

# Talk to Your Doctor

## MS Fatigue Real Talk

**MS fatigue has been called a “hidden” symptom of MS. Considering how it may affect you is the first step to helping you talk about it with your family, friends, and treatment team.**

The following survey is for you to examine your own experience with MS fatigue so that you can better discuss it with your doctor. This survey is not intended to be a diagnostic tool. The questions included here are just a few examples of how fatigue may affect a person living with MS.

### How do you experience MS fatigue?

**Complete this short survey and take your answers with you to your next doctor visit so you're ready to talk about MS fatigue.**

1. Do you often wonder if your fatigue is from MS or just part of everyday life?

Yes

No

2. Do you make daily life adjustments, like choosing where to go or what to do, because of your MS fatigue?

Yes

Sometimes

No

3. Does your fatigue ever affect others?

Yes

Sometimes

No

4. Does your fatigue ever make you miss social events?

Yes

Sometimes

No

5. Does your fatigue prevent you from being able to work?

Yes

Sometimes

No

6. Does your fatigue ever affect your ability to do everyday tasks?

Yes

Sometimes

No

7. Do you ever feel like you are unable to do the things you want or need to?

Yes

Sometimes

No

