

Mastering Your Thoughts

Steps for Clearer Cognition

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

THIS WEBINAR IS
SPONSORED BY:

EMD
SERONO

Genentech
A Member of the Roche Group

sanofi

 VIATRIS™

 Zenad
BioPharma

UPCOMING PROGRAMS

Thursday, October 16

JUMPSTART

Cognition and MS:
Identifying Causes and Solutions

Wednesday, October 22

MS MOVES MEETUP

Feeling More Like You:
Tools To Deal With MS Mood
Changes

Tuesday, October 28

NEWLY DIAGNOSED MEETUP

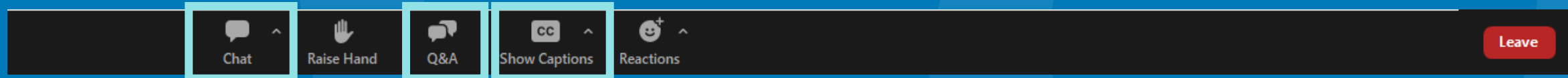
Taking Control:
Your Overall Health and Your MS



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



Samantha Domingo
Psychologist

Oregon



Lauren Schwabish
Speech Language Pathologist

Virginia

LEARNING OBJECTIVES



- 1 Become familiar with the types of cognitive changes
- 2 Learn the importance of early and ongoing screening
- 3 Identify and create systems that help you function in your daily life



POLLING QUESTION

Are you a:

(check all that apply)

- a) Person with *MS*
- b) Care Partner
- c) Healthcare Professional
- d) Other (put it in the chat)



POLLING QUESTION

Were you given information about potential cognitive changes when you were first diagnosed with MS?

- a) Yes
- b) No
- c) I don't remember

POLLING QUESTION

What cognitive challenges are you currently experiencing?

(Check all that apply)

- a. Slowed thinking
- b. Memory problems
- c. Attention problems
- d. Word-finding difficulties
- e. Challenges with planning and completing tasks
- f. Following conversations that are long and/or complex
- g. Other (put it in the chat)





