

# Multiple Sclerosis (MS)

## What is Multiple Sclerosis?

Multiple Sclerosis (MS) is a disease that affects the brain and spinal cord. Patches of the areas of the brain and spinal cord affected become hard (sclerosed) with scar tissue. Body functions such as speaking, moving and seeing are affected.

## How can a disaster affect my health if I have Multiple Sclerosis (MS)?

There is no cure for MS. But there are ways to help slow the disease. The goal of treatment is to control symptoms. Not taking your medications or stopping your treatment plan during a disaster can cause problems, such as:

- Depression
- Hard time swallowing
- Hard time thinking
- Less ability to care for self
- Need for catheter
- Risk of osteoporosis (thinning bones)
- Sores
- Urinary tract infections (UTI)

## What can I do during a disaster to protect my health?

It may be hard to take your medication during a disaster but it is very important to try your best and stay comfortable.

You can control symptoms by:

- Avoiding extremes of heat and cold
- Exercising
- Taking medications that may help control symptoms or decrease the number, length or strength of attacks.

You can stay comfortable by:

- Using a wheelchair, bed-lift, shower chair, walker and wall bars

## Which special tips should I remember if I have Multiple Sclerosis?

Along with the [emergency kit](#) and [emergency plan](#) remember to:

Store extra medicine in your emergency kit, including:

- Long-term medications to slow down MS
- Steroids to lessen the strength of MS attacks
- Medications to reduce muscle spasms (tremors)
- Medications to reduce urinary problems
- Antidepressants for mood or behavior problems
- Medications to control tiredness