

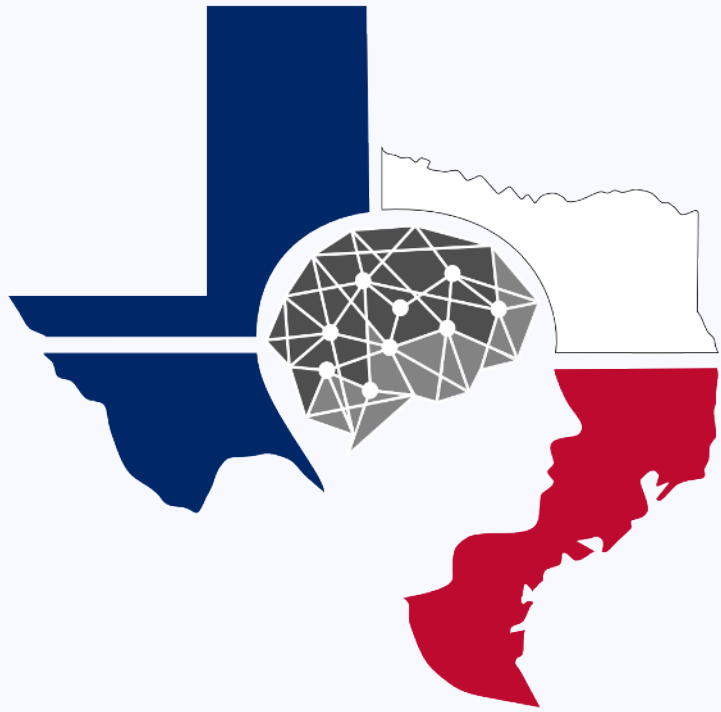
Beneath the Surface

Understanding Invisible Symptoms of MS

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

This webinar is presented by



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UPCOMING PROGRAMS

WEDNESDAY, DECEMBER 11

WEBINAR

Latest MS Research and News

WEDNESDAY, JANUARY 8

WEBINAR

How to Turn Wellness Goals into Daily Habits

THURSDAY, FEBRUARY 6

CARE PARTNER MEETUP

Balancing Care and Connection: MS as a Third Wheel

TUESDAY, FEBRUARY 11

NEWLY DIAGNOSED MEETUP

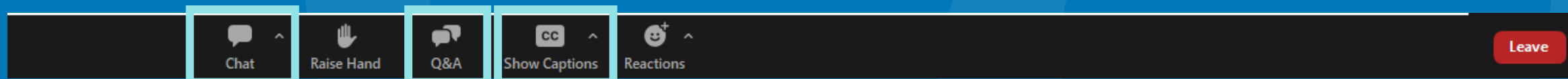
Diagnosed with MS... Now What?



[CANDO-MS.ORG](https://cando-ms.org)

How to Ask Questions During the Webinar

Type in your questions
using the Questions Box



Provide comments and engage
with the speakers and audience
using the **Chat Box**



NEW! Closed captioning



YOUR SPEAKERS



Heather Mowry

Doctor of Physical Therapy

Texas



Lauren Tardo

Neurologist

Texas

LEARNING OBJECTIVES



- 1 Recognize and understand the impact of invisible symptoms in *MS*
- 2 Develop effective strategies for managing invisible symptoms of *MS*
- 3 Learn communication techniques to discuss and address invisible symptoms with others



POLLING QUESTION

**Do you think you experience
invisible symptoms?**

- a) Yes
- b) No
- c) Unsure



POLLING QUESTION

Which invisible symptom do you experience the most?

- a) Fatigue
- b) Pain
- c) Mood changes
- d) Cognitive changes
- e) Other



POLLING QUESTION

**Do you feel like you know how to
manage all your invisible
symptoms?**

- a) Yes
- b) Some of my symptoms
- c) No

Understanding Invisible Symptoms of MS



MS Fatigue



- 90% or more of people living with MS experience fatigue
- Factors that contribute to fatigue:
 - Disrupted sleep
 - Extra exertion required for everyday activities
 - Heat sensitivity
 - Muscle fatigue
 - Depression and other mood changes
 - Medication side effects
 - Primary MS fatigue (lassitude)
 - Different from other types of fatigue
 - Can be physical and/or cognitive

Fatigue is also common in care partners!



