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Photo Courtesy: FatCamera/Stock Multiple sclerosis (MS) is a progressive autoimmune disease that affects over two million people worldwide. It makes your immune system attack the protective sheath surrounding your nerves (called the myelin sheath) — and this causes nerve damage. MS can cause a range of symptoms from fatigue to vision loss to trouble walking. Most people have their first symptoms between ages 20 and 40, but symptoms can start at any age. Learn about the early symptoms of MS and how you can get a diagnosis. Photo Courtesy: fizkes/iStock MS affects everyone differently, so symptoms can be hard to spot. And early MS symptoms are similar to signs of other health conditions. Some common early MS symptoms include: Fatigue (feeling very tired all the time): Fatigue can be a sign of many health conditions. But most people feel increased fatigue before being diagnosed with MS. Tingling or numbness in your limbs: As the nerves in the spine lose their myelin sheaths, you may feel tingling and numbness in your arms, fingers and legs. Eye pain and vision problems: Early MS often causes eye pain, blurry vision and even vision loss. Changes in bowel movements: MS affects the nerve supply to the bowels and bladder. Some people notice changes in their bowel movements, like constipation or diarrhea. You may also have incontinence (trouble controlling your bladder). Am I at Risk for MS? Photo Courtesy: eclipse_images/iStock Experts aren't sure exactly what causes MS. But it's likely caused by a combination of genes and environmental factors. You may be at higher risk for MS if you: Have a close relative with MSWere assigned female at birthAre white, especially with European ancestryHave another autoimmune disease, like rheumatoid arthritis or type 1 diabetes How Can I Get an MS Diagnosis? There's no single test for early MS. Your doctor will probably order an MRI to look for changes in your brain and nervous system. They may also do a lumbar puncture to collect spinal fluid — higher levels of certain proteins in the spinal fluid can be a sign of MS. Photo Courtesy: Zinkevych/iStock You'll probably need to see an MS specialist or a neurologist (specialist in the brain and nervous system). Your doctor will look at a combination of factors and rule out other conditions to make the diagnosis. Together, you and your doctor can figure out what's causing your symptoms and find the right treatment for you. Resource Links: MORE FROM SYMPTOMFIND.COM MS Project, the project management software program by Microsoft, is a very handy tool for project managers that helps them develop a schedule, assign resources to tasks, track the progress, manage the budget, and analyze workloads for an ongoing project. This tutorial discusses the various features of the software program with examples for easy understanding. Audience This tutorial has been designed keeping in mind the needs of beginner level MS Project user. Project managers and Project planners from varied backgrounds who have not used MS Project, especially the 2013 edition before can use this tutorial for scheduling, planning, and reporting their projects of any size. This tutorial is designed with Project Standard features, hence there is no need of Project Professional. Prerequisites A basic understanding of Computers and Windows Operating System is all it takes to get started. Hardware: A reasonable home desktop configuration. Software: MS Project 2013 on Windows OS. (At the time of writing this tutorial, Project 2013 is not available for Mac) Every day, I wake up just like everyone else and see the sun shining and the birds chirping and have the promise of the entire day set before me - 24 hours, 1,440 minutes - just like everyone else. The only thing that makes my waking up a little different than your waking up is that I have multiple sclerosis (MS), but MS does not have ME. I believe in the poem "It Couldn't Be Done" by Edgar Albert Guest: Somebody said that it couldn't be done But he with a chuckle replied That "maybe it couldn't," but he would be one Who wouldn't say so till he'd tried. MS is just on the journey with me to do what is part of my DNA – teach, mentor and lead. These three things have been part of my life career as a retired captain in the U.S. Air Force and a community volunteer. You can do anything you set your mind to do and like any challenge, you get to decide every day how you will overcome the obstacle. I have a "use it or lose it" philosophy about the cognitive and physical aspects of my disease. We all have a bank of mental and physical energy with which to get it done – and every day we get a new deposit to spend anew. Life with MS is a choice to be healthy and to choose how to spend my energy account. I have learned to listen to my body and know how to space out my activities to maximize my output for the results I seek to achieve, whether it is celebrating the centennial of my fraternity, Omega Psi Phi Fraternity, Inc., serving as the Gateway MS Ambassador, or giving out over 15,000 school bags to students in the St. Louis Public Schools. I choose how to maximize my energy resources. When I wake up and my body or my mind act like they want to hold me back, I remind them that I am directing this destiny and I do not say "I can't," because "can't" only means "constant act of not trying." I refuse to let that be a part of my life story. It may mean that I choose to do one or two things instead of the three or four that I might normally do, but I continue on and so can you. MS means "MOST STUFF" to me, that on most days I can do most things. You have a choice, remember that, you did not choose MS, but you do get to choose how you will handle MS. Living with a chronic illness is only limiting if you believe "I can't" instead of "I can." You must monitor your energy level, think of your longevity, and keep your mind sharp. Read a book, go to museums, challenge yourself with a new task, eat a healthy diet, and exercise daily. I choose every day to put one foot in front of the other and use my 24 hours for the greatest good instead of allowing MS to stop me. MS also challenges our cognitive abilities and I choose every day how to keep my mind sharp. I keep busy through volunteering with the Oasis Intergenerational Tutoring Reading Program, along with my work with VA, and serving as the