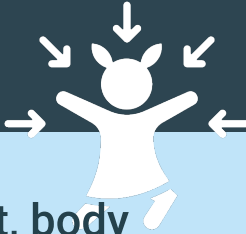
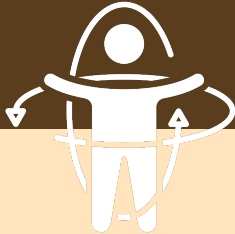
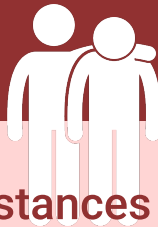
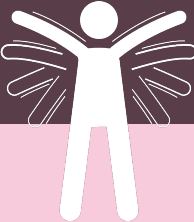


Vision  • Blurred or double vision in one eye • Pain when moving the eyes • Sudden vision loss in one eye • Colours look washed out  Don't ignore: Any sudden eye pain or vision change  Lasting > 24 hrs Recurring One eye only Painful	Sensation  • Numbness or tingling - face, hands, feet, body • 'Pins and needles' that don't go away • Electric shock down spine when bending neck (Lhermitte's) • One side of body feels different  Don't ignore: Numbness lasting > 24 hours  Persistent > 24h Ascending One sided Not explained by B12	Pain  • Burning, searing pain in limbs or body • Tight band sensation around chest ('MS hug') • Sudden electric facial pain (trigeminal neuralgia) • Unexplained itching without rash  Don't ignore: Chest tightening or facial electric pain in a young adult  Neuropathic quality No rash Chest band Facial electric pain
Motor / Movement  • Arm or leg feels weak or heavy • Dropping things • Dragging a foot when walking • Muscle stiffness or spasms (especially at night)  Don't ignore: Weakness in arm or leg in a young adult  New unexplained weakness Gait change Spasms at rest	Emotion & Mental  • Depression out of proportion to life circumstances • Anxiety with physical neurological symptoms • Sudden, involuntary laughing or crying • Emotional changes alongside physical symptoms  Don't ignore: Depression + neurological symptoms in young adult  Depression + neuro symptoms Organic pattern Young adult	Fatigue  • Crushing tiredness unlike normal fatigue • Exhaustion not relieved by sleep • Symptoms get worse in heat • 'Fatigue attacks' mid-afternoon • Voice tremor or slurred speech  Don't ignore: Fatigue that stops daily activities  Disproportionate Heat-worsened Unrelieved by rest
Balance & Gait  • Feeling 'drunk' without alcohol • Unsteady walking or veering to one side • Unexplained dizziness & vertigo • Clumsiness - dropping, tripping  Don't ignore: Repeated falls or unexplained imbalance  Falls without cause Vertigo with -ve ear tests Ataxic gait	Bladder & Bowel  • Sudden, urgent need to urinate with little warning • Waking at night to urinate frequently • Difficulty starting to urinate • Constipation or bowel urgency  Don't ignore: Urinary urgency without UTI in a young adult  Urgency w/ -ve MSU Nocturia Incomplete emptying Young adult	Cognition  • Forgetting words mid-sentence • Difficulty concentrating or following conversation • Slower to process information • Forgetting recent events  Don't ignore: Memory problems in someone under 50  Processing slowed Word-finding Short-term memory Under 50

RECOGNISE RECORD RESPOND

The symptom card is a simple, portable tool designed to help individuals identify and track common symptoms of multiple sclerosis. By recording changes early and consistently, it empowers better communication with healthcare providers, supports timely intervention and enables more informed, proactive care decisions.

“

*Early diagnosis doesn't just change outcomes, it gives people the **chance** to understand, act and **take control** of their journey sooner.*

”

ABOUT MSSSI

The Multiple Sclerosis Society of India (MSSI) is a non-profit organization dedicated to supporting individuals living with multiple sclerosis. With 9 chapters and a dedicated youth wing across India, MSSI works through awareness, advocacy and community support to improve access to care, empower patients and caregivers, and build a more informed and inclusive society.

For more information about MSSI, visit
www.mssocietyindia.org

This symptom card has been conceptualised by Anjali Vyas, a person living with multiple sclerosis (PwMS) from MSSI Pune, and compiled by Tapan Patra, also a PwMS from the same organisation. The information has been curated from leading medical sources, including the National MS Society (USA), MS Society UK, MS International Federation (MSIF), StatPearls - NIH National Library of Medicine, NIH PMC - Multiple Sclerosis 2024 Update, MDPI Brain Sciences - MS: A Comprehensive Spectrum of Symptoms Beyond Motor Dysfunction, Cleveland Clinic - Multiple Sclerosis, Healthline - Early Signs of MS, NICE Guideline - Multiple Sclerosis in Adults (NG220), MS Association of America (MSAA), McDonald Criteria 2024 - Neurology Journal

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