

What is Multiple Sclerosis

Multiple Sclerosis (MS) is a progressive immunological disease of the central nervous system.

Inflammation and demyelination of white matter in the brain and spinal cord occurs and nerve messages are blocked. Lesions or scars (sclerosis) appear in the damaged area. The resulting damage to the nerve causes many varying symptoms in patients.

These symptoms include weakness in arms and legs, spasticity, unco-ordinated speech, tremors and altered sensations in limbs, urinary problems and optic neuritis.

It is estimated there are over 85,000 people in Britain diagnosed with MS and all with greatly differing degrees of symptoms. There is no known cure for MS but people can often significantly improve their quality of life with therapy and through self help. Meeting other people with MS, who relate to the way you feel, can be the first step in coming to terms and dealing with MS. Our therapies can ease the symptoms of our members as well as providing a psychological boost to their overall feeling of wellbeing.

Visit the [MS Society website](#) for further information.