Attention





Processing

Attention



Memory

Processing

Attention



Organization

Memory

Processing

Attention



Problem Solving

Organization

Memory

Processing

Attention



Reasoning

Problem Solving

Organization

Memory

Processing

Attention



Judgment

Reasoning

Problem Solving

Organization

Memory

Processing

Attention



Executive Functions

Judgment

Reasoning

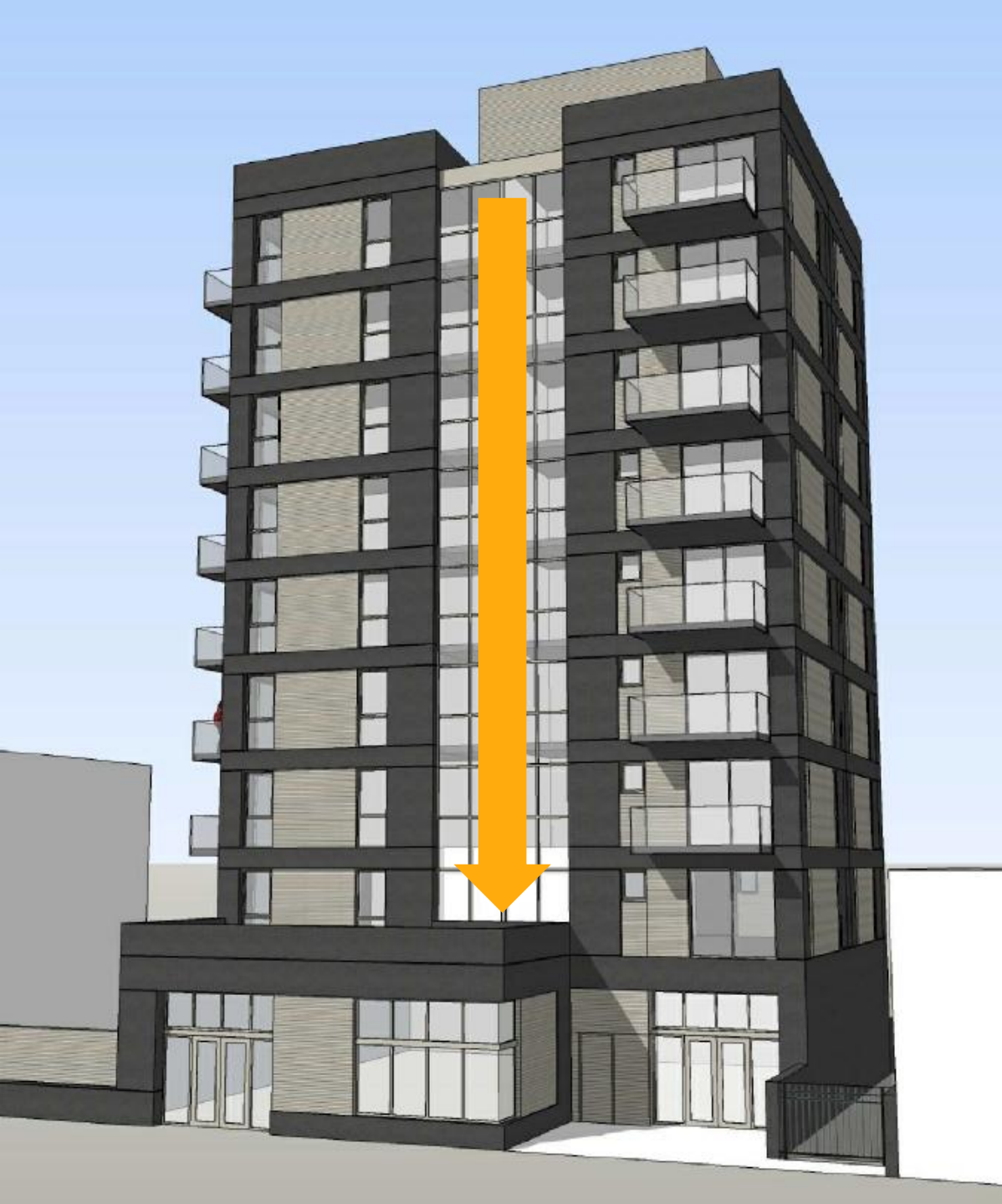
Problem Solving

Organization

Memory

Processing

Attention



Executive Functions

Judgment

Reasoning

Problem Solving

Organization

Memory

Processing

Attention



Working memory
is **the elevator**
that holds and
transfers
information to the
right
cognitive domain



Common Cognitive Changes in MS

- Information Processing
- Memory
- Complex Attention
- Verbal Fluency
- Visuospatial perception
- Executive Function
- Social Cognition



What Impacts Cognition?



MS-Related

- Disease activity/location
- Duration/progression
- Brain atrophy



Health & Lifestyle

- Medication side effects
- Substance use
- Physical inactivity
- Comorbidities



Psychological & Behavioral

- Fatigue
- Mood
- Sleep
- Stress



Protective/Resilience

- Cognitive reserve
- Rehabilitation & compensatory strategies

MS-Related Factors

- Lesion location & disease activity
- Disease duration & progression
- Brain atrophy
 - Changes in gray & white matter volume can be associated with cognitive changes



Psychological & Behavioral Factors

- Fatigue
- Depression, anxiety, and stress
- Sleep problems
 - Insomnia, Obstructive Sleep Apnea, Restless Leg Syndrome



Health & Lifestyle Factors

- Medication side effects
 - Including anticholinergics, sedatives, pain medication
- Co-occurring health conditions
 - Cardiovascular disease
 - Diabetes
- Substance use
 - Alcohol, cannabis
- Physical Inactivity



Cognitive Reserve & Resilient Factors

- Cognitive reserve
 - Mental engagement, social activity, ongoing learning
- Cognitive rehabilitation & strategies



Knowledge is Power



- While it may seem like A LOT of moving parts, paying attention to these areas can help maximize your cognitive functioning
- As you reflect on the information ask yourself if there are any changes you can make to support you brain!

Who Can Help?



Screen vs. Testing for Cognitive Problems

- Cognitive screening
 - Brief (5–30 minutes)
 - Part of routine care
 - Can tell us if we need to do a more thorough assessment
- Cognitive testing
 - Comprehensive, usually by a neuropsychologist (several hours)
 - Helps identify specific deficits, strengths, and recommendations
 - Having a baseline can aid in future testing

What Do We Assess with Testing?

