

My MS Symptoms Diary

This Symptoms Diary is designed to help you record and share information about your MS symptoms with your doctor or other healthcare professional (HCP). The more your HCP knows about your MS symptoms and how they're affecting you, the better he/she can work with you to manage your MS.

Use this diary to provide specific information about your symptoms. It's important to inform your MS healthcare team about the symptoms you are experiencing. Be prepared to share your experiences, descriptions of your symptoms including their duration and frequency, and if your symptoms are new or worsened. The list below does not include all possible symptoms. If you experience any symptoms that are not listed here, be sure to write them down and discuss them with your HCP.

Need help?

Our MS One to One® Nurses are available to answer questions; call 1-855-676-6326.

Name: _____ Date: _____

Common MS Symptoms Include:

- Difficulty with swallowing
- Vision problems
- Problems with walking
- Change in mood or sadness
- Concentration problems
- Dizziness
- Difficulty speaking
- Fatigue
- Problems with memory
- Bowel or bladder problems
- Pain
- Sexual problems
- Muscle spasm/weakness
- Problems with balance
- Problems with coordination

Symptom	When did this symptom start/end?	Is this symptom new or has it worsened?	Severity					How did it affect your daily living?
			not severe				very severe	
			1	2	3	4	5	
			1	2	3	4	5	
			1	2	3	4	5	
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