

Healthy lifestyle matters in MS

Choosing to live as healthily as possible helps to:



Reduce relapse or slow disease progression through stopping smoking, reducing stress, getting physical activity and eating a good quality diet.



Improve or manage symptoms like fatigue, pain, mood and cognition through small improvements to sleep, nutrition, stress management or physical activity.



Optimise your brain health by protecting existing function, preventing dementia and preserving the brain's natural reserves which are more susceptible to damage or depletion in MS.



Reduce the likelihood of other conditions like diabetes, obesity and heart problems which can all negatively impact your MS, impact the success of treatment or even increase the likelihood of relapse.



Reduce burden on healthcare services as well as provide hope, support self-management and increase quality of life.

Making healthy lifestyle choices helps people with MS to change their life, for life.

References

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