- Processing speed & attention
- Learning & memory
- Executive function
- Language & verbal fluency
- Visuospatial skills
- Mood & fatigue
- Other factors



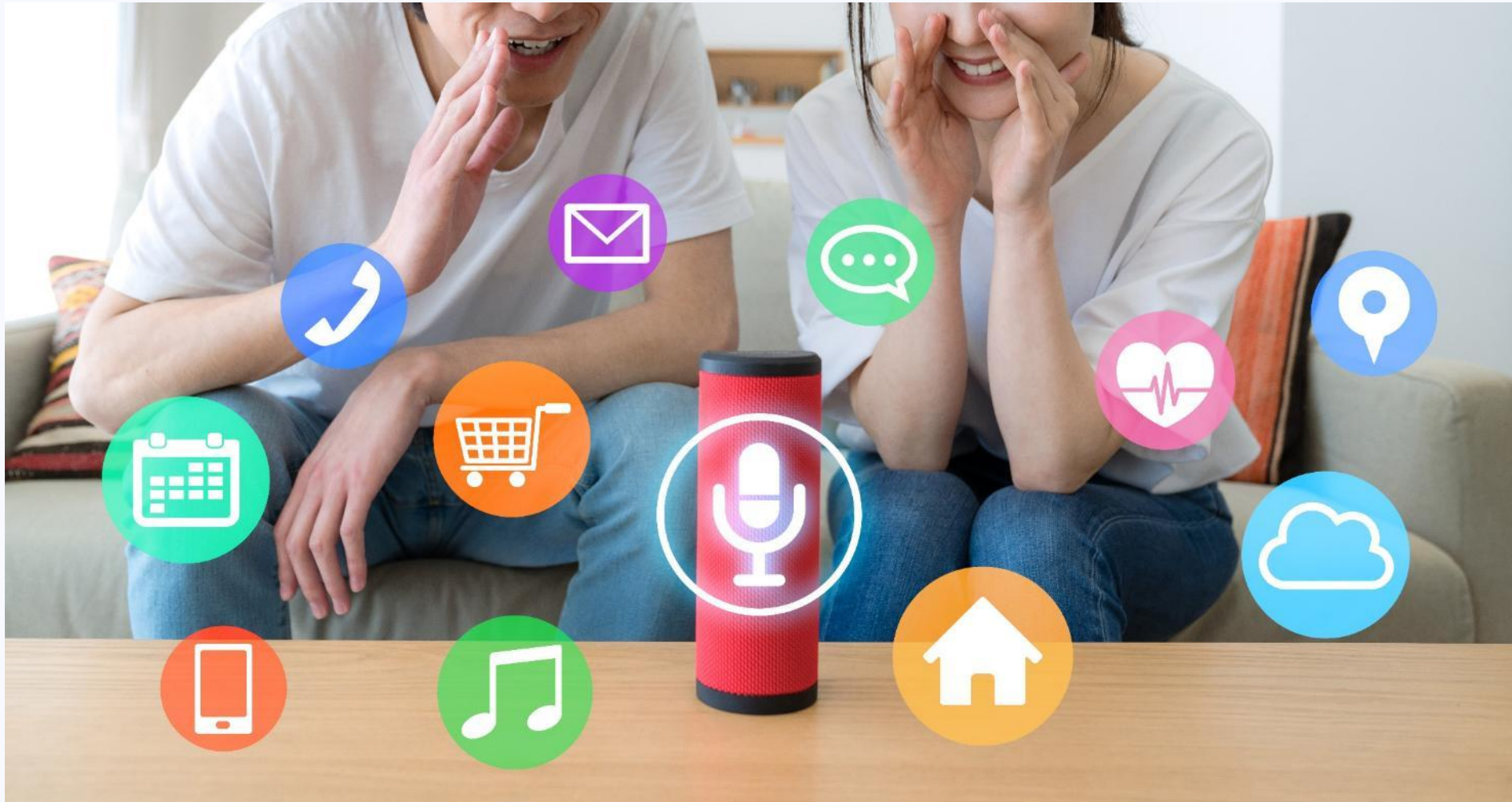
Emotional & Psychological Impact

- Grief & loss
- Identity changes
 - "I am not the same person I used to be."
- Relationships & social impact
- How do we find resilience?
 - Allow your values to guide – they can provide continuity of self beyond activities
 - Coping strategies
 - Shift focus from "what's lost" → what still matters

See something, say something!



