

MS in the 21st Century is a Merck KGaA, Darmstadt, Germany initiative involving healthcare professionals and patient advocates.

EMD Serono is the healthcare business of Merck KGaA, Darmstadt, Germany, in the U.S. and Canada.



Ideal for planning for virtual appointments

my / MS ↑ priorities

This planner has been developed with the help and suggestions of both healthcare professionals and people living with MS

Name:

Address:

Neurologist/MS nurse:

Date of diagnosis:

Use the table below to summarize your highest priorities.

Priority	The main things I would like to discuss at my next appointment are:
1	
2	
3	

Use this section to keep track of recent tests and any results you would like to talk about.

Test	Results, notes and questions

It's useful to record any changes you feel as time passes.

Use this section to write any comments on how your symptoms may have changed, thinking about what might be most important to discuss at your next appointment. It is important to be honest with your healthcare team about the symptoms you are experiencing.

	Notes
Moving and walking	
Stiffness and spasms	
Balance and dizziness	
Pain and sensation	
Vision	
Speech	
Hearing	
Bladder and bowel	
Headaches	
Moods and emotions	
Concentration and memory	
Relationships and sexual function	
Infections	
Other concerns e.g. distance traveled to clinic or work life	

Record which medication(s) you are taking for MS, how well you feel they are working, and any problems you have experienced with your treatment plan.

It is important to speak to your healthcare team before you consider stopping any treatment.

Prescribed treatments for MS	Notes

Treatment decisions and safety reporting are the responsibility of the prescribing physician.

It is important for your doctor, MS nurse or other member of your healthcare team to know about your general health and whether you are being treated with other medication or therapies (including alternative treatments or physical therapy).

Use this table to record other treatments you have started since your last appointment, and note any effects you have noticed on your health and MS symptoms. Include details about how you take these medicines and how often.

Other prescribed medicines	Notes

Use this section to record anything relating to your lifestyle including any changes you have made recently, and any effects you have felt on your health.

Activity	Notes
Diet	
Exercise	
Rest	
Work	
Major life events and relationship changes	
Other	

If you wish, your partner, family, friends or carers can use this section to make a note of anything they've noticed about your health, or questions they might have.

Remember, even if your consultation is virtual, you can still have someone with you if you feel it might help.

Notes

Use this section for any other questions you may have. This could be about clinical trials, how to make appointments, what to do if you have a relapse or anything else not covered in other sections.

Notes and questions



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