

Be proactive about progression early with these 5 steps

No matter how MS starts, progression is not “secondary.” It is the primary concern.¹⁻⁴

Expert panel of MS specialists recommends 5 actionable steps you can take today.

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1

ENGAGE

Initiate conversations with people living with MS and their care partners about subtle changes in function and validate any changes that impact daily life.⁵

2

EDUCATE

Set expectations about what can and can't be seen with traditional assessments and share the importance of keeping track of changes in function between visits.⁶

3

ASSESS

Employ performance-related tests on exam to uncover subtle changes related to dexterity, mobility, strength, balance, coordination, and cognition.^{5,7-9}

4

IDENTIFY

Monitor threats to disease trajectory that can be modified such as comorbidities, negative health-related behaviors, social determinants of health, and barriers to care.^{5,6,8,10}

5

MOTIVATE

Encourage people living with MS to preserve brain reserve via positive brain health behaviors (eg, exercise, stress reduction, sleep hygiene, healthy diet, and cognitive rehabilitation).^{5,9,11,12}

MS=multiple sclerosis.

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on progression

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M-US-00027442(v1.0) 05/25