Technology as a tool



Outsource when you can



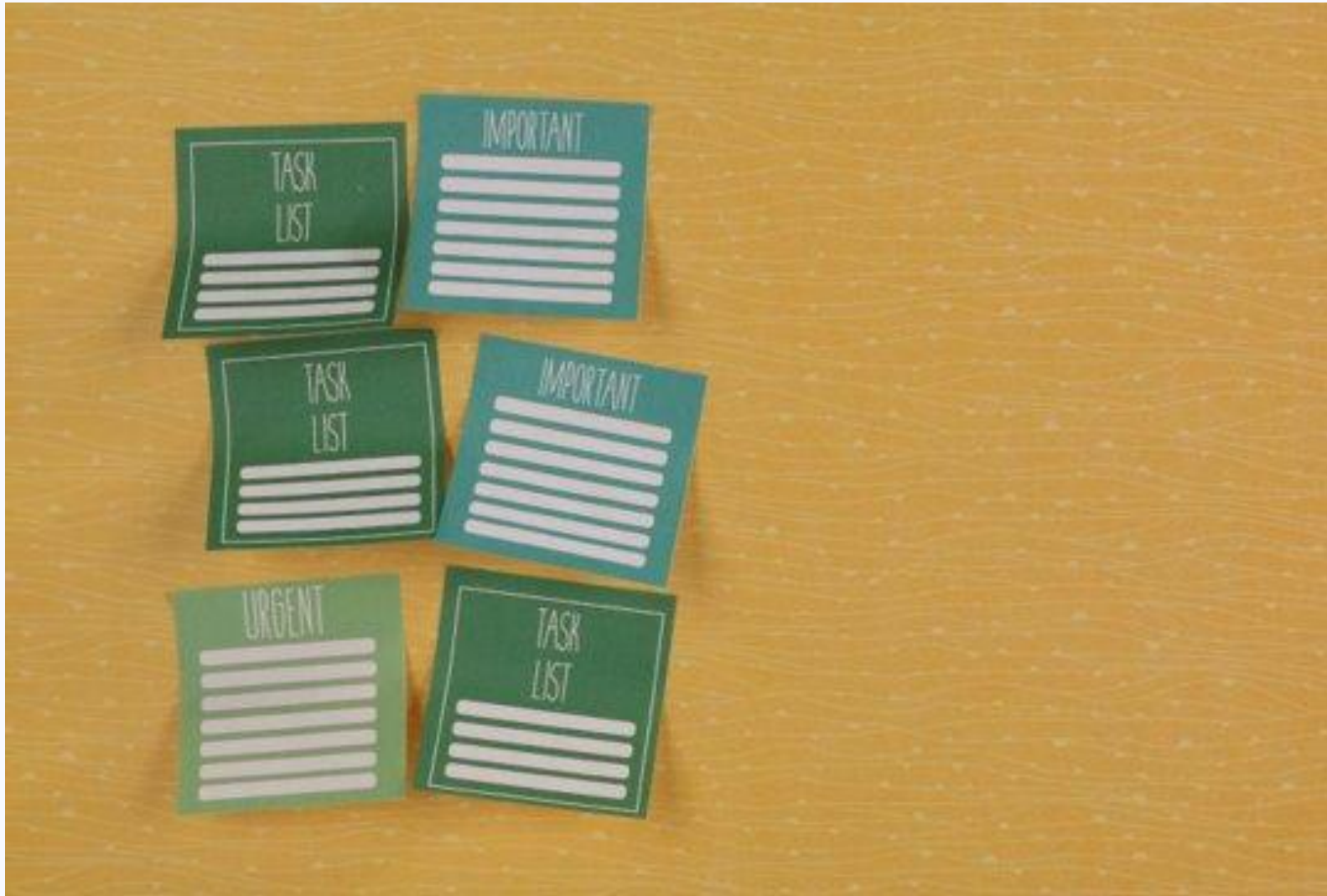
Learn to say "no"



