

# What is multiple sclerosis?



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msnz.org.nz

Multiple sclerosis, or MS, is a disease affecting the central nervous system (the brain and spinal cord). Everyone's symptoms vary, but can include:

- Loss of balance or coordination
- Tremor and weakness
- Blurred or double vision
- Eye pain
- Difficulty moving legs, arms and hands
- Numbness and pain
- Cognitive and memory issues
- Sexual problems
- Fatigue
- Changes with bladder or bowel functions

MS can be effectively managed with medication, physiotherapy, maintaining a nutritious diet, fatigue management, and incorporating exercise.

Your local regional society can support you and your whānau on symptom management, referrals and support services in your area.



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