
My MS Healthcare Team Discussion Guide

MS Canada

This guide is a tool to help you feel more confident and prepared when talking with your healthcare provider about MS. Whether you've been recently diagnosed, exploring treatment options, or still waiting for a diagnosis, it's designed to help you make the most of your medical appointments and support you in making the best decisions for your health.

Check the box that best describes you:

I have been diagnosed with MS

Diagnosis date:

Format: m/d/yyyy

I have not been diagnosed with MS, but think I might have it

Helpful questions to ask your healthcare team as you navigate MS:

- Do I have MS, or could another condition be causing my symptoms?
- Which type of MS do I have?
- How does MS progress? How will MS affect me long-term?
- How will MS affect my daily life?
- Do you have any tips for coping with MS?
- Are there any lifestyle changes that would help me manage my MS (for example diet and physical activity)?
- Will MS affect my ability to work?
- Will MS affect my ability to have children, or to raise a family?
- What do I do if I start to experience new or worsening symptoms?
- Where can I go for more information and support?

These are the MS symptoms I'm experiencing (check all that apply):

Vision problems

Weakness, numbness or "pins and needles" sensation

Problems with balance or coordination

Dizziness or vertigo

Mobility issues (issues moving around)

Fatigue

Cognitive change (problems with thinking, concentration or memory)

Pain (musculoskeletal or neuropathic)

Bladder problems (frequent urination, incontinence)

Bowel problems (constipation)

Symptom Diary: This guide is a tool to help you feel more confident and prepared when talking with your healthcare provider about MS. Whether you've been recently diagnosed, exploring treatment options, or still waiting for a diagnosis, it's designed to help you make the most of your medical appointments and support you in making the best decisions for your health.

[illegible]

MS Treatments: Medications for MS provide some measure of control over the inflammation that injures nerve fibres, reduce the frequency and severity of relapses, and/or ease the impact of MS symptoms.

Disease-modifying therapies (DMTs) are medications that target some aspect of the inflammatory process and appear to reduce the frequency and severity of relapses; reduce the number of lesions in the brain and spinal cord as seen on MRI; and slow down the accumulation of disability. For a list of disease modifying therapies, please visit [MS Canada's website](#).

I'm interested in learning more about the following disease modifying therapies (DMTs):

I'm interested in learning more about medications for managing relapses:

Corticosteroids
(e.g., methylprednisolone,
prednisone)

I'm interested in learning more about other medications (e.g., symptom management medications, complementary and alternative medicine, medications for other conditions, supplements and vitamins):

Key questions to ask your healthcare provider when discussing MS treatment options:

- What treatment options are available to me?
- What are the possible benefits of each option for my type of MS?
- How will these treatments affect my day-to-day life?
- How is the treatment taken, and how often?
- What side effects might happen, how likely are they?
- Will I need regular monitoring or tests while on this treatment? Who pays for these tests?
- How will I know if the medication is working?
- What should I do if I miss a dose?
- How long will I need to stay on this treatment?
- Is there long-term safety data for this treatment?
- If this medication doesn't work for me, what are my other options?
- Are there people who should avoid this treatment (e.g., pregnancy, breastfeeding)?

I would prefer a treatment that (check all that apply):

- has the least number of known side-effects

has the longest known safety profile

is considered highly effective

has the least amount of monitoring and lab tests (periodic blood work etc.)

doesn't require special care when I travel

has the least impact for family planning (pre-conception, pregnancy and breastfeeding)
- will have the least impact on my fitness regime

won't interfere with my work schedule

won't impact sexual arousal

can help prevent cognitive dysfunction (thinking and memory problems)

Deciding on an MS treatment

Choosing a treatment for MS is personal. This tool can help you think through your options and decide what feels right for you.

Use the table below to:

1. List up to 3 possible treatment options (or staying on your current one).

2. Write down the benefits and risks or concerns for each.

3. Use a 1–5 rating to show how important each benefit or risk is to you. (1 = Not important, 5 = Very important)

4. See which option feels like the best fit for your life right now. Share these thoughts with your healthcare team.

Treatment Option	Benefits—Why I might choose it	Importance to me (1 - 5)	Risks/Concerns—Why I might not choose it	Importance to me (1 - 5)
		1 2 3 4 5		1 2 3 4 5
		1 2 3 4 5		1 2 3 4 5
		1 2 3 4 5		1 2 3 4 5

Looking for support about MS? Our team of MS Navigators are available to Canadians. Simply reach out via phone, email, or live chat. It's important to note that our MS Navigators are not healthcare or crisis professionals — for personal health-related questions, we encourage you to speak to your health care team.