Upsilon Omega Foundation vice president and the Omega Center, a community service center, manager. As an active member of my fraternity, I was challenged in 2011 to plan a huge centennial conference in St. Louis, some thought it couldn't be done, but "I DID IT!" What can life with MS look like? It looks like a man who was area captain for four states and who traveled to make history. It looks like a man, for the second time, who donned a tuxedo to attend the inaugural balls for the nation's re-elected first black president. It looks like a man sitting proudly in the blue section of the inaugural ceremony. It looks like a man who mentors through the Boys and Girls Club, who reads at Lexington Elementary School, and who recruits through Team 100. It looks like 1,440 minutes of "I CAN." Every new day is a new opportunity to be greater than your limitations. Remember, "I have MS, MS does not have me." About the author: This article was submitted by Philip White (as told to Taye Foster Bradshaw), Captain (Ret), Philip White is a native of St. Louis, Missouri. For 26 years he served proudly with the United States Air Force, stationed in several U.S. posts and countries including Korea, Japan, Philippines and Germany. Following his retirement from military service, he returned to his teaching roots at Whitman Air Force Base, accepting a position as director of Air Force Junior Reserve Officer Training Corps (AFJROTC). After retiring from his position as director, he accepted a volunteer position as a member of Team 100, with Oasis Intergenerational Tutoring. Medically Reviewed by Brunilda Nazario, MD on November 13, 2021 Multiple sclerosis (MS) symptoms can affect different parts of your body and brain. No two people have the same problems, so your doctors will develop a treatment plan just for you, whether the disease affects your mind, body, emotions, or any combination of the three. Many people with MS take medicines to change the course of the disease. Some drugs slow the progress of MS in the brain and spinal cord. They can limit the number of relapses you have and slow the progression of any problems. You'd get some in a shot, such as: Glatiramer acetate (Copaxone) Interferon beta-1a (Avonex, Rebif) Interferon beta-1b (Betaseron, Extavia) Ofatumumab (Kesimpta) Peginterferon beta-1a (Plegridy) Others come in pills: Cladribine (Mavenclad) Dimethyl fumarate (Tecfidera) Droxime fumarate (Vumerity) Fingolimod (Gilenya) Ozanimod (Zeposia) Monomethyl fumarate (Bafertam) Siponimod (Mayzent) Teriflunomide (Aubagio) Still others you get through an IV infusion, such as: Alemtuzumab (Lemtrada) Mitoxantrone (Novantrone) Natalizumab (Tysabri) Ocrelizumab (Ocrevus) You and your doctor will figure out which medicine is right for you. If you have a severe relapse, your doctor may prescribe corticosteroids. You might also hear them called steroids. They're strong meds that can shorten your relapse. You could get a high-dose medication through an IV, like methylprednisolone (Solu-Medrol), or a high dose in pill form, such as prednisone (Deltasone). Or you might try repository corticotropin (H.P. Acthar). It can help your body make more steroid hormones. Other drugs can treat symptoms that only affect some people with MS. Your doctor will know whether a medication is right for you based on your symptoms. For example: If you have vertigo or dizziness because of your MS, your doctor may prescribe meclizine (Antivert). If MS causes you pain, your doctor may give you medicines like: Amitriptyline (Elavil) Carbamazepine (Tegretol) Clonazepam (Klonopin) Duloxetine (Cymbalta) Gabapentin (Neurontin) Nortriptyline (Aventyl, Pamelor) Phenytoin (Dilantin) Pregabalin (Lyrica) If you have trouble walking, the doctor will probably prescribe dalfampridine (Ampyra). If you have spastic muscles, which can cause pain, muscle tightness, or walking problems, the doctor might try one of these: Baclofen (Gablofen, Lioresal) Clonazepam (Klonopin) Dantrolene (Dantrium) Diazepam (Valium) Onabotulinum toxin A (Botox) Tizanidine (Zanaflex) For tremors, clonazepam or isoniazid (Laniazid, Nydrizid) can help. To help with the fatigue MS can bring, the doctor could give you amantadine, fluoxetine (Prozac), or modafinil (Provigil). If you get depressed, the doctor can prescribe one of several antidepressants. If you sometimes can't control the urge to laugh or cry, dextromethorphan hydrobromide (Nuedexta) could help. Other medications treat sexual problems or issues with bladder or bowel control. Ask your doctor which ones are right for you. Your doctor will probably suggest one of several types of therapy that can help you keep your independence. If you need help with balance, muscle strength, or your ability to walk, your doctor may suggest physical therapy. The therapist might create an exercise program for you, or teach you how to use tools to help you move better, like canes, scooters, crutches, or wheelchairs. If you need help to get dressed, do things around the house, or complete tasks at work, the doctor will probably send you to occupational therapy (OT). You'll learn how to conserve energy and find tools that can make everyday tasks easier. OT may also help if you need treatment for problems with learning, thinking, and memory. If you have trouble with your speech or it's tough to swallow liquids or food, it might help to meet with a speech-language pathologist. Other treatments include: Emotional support. If you feel depressed or have other mood changes, it could be time to see a mental health professional. It can also help to talk about your feelings with friends and family. Exercise. Regular activity can help you feel less tired, improve your mood, and help with bladder and bowel function. If you stretch often, it may ease stiffness and help you move better. Stress management. Stress affects people in different ways. Doctors aren't sure if it makes some MS symptoms worse, but if you ease the stress in your life, it could ease your symptoms. It's good for your overall health, too. Acupuncture. This traditional Chinese technique involves a specialist who puts thin needles into points on your body to help the flow of energy. Some doctors suggest acupuncture for people with MS. See if your doctor thinks it's right for you. © 2022 WebMD, LLC. All rights reserved. View privacy policy and trust info

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