



Speak up about your MS treatment

**Talk with your healthcare professional
about what's best for you**

There's a lot that goes into managing your multiple sclerosis (MS). When it comes to your treatment, it's important to share your personal preferences and lifestyle with your healthcare professional to choose a disease-modifying therapy (DMT) that's right for you.



Disease factors

Whether you're just starting on a DMT or switching to a new one, there's a lot to consider. Here are some disease factors to think about when deciding on a DMT for MS.

How do you experience MS?

Physical symptoms (eg, fatigue, weakness, difficulty walking):

Mental/cognitive symptoms (eg, emotional changes, difficulty thinking):

How do these symptoms impact your daily life?

Additional topics to consider

(Check all that apply and record any notes below.)

- Your type of MS** (such as relapsing-remitting MS or other forms of MS)
- Level of disease activity**
- Any recent MS-related events you've experienced, such as a relapse**
- How other factors impact your daily life** (eg, physical inactivity or smoking, which can worsen your MS)

Notes:



Personal factors

Whether you're just starting on a DMT or switching to a new one, there's a lot to consider. Here are some personal factors to think about when deciding on a DMT for MS.

Have you ever taken a DMT?

- No Yes _____

If "Yes," why did you stop taking your DMT(s)?

Notes: _____

My long-term treatment goals include: (Check all that apply.)

- Reducing relapses Reducing lesions
 Preventing disability progression Minimizing side effects

Notes: _____

My short- and long-term goals and plans for the future include:

(Check all that apply.)

- Family planning Addressing other health concerns
 Travel Other
 Education/Career

Notes: _____

Additional topics to consider (Check all that apply and record any notes below.)

- Other existing medical conditions
 Potential interactions with other drugs you're taking
 Drug cost and insurance coverage

Notes:



DMT factors

Whether you're just starting on a DMT or switching to a new one, there's a lot to consider. Here are some DMT factors to think about when deciding on a DMT for MS.

I prefer to take my DMT as an: (Check and describe why.)

- Injection
- Oral (pill or capsule)
- Infusion
- No preference

Notes: _____

Additional topics to consider (Check all that apply and record any notes below.)

- How well the DMT works to manage MS (eg, reducing relapses and lesions, slowing disability progression)
- How long the medicine stays in/affects your body after it's stopped or paused
- How and where the DMT is started
- Whether the DMT can be taken at home or if you have to go to a medical/infusion center
- Whether the DMT needs to be taken with food or if it has food restrictions (for oral forms)
- Any special storage requirements (eg, refrigeration)
- Possible side effects

Notes:
