

Contact Us Toll Free at 1.866.208.3430

## Memory Loss (Confusion)

### Education

Memory loss and confusion are one of the most common symptoms that patients with multiple sclerosis (MS) experience. It affects approximately 50% of people with MS. While most people are only affected by mild memory changes, some experience more dramatic changes. Changes in memory can occur at any stage in MS and often appear without warning. It is common for memory changes to occur during and after a relapse. Memory changes can even occur if no other MS symptoms are present. Memory problems are somewhat more common in people with progressive forms of MS.

### Examples of Memory Changes

- Forgetting common telephone numbers, addresses, or names
- Requiring more time to remember key information or events
- Requiring more time to learn information that previously was easy to learn
- Problems changing tasks or changing to different ideas (i.e. listening to two conversations)

### Tips for Controlling Memory Loss

- Make lists and use sticky notes to display messages that need to be remembered later
- Minimize distractions while talking to others (i.e. turn off the TV or radio when not in use)
- Keep a personal and family calendar to remember key events, and try to update them daily
- Get organized by using a loose-leaf organizer
- Keep family members involved in your daily life
- Keep your physician aware of your memory changes and confusion at every visit
- Plan your most challenging mental tasks for the time of day when you focus best
- Make sure you are getting enough sleep and try to prevent sleep disturbances during the night

### Medical Treatment

Before treatment can be considered, a full mental evaluation should be conