

What can you do?

Act now

If you are noticing cognitive changes, talk to your MS provider.

Get help

Treat other MS symptoms—such as depression, anxiety and fatigue—that can affect cognition.

Find an MS specialist to guide you

Call an MS Navigator® at 1-800-344-4867 or visit nationalMSSociety.org/FDR for a referral.

The National MS Society exists because there are people with MS. **Our vision is a world free of MS.** Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and **end MS forever.**



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National
Multiple Sclerosis
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1-800-344-4867

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Cognitive Changes in MS — Current Recommendations

If you experience changes in your memory or thinking, it's time to talk to your MS provider.

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JOSEPH (L)
DIAGNOSED IN 2008

Did you know?

- Cognitive changes are common in MS—occurring in more than 65% of people diagnosed with the disease
- Cognitive changes can be the first symptom of MS—even before an MS diagnosis
- There are strategies and treatments to manage cognitive changes

Are you experiencing cognitive changes?

- **Do you feel like your thinking has gotten slower?**

“I feel like I have molasses in my brain.”

- **Do you struggle to find the right word?**

“I hit a wall in conversation and cannot come up with the word I want to say.”

- **Do you forget steps in everyday tasks?**

“I couldn’t remember if I had put detergent in the washer, so I was washing clothes twice.”



- **Do you have trouble making simple everyday decisions?**

“I really struggle to make decisions, especially when they affect others—like where my family should go for dinner.”

- **Have you gotten negative feedback at school or work about your performance?**

“Sometimes I’m questioned about why I’m late or miss deadlines when I never used to.”

- **Do you have trouble keeping up with conversations?**

“I get lost in conversations and get distracted by other things happening in the room.”

What are the key messages from cognition experts?

- Recognize that MS affects cognition in a variety of ways
- Talk about your cognition (at home, work or school) every time you see your MS provider
- Ask your MS provider to check your mood and cognitive function at least once a year
- Ask for a more comprehensive neuropsychological evaluation if:
 - » Your provider notices a decline after checking your cognitive function
 - » You are struggling with school or work performance
 - » You are applying for disability benefits because of your cognitive changes
- Talk to a member of your healthcare team who can help with evaluation and management of cognition:
 - » Neuropsychologist
 - » Occupational therapist
 - » Speech language pathologist