

Fatigue in Multiple Sclerosis: What Can Really Help, Little Nosey

Fatigue is one of the most common symptoms of multiple sclerosis (MS), affecting up to 90% of people with the condition. It can be a debilitating symptom, making it difficult to work, socialize, and enjoy life.

There are a number of things that can contribute to fatigue in MS, including:

- **Muscle weakness:** MS can cause weakness in the muscles, which can make it difficult to move around and do everyday activities.
- **Pain:** Pain is another common symptom of MS, and it can also contribute to fatigue.
- **Cognitive problems:** MS can also cause cognitive problems, such as difficulty concentrating and remembering, which can make it difficult to stay focused and motivated.
- **Emotional problems:** Depression and anxiety are common in people with MS, and they can also contribute to fatigue.

There are a number of things that can help reduce fatigue in MS, including:



Fatigue in Multiple Sclerosis - What Can Really Help?

(Little M.S. Nosey Book 2) by RuHe Recipes

★★★★☆ 4.3 out of 5

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Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled
Print length : 107 pages
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- **Exercise:** Exercise can help improve muscle strength and endurance, which can reduce fatigue.
- **Physical therapy:** Physical therapy can help improve mobility and flexibility, which can also reduce fatigue.
- **Occupational therapy:** Occupational therapy can help you learn ways to conserve energy and do everyday activities more efficiently.
- **Speech therapy:** Speech therapy can help improve communication and swallowing, which can reduce fatigue.
- **Cognitive rehabilitation:** Cognitive rehabilitation can help improve cognitive function, which can reduce fatigue.
- **Medications:** There are a number of medications that can help reduce fatigue in MS, including:
 - Modafinil
 - Armodafinil
 - Methylphenidate
 - Dextroamphetamine
- **Alternative therapies:** There are a number of alternative therapies that may help reduce fatigue in MS, including:

- Acupuncture
- Massage
- Yoga
- Tai chi

There are a number of things you can do to manage fatigue in MS, including:

- **Listen to your body:** Pay attention to your body and rest when you need to.
- **Set realistic goals:** Don't try to do too much too soon. Start with small goals and gradually increase your activity level as you feel able.
- **Delegate tasks:** Ask for help from family and friends when you need it.
- **Use assistive devices:** Assistive devices, such as canes, walkers, and wheelchairs, can help you conserve energy and stay mobile.
- **Make lifestyle changes:** There are a number of lifestyle changes you can make to help reduce fatigue, such as getting enough sleep, eating a healthy diet, and avoiding caffeine and alcohol.

Fatigue is a common symptom of MS, but there are a number of things that can help reduce it. By following these tips, you can manage your fatigue and live a full and active life.

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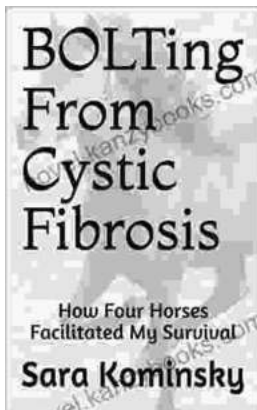


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