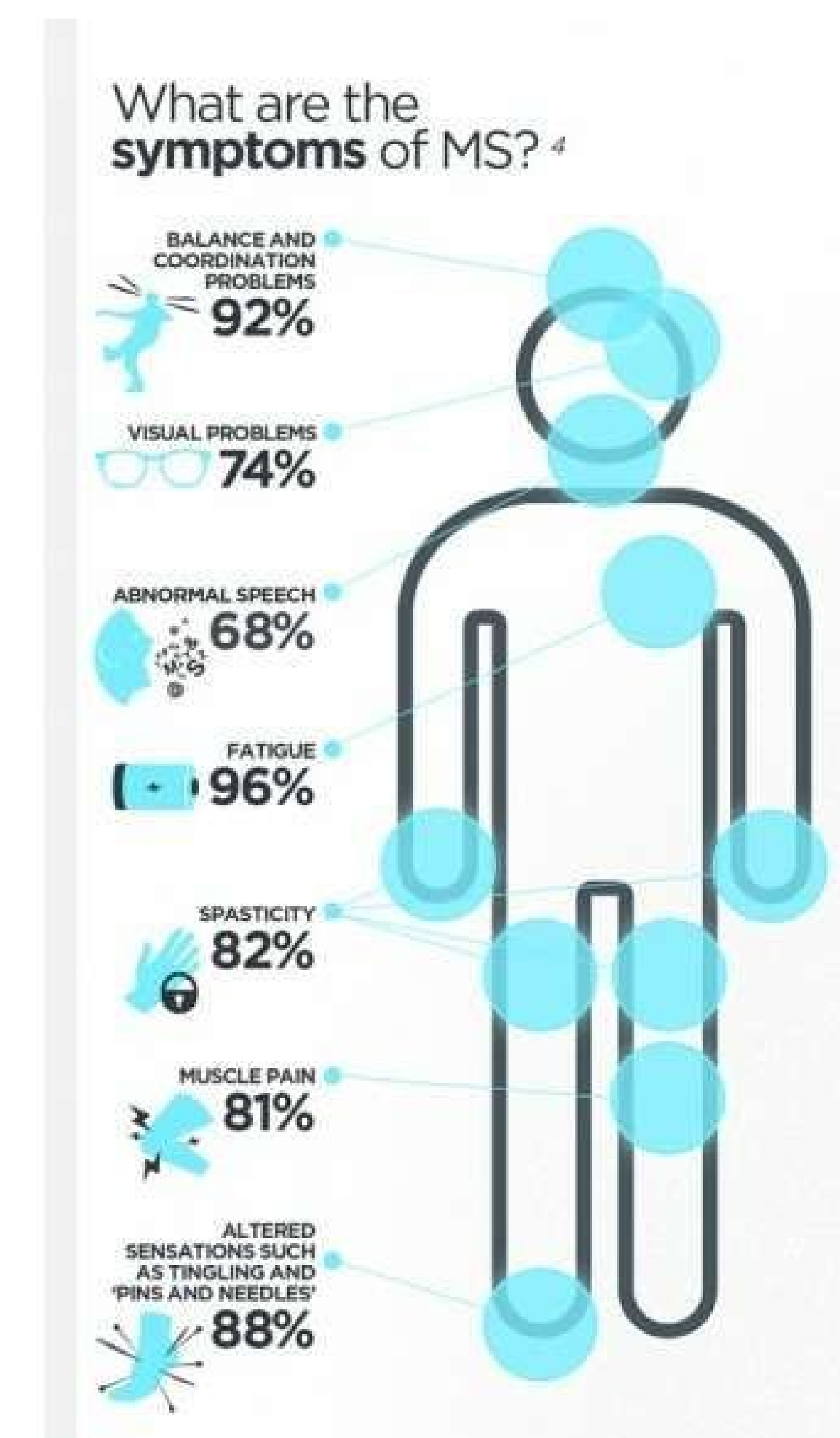
Novartis Pharmaceuticals. (n.d.). Ask Your Doctor About GILENYA. September 8, 2018, Retrieved from <https://www.gilenya.com/c/ms-treatment/ask-your-doctor?site=PS035600&delid=CJPIvbxp90Cfc3ewAodDV4KXQ>

Wahls, T. L., & Adamson, E. (2014). *The Wahls protocol: A radical new way to treat all chronic autoimmune conditions using paleo principles*. New York: Avery, a member of Penguin Group (USA).

Who Gets MS? (n.d.). Retrieved September 17, 2018, Retrieved from <https://www.nationalmssociety.org/What-is-MS/Who-Gets-MS>

Treatment

- **Medication**
 - Can be an effective form of treatment, but it is not a permanent fix.
 - Oral Pill or Injection
- **Food**
 - It was found that a strict change in diet could have a positive impact on people dealing with MS
 - The more natural the food is, the better.
 - Many foods, such as potatoes, sugar, dairy, beans, etc. are considered inflammation foods that can further the destruction of myelin.



Resources

- Organizations that can provide information for patients and their families:
 - Nation Multiple Sclerosis Society
 - Multiple Sclerosis Association of America
 - Multiple Sclerosis Foundation
 - National Institute of Neurological Disorders and Stroke

My Story

On October 31st, 2017 I was diagnosed with MS. I do my best to follow a diet, but I also take medication, and I believe both are important. I feel better, I am back in school, and I am working on becoming a speech language pathologist, so I can help others who are going through the same thing I went through.