

# Multiple Sclerosis

TV and film actor Christina Applegate who starred in the Netflix series, 'Dead To Me' was diagnosed with MS in 2021.

**Famed actress** who appeared in 'Legally Blonde' and 'Cruel Intentions', Selma Blair announced her MS diagnosis in an Instagram post in 2018 confessing how she falls or drops things at times and her memory is foggy.

**Multiple Sclerosis (MS) is a chronic, unpredictable, autoimmune disease of the central nervous system** which includes the brain, spinal cord, and optic nerves. The nerves that carry signals from the brain to the rest of the body are damaged. The damage is caused by the immune system, and it slowly attacks the protective covering around the nerve cells.

- MS is more common in women than in men.
- Most people are diagnosed between the ages of 20 and 50, although individuals as young as 2 and as old as 75 have also developed it.
- It is an invisible disability that can cause a wide range of symptoms, from fatigue and muscle weakness to vision problems and cognitive impairment. These symptoms may persist or come and go.
- MS can also cause blurred vision, loss of balance, slurred speech, and tremors.
- One of the most common symptoms of MS is muscle spasticity, which can make it difficult to move and perform everyday tasks.

As MS progresses, many people with MS may require mobility aids, such as canes or wheelchairs, to help them get around. **Physical therapy can be an important part of managing MS.** It can help to improve mobility and reduce the risk of falls.

**Assistive technology** can also be helpful for people with MS. There are a variety of tools and devices available to help with everything from communication to mobility.

Support groups can be a valuable resource for people with MS. They provide a space for people to connect with others who understand what they're going through and offer a sense of community and belonging.

**There are various advocacy groups for MS in the country and worldwide.** There are also individuals living with MS who have become rights activists, raising awareness and seeking support.

The [Multiple Sclerosis Society of India](#) has been working for the patients of Multiple Sclerosis since 1995 and has multiple chapters across India.