

Cognitive tips for Multiple Sclerosis

Cognitive changes occur in 34-65% of people living with MS. Cognitive changes may be due to:

- Physical changes in your brain.
- Poor sleep or nutrition.
- Chronic pain.
- Depression or anxiety.
- Side-effects of medications.

Cognitive rehabilitation may improve learning, memory, and information processing.

Tips to improve cognition

1. Find interesting and challenging mental activities to do regularly.
2. Increase physical movement or exercise, following your physician's advice.
3. Create patterns and routines in your daily activities.
4. Use an external memory tool to keep track of information and planned activities.
5. Improve your sleep and nutrition.
6. Seek treatment for depression and anxiety.
7. Ask your MS doctor at each visit which medications you can stop taking.

References

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