

QUIZ: HOW IS MY MS?

Print and fill out this questionnaire to see how your MS is doing. When you are done, share the results with your doctor so together you can decide what your best next steps are. While self-monitoring is important, only your doctor can determine whether or not your MS is worsening.

1. An MS relapse is the worsening of old symptom or the appearance of a new one. A relapse lasts for more than 24 hours and usually disables you in some way during that time. How many relapses have you had this year?

- a. none
- b. 1
- c. 2 or more (and they were at least a month apart)
- d. I am not sure if what I experience is considered a relapse

2. How quickly did you recover from your relapse(s)?

- a. I did not have any relapses
- b. My recovery was quick
- c. My recovery was slow, even after I took steroids
- d. I have not yet fully recovered
- e. I not sure about the status of my recovery

3. You thought you had a relapse but it did not last for 24 hours and it has been more than a month since you had a similar problem. You think it might have been a symptom. Did you experience anything like that in the last 12 months?

- a. No, I had no symptoms or relapses
- b. Yes, I experience a symptom(s) that lasted briefly
- c. Yes, I experienced a symptom(s) that persisted, but did not last the whole day
- d. I am not sure if I had a symptom or a relapse, or both

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4. **Your doctor can examine you to see whether or not your MS has progressed. How would you rate your MS progression?**
- a. I have not noticed any progression
 - b. Mild—it is noticeable, but not debilitating
 - c. Moderate—my usual daily functioning is definitely disrupted, but not completely
 - d. Severe—my MS has had extreme effects on my memory and physical ability
 - e. I do not know how to rate my progression
5. **You may or may not currently be experiencing any physical disabilities. But you may be very forgetful lately. As far as your memory is concerned, would you say it is:**
- a. As good as it ever was
 - b. Rusty from time to time, but not a problem
 - c. Getting harder to remember little things like phone numbers, my keys, etc.
 - d. Very noticeable to my family and me that there is a problem
 - e. I am not sure if there is a difference in my memory
6. **Describe your lesion activity on your last MRI scan:**
- a. No new lesions appeared on my last MRI scan
 - b. 1 or 2 new lesions appeared on my last MRI scan
 - c. Several new lesions OR worsening of old ones appeared on my last MRI scan
 - d. Several new lesions AND worsening of old ones appeared on my last MRI scan
 - e. I am not sure if I had any lesion activity on my last MRI scan