

Demand More from life with MS

A diagnosis of MS doesn't necessarily mean the need to give up your goals or make a Plan B for your future. It's up to you to take control and Demand More from life with MS.

Below are some tips and links to information to help you become your own best advocate.

Step 1 Set goals

- Find a quiet place, away from distraction, to allow yourself the space to really think.
- Consider asking a friend or loved one to join you. It sometimes helps to have someone work through your thinking with you.
- Write out your goals for living your best life. It might help to ask yourself "where would I like to be in 8 years' time?"
- Work back to today, thinking through what you need to do to achieve your goals, breaking the task into a clear, simple series of steps.

Step 2 Be informed

- The more you understand about MS, the evolving treatment landscape, and research on symptom management strategies, the better armed you will be.
- Sanofi Genzyme has developed some useful materials to help with your research:
 - www.vs-ms.com/
 - www.theworldvsms.com/education/
 - [Making Sense of Scientific Publications](#)
- Advocacy organizations can be another great resource. Have you connected with your local group? Or consider signing up for the MSIF newsletter, available in multiple languages.

Step 3 Rehearse for success

- You might feel it's time to make an appointment to discuss your thoughts with your neurologist, or another healthcare professional.
- Prepare for this with notes and practice saying things out loud. This can help you feel clear and confident about the key points you want to talk through. Just as you would rehearse for a toast at your best friend's wedding, practice ensures a perfect delivery.
- Consider rehearsing with a friend. It can be helpful to verbalise your key points to someone else and get feedback on whether they come across correctly.

Step 4 After the appointment

- Review the outcome of your appointment. Did you cover the points you wanted to? Did you get answers to your questions?
- If you feel confident you are on the path to achieving your goals, that's great news. With this positive experience under your belt, you are in great shape to set time every six months, or once a year, to re-evaluate and make sure you are staying on track.
- If you didn't get to the right place with your neurologist or other healthcare provider, don't give up. Work through an updated plan to achieve your goals.
- And don't be afraid to ask for help. A friend or loved one can be invaluable support.