

## Multiple Sclerosis

What is it?

Multiple Sclerosis is an autoimmune disease that affects the brain and spinal cord.

It causes the immune system to attack the myelin sheath, a protective covering of the nerve cells. Inflammation occurs as the body's immune cells attack the nervous system.

Who does it affect?

Women are more likely to be effected by men. It can occur at any age. It is usually diagnosed between ages of 20 and 40.

What are the causes?

The cause of multiple sclerosis is unknown. Genetics and/or viral infections may play a role. People who live in Northern climates appear to be more susceptible than those in Southern climates.

What are the symptoms?

Attacks can occur at different areas of the nervous system. They can last for days to months. Remissions (periods of reduced or no symptoms) can last for long periods of time. Any part of the brain or spinal cord can be damaged, therefore attacks can occur in many parts of the body.

Fatigue

Muscle symptoms:

- Muscle spasms
- Loss of balance
- Numbness
- Difficulty walking and coordination problems
- Tremors and weakness in arms or legs

Bowel and bladder symptoms:

- Constipation and stool leakage
- Incontinence, frequency and urgency of urination
- Difficulty urinating

Eye symptoms

Numbness, tingling pain

Other brain and nerve symptoms

Sexual symptoms

Difficulty speaking, swallowing and/or chewing

Aggravation by heat or hot baths

Tests:

MS is diagnosed based on exclusion: other diseases are ruled out.

Neurological exam

Eye examination

MRI

Lumbar puncture

Nerve function study

What are traditional treatments?

Interferon

Fingolimod

Steroids

Methotrexate

Benzodiazepines (i.e. Valium)

NSAIDS

Physical therapy

Speech therapy

What are some alternative treatments?

Dietary modification

Supplementation with vitamins, herbs, and other agents

Botanical Medicine

Homeopathy

Low Dose Naltrexone

Alpha Lipoic acid (IV and oral)

Specific individualized testing and custom treatments

Please contact us to start a program for you. We can work with many insurance plans or design a cash package.