

Maintain Your Brain

Pillars of Brain Health

MS MANAGEMENT

- If you have relapsing MS, does your disease modifying therapy control your relapses, MRI progression and disability progression?
- If you have progressive MS, should you be on a disease modifying therapy?
- Do you have a relapse plan?
- Are your symptoms managed with lifestyle changes, rehabilitation therapies, and/or med?

MEDICAL CONDITION CONTROL

- Practice good sleep hygiene: go to bed when tired, save the bedroom for sleep and sex only
- If you have other medical conditions, particularly those that can affect your heart or brain, are you taking good care of those with lifestyle changes, regular medical check-ups, and medications if recommended?

NUTRITION

- Eat a plant-based diet that is high in omega 3s, low in processed foods, sugars, and alcohol. Use meat as a condiment. Avoid processed meats.
- Shop the perimeter of the grocery store
- Specific diets, such as Wahl's, Swank, keto, MIND/Mediterranean have shown improvement in fatigue, sense of wellness and cardiometabolic risk factors in MS

MOVEMENT

- Move your body for 150 minutes per week
- Choose types of movement you enjoy
- Adapt movements to your abilities (consider PT evaluation to do this)
- Exercise at your best time of day
- Use cooling equipment & stay hydrated

SLEEP

- Practice good sleep hygiene: go to bed when tired, save the bedroom for sleep and sex only
- Develop a relaxing bedtime routine
- If you struggle to fall or stay asleep, or wake up tired, talk to your health care provider
- Avoid relying on over the counter sleep medications

MENTAL HEALTH

- Anxiety and depression are common in MS
- Both can affect your sleep, energy level, cognitive function, and cause medical problems
- Discuss any changes in mood with your health care provider in order to develop a treatment plan