Identify & manage distractions



Break big tasks down into smaller steps



4 Ps



Prioritize



Plan



Pace



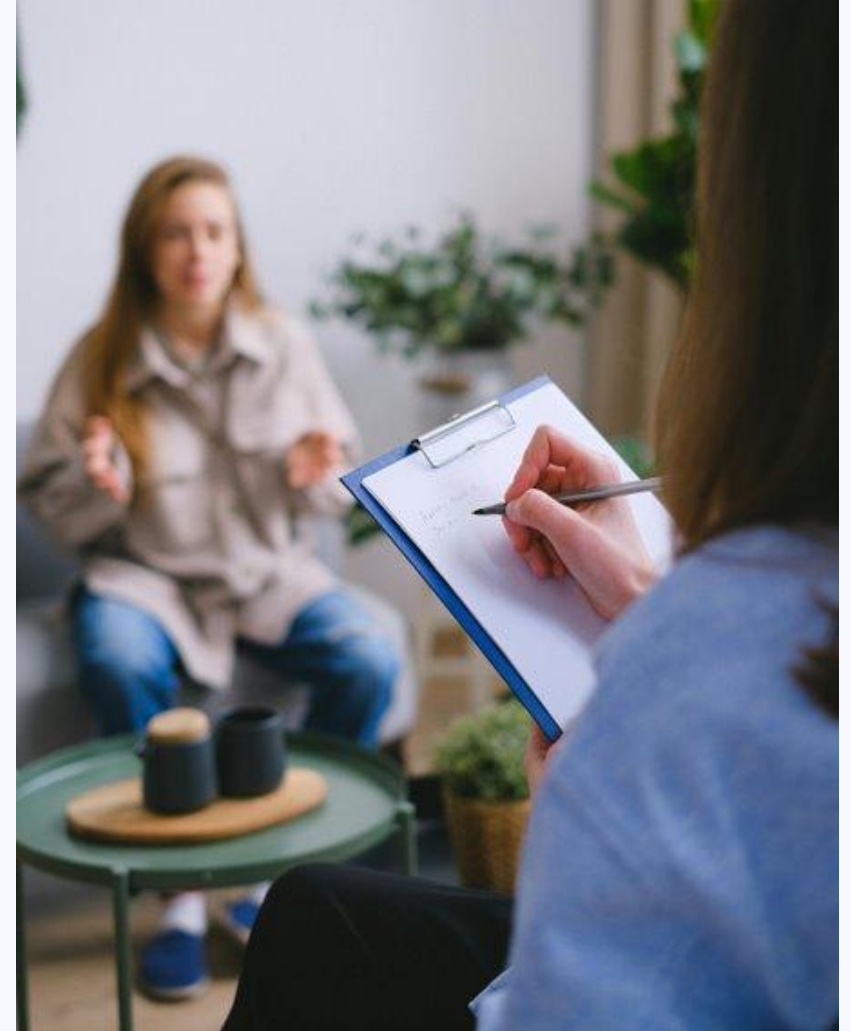
Position

Keep routines flexible: low, medium, high strategy



Use communication strategies

- Ask for repetition, or to slow down incoming information
- Use rephrasing to ensure understanding
- Prepare key words for conversations
- Request recaps in writing



Q+A



CONNECT WITH US



TIKTOK

@CanDoMultipleSclerosis



FACEBOOK

@CanDoMultipleSclerosis



X

@CanDoMS



INSTAGRAM

@CanDoMultipleSclerosis

THIS WEBINAR IS
SPONSORED BY:

EMD
SERONO

Genentech
A Member of the Roche Group

sanofi

 VIATRIS™

 Zenas
BioPharma

11.05.2025

Steps To Achieving Your Nutrition and Fitness Goals

CAN DO
MULTIPLE SCLEROSIS



**Please Take
Today's Survey**

**Thank you!
We Appreciate Your Feedback!**



The preceding program is copyrighted by Can Do Multiple Sclerosis. It is provided for your personal educational and referential use only. Any repurposing or dissemination of its content requires the consent by Can Do Multiple Sclerosis.

© CAN DO MULTIPLE SCLEROSIS