Remarkable progress has been made in reducing relapses, but there is more to do in MS. 

Today’s DMTs can reduce relapses and slow disability progression. However, some symptoms of MS may remain unaddressed.

Even patients taking a DMT can experience a variety of MS symptoms. Some—including fatigue, anxiety, cognitive difficulties, and depression—are considered hidden symptoms that can be difficult to assess.

Of these, fatigue is one of the most prevalent.

In a large study of MS patients (N = 25,728), about 81% experienced fatigue within their first year of diagnosis.

*This high prevalence is consistent with other studies of MS fatigue.*

The American Academy of Neurology (AAN) recommends using a validated fatigue rating instrument when identifying and managing fatigue.

The measurement of both maintenance and improvement of fatigue over a 12-month period may be useful when evaluating fatigue in patients with MS.
MS fatigue is unique and can affect day-to-day life\textsuperscript{7,8}

MS fatigue is different from normal fatigue\textsuperscript{7,8}

Compared with normal fatigue, MS fatigue can\textsuperscript{7,8}:

- Occur on a daily basis
- Come on suddenly and can be more severe
- Be aggravated by heat and humidity
- Interfere with physical function
- Interfere with cognitive function

MS fatigue can lead patients to make life adjustments\textsuperscript{7,9-11}

The unique experience of MS fatigue may change how patients are able to spend their time.\textsuperscript{7,9-11} People living with MS fatigue may have to:

- Plan ahead or rest before activities\textsuperscript{7,10}
- Modify or stop scheduled activities\textsuperscript{7,11}
- Push through fatigue to keep commitments\textsuperscript{7,11}
- Take a reduced role in familial and social obligations\textsuperscript{7,10}

Since the experience and impact of MS fatigue can vary, ask patients about MS fatigue at each visit to determine how it is affecting them.

For more information about MS and MS fatigue, visit MoreToMS.com.

References: