

Doctor Discussion Guide

Newly diagnosed MS or possible MS

I have MS, or think I might:

- I have been diagnosed with MS (diagnosis date: _____)
- I have not been diagnosed with MS, but I suspect I might have it

My symptoms are:

- weakness, numbness or "pins and needles" sensations
- problems with balance or coordination
- mobility issues (difficulty moving around)
- dizziness or vertigo
- fatigue
- problems with thinking, concentration or memory
- bowel problems (such as constipation or incontinence)
- bladder problems (such as frequent urination or incontinence)
- muscle stiffness or spasticity (spasms)
- vision problems
- pain
- problems with sexual desire or performance

I'm interested in learning more about the following MS treatments:

Disease-modifying medications:

- Avonex® (interferon beta-1a)
- Betaseron® (interferon beta-1b)
- Copaxone® (glatiramer acetate)
- Rebif® (interferon beta-1a)
- Tysabri® (natalizumab)

Medications for relapses:

- corticosteroids (e.g., methylprednisolone [Solu-Medrol®], prednisone)
- other: _____

Other medications:

- _____
- _____
- _____

I have some questions

General questions about MS:

1. Do I have MS, or could another condition be causing my symptoms?
2. Which form of MS do I have?
3. How does MS progress? Is there any way to predict how my condition will change over time?
4. How will MS affect my daily life?
5. What is my score on the Expanded Disability Status Scale (EDSS)?
6. Do you have any tips for coping with MS? Are there any lifestyle changes that would help me manage my MS?
7. Where can I go for more information and support?

Questions about MS treatment:

1. What treatment options are available to me?
2. Which treatments alter the natural course of the disease?
3. Is there a medication that can maintain my physical and cognitive abilities? (i.e., delay the progression of disability)
4. Why are MS therapies taken by injection?
5. Are there different injection schedules for the various MS drug treatments?
6. Are some MS medications easier to use than others?
7. Are there autoinjectors to make the injections more convenient?
8. Which treatment option would you recommend and why?
9. How does the treatment work?
10. How do I use the treatment properly and how often should I take it?
11. Does the treatment offer features that may make it easier to stay on therapy?
12. When will the treatment begin to work, and how long can I expect the treatment to keep working for me?
13. Has the treatment been proven to modify all three key measures of MS disease activity: disability, relapses, and MRI brain lesion activity* and area?
14. Has the treatment been proven to work better compared with another MS therapy in a head-to-head clinical study?

15. What are the side effects, and how should I manage them?
16. How long will I need to continue treatment?
17. Are there any side effects I should watch out for, and what should I do if they happen?
18. Does the treatment have a safety profile that is supported by long-term experience?
19. Will I need to have regular checkups or blood tests during treatment?
20. Are there any people who should avoid this treatment
(e.g., people who are pregnant or breastfeeding)?
21. Other: _____
22. Other: _____

I would prefer a treatment that:

(check all that apply)

- is clinically proven to reduce number and severity of relapses
- is clinically proven to slow the progression of disability
- is clinically proven to reduce the number and size of active brain lesions as seen on an MRI scan*
- can help prevent cognitive dysfunction (thinking and memory problems) from developing or getting worse
- is less painful on injection
- causes less injection site swelling or redness

*The exact correlation between MRI findings and the current or future clinical status of patients, including disability progression, is unknown.