

KNOWLEDGE BROCHURE SERIES

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know

*Fatigue* & MS

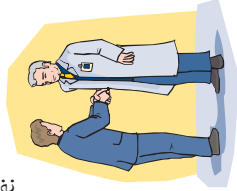


shared solutions  
knowledge resources

Fatigue is often referred to as the “invisible” multiple sclerosis symptom and affects 85% of people with MS. While MS-related fatigue manifests itself differently from person to person, there are some management techniques that can help the majority of sufferers.<sup>1</sup>

Here are a few tips for minimizing fatigue:

- 6 **Talk to your doctor.** There are medications available that may minimize your feelings of fatigue—don't suffer unnecessarily
- 6 **Seek therapy.** An occupational therapist will help you adapt your routine to most efficiently use your energy
- 6 **Don't push it.** The key to fatigue management is recognizing fatigue and listening to what your body is telling you. Exercise and do other physical activities when your energy level is high. At the onset of fatigue, take a break. This may help your body recover more quickly. Consider relaxation techniques, since sleep may not be required in every situation
- 6 **Make a list; check it twice.** Some of your activities are obvious priorities. However, a list can help you identify things that may be altered, shared with family members, or eliminated



- 6 **Strategize.** Using energy-saving options like elevators, disabled parking, remote controls, and walking devices can save precious energy for use elsewhere
- 6 **Don't be afraid of change.** Alter your environment in any way that may help: Put a chair in the shower, keep frequently used items on easy-to-reach shelves, sit down while chopping vegetables
- 6 **Get a game plan.** Note the times of the day you are most fatigued. Complete more energy-intensive tasks at times when fatigue is less of a problem. Also, plan times to rest throughout the day



- 6 **Cool it.** Since heat may worsen MS symptoms, use strategies such as cooling garments, minimal sun exposure, and seeking air-conditioned environments to keep body temperature low

- 6 **Watch what you eat, drink, and smoke.** Eating healthily, eating cool rather than hot meals, avoiding alcohol, and quitting smoking can all affect fatigue levels!
- 6 **Keep movin'.** Exercise helps fight fatigue by increasing stamina and promoting muscle strength





### **Want to know more?**

Visit the **National Multiple Sclerosis Society** Web site at [www.nmss.org](http://www.nmss.org). Among a wealth of other information they have articles regarding MS-related fatigue. You can also search for information at

[About.com](http://About.com)

[msaa.com](http://msaa.com) (Multiple Sclerosis Association of America)

[msfocus.org](http://msfocus.org) (MS Foundation)

[WebMD.com](http://WebMD.com)

### **Know there's someone to turn to**

While there's no substitute for medical advice from your doctor, **Shared Solutions**<sup>®</sup> is here to help if you have questions about MS-related issues or need therapy support. Just give us a call at **1-800-887-8100**.

You can also visit [www.sharedsolutions.com](http://www.sharedsolutions.com) for information about MS and lifestyle management. We're here to help those living with MS live better with support, knowledge, and answers.





Reference:

1. Multiple Sclerosis International Federation. *MS in Focus*. 2003;1:6-8.

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