Managing Fatigue

MANAGE COGNITIVE FATIGUE

- Cognitive rehabilitation strategies
- Adequate sleep
- Address mood issues

MANAGE LASSITUDE

- Exercise and physical activity
- The 4 P's
- Mobility aids and other adaptive devices
- Cooling devices
- Medication

ADDRESS THE SYMPTOMS AND OTHER FACTORS THAT INTERFERE WITH SLEEP

- Bladder problems
- Pain
- Depression
- Spasms
- Primary sleep disturbances – e.g., sleep apnea, insomnia

Pain in MS



Up to about 80% of people experience pain

- **Musculoskeletal pain caused by:**
 - Muscle stress and strain
 - Gait and/or postural changes
 - Incorrect use of mobility aids
- **Neuropathic pain caused by:**
 - Disrupted signals between the CNS and the body

Managing Pain in MS

MUSCULOSKELETAL



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graph LR; MS[Managing Pain in MS] --> MSK[MUSCULOSKELETAL]; MS --> NEU[NEUROPATHIC]; MSK --> MSK_Treatments; NEU --> NEU_Treatments;
```

- Anti-seizure medications
- Behavioral interventions
- Cognitive behavior therapy (CBT)
- Mindfulness
- Meditation
- Stress management
- Application of ice or heat

- Exercise – stretching, range of motion, core strengthening
- Gait and postural training
- Mobility aids and bracing
- Other modalities
 - Massage therapy
 - Acupuncture
 - Electrical stimulation

NEUROPATHIC

MS-Related Mood Changes



- Mood changes are common in people with MS
- Occur at any point in the disease course – even as a first symptom
- Have many causes:
 - Changes in the brain and the immune system
 - Reactions to the challenges of life with MS
- Mood changes matter!
 - They can make other symptoms feel worse (e.g., fatigue, pain, cognitive issues)
 - And impact relationships and quality of life

Care partners can also experience significant mood change!

Grief and Depression in MS

Grief

A NORMAL response
to losses

Depression

A COMMON symptom
of MS

Anxiety & Irritability in MS



- **Anxiety** is equally common, but receives less attention
 - Excessive worrying
 - Difficulty sleeping & restlessness
 - Tension & irritability
 - Increased heart rate/palpitations
 - Feelings of terror or impending doom
 - Inability to concentrate
- **Irritability and moodiness** can be signs of depression or anxiety – or exist on their own

Care partners also experience these mood changes.

Managing Mood Changes in MS

STEP 1

Acknowledge your mood changes

STEP 2

Talk with your healthcare provider

- Early and ongoing screening
- Cognitive behavior therapy or other talk therapy
- Medication, if needed
- Physical activity
- Social support

Cognitive Changes in MS



- At least 65% of people with MS will experience changes
- Cognitive disability and physical disability can occur independently
 - More common in progressive disease
- Most common changes:
 - Information processing
 - Learning and memory
 - Attention and concentration
 - Executive functioning (planning, prioritizing, decision-making, problem-solving)
 - Word-finding

Managing Cognitive Changes in MS

Early and ongoing screening
(at diagnosis and every 6-12 months after)

Positive screening



in-depth evaluation of cognitive
difficulties and strengths

Personalized cognitive remediation

- Memory and attention training
- Compensatory strategies and tools

Lifestyle interventions

- Healthy, balanced diet
- Physical activity
- Stress management
- Mental stimulation

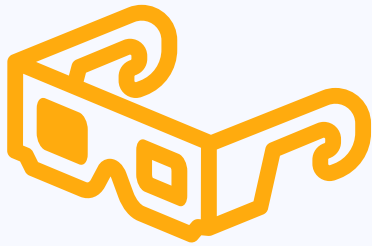
Talking To Others About Invisible Symptoms



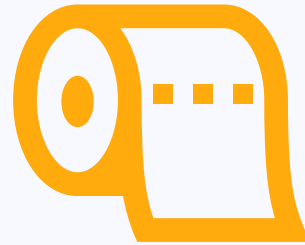
- They're called *invisible* for a reason
- No one can read your mind/body
- Be prepared to describe how the symptom affects you:
 - When it is most likely to occur
 - How it can change from hour to hour or day to day
 - Why having a Plan B for every Plan A is a good idea
 - Cancelling isn't about them, it's about you
 - Consider using a signal to show how you're doing:
 - Thumbs up/Thumbs down
 - Red/Yellow/Green light
- Offer reading materials for those who would like them



Other Invisible Symptoms



Vision



**Bowel and
Bladder**



Sleep

Q+A



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