



# HOW TO MANAGE MULTIPLE SCLEROSIS SYMPTOMS

There could be several symptoms and conditions associated with a multiple sclerosis (MS) diagnosis. Below are some recommendations on how to manage them effectively.

## Bladder problems and constipation

If you have frequent or urgent need to urinate, or wake up often at night to urinate, you can limit your fluid intake per day. Also, establish a routine for going to the bathroom.

The Mayo Clinic recommends performing so-called “Kegel exercises” to help control the bladder. Although they are known more as a recommendation [for men](#), they can also be done [by women](#).

### To treat constipation, follow these recommendations:

- + Eat foods high in fiber, such as: fruits, vegetables, nuts, seeds, and certain grains. Hydrate yourself better, as this can help relieve constipation.
- + Some people may resort to using laxatives or enemas to relieve constipation. Before taking them, you should consult with your doctor.

## Extreme tiredness

Exposure to heat, infections, depression, muscle stiffness and tension are some factors that can increase fatigue for people with MS. If you’re feeling tired, a solution might be to stop and rest for at least 15 minutes during the day.

The supplement [Acetyl-L-carnitine](#) may relieve fatigue in multiple sclerosis patients with low L-carnitine levels. However, this supplement can affect the effectiveness of other medications so you should consult with your doctor and pharmacist before using it.

## Difficulty walking, muscle stiffness, and tremors

- + Stretching exercises can help reduce muscle spasms.
- + You can use canes or walkers to get around better.

## Mood

Exercise can help improve the mood of MS patients. In addition, it helps reduce stress.

### REMEMBER:

Before taking any supplement (vitamins or tea) or medicine, you should consult your doctor and pharmacist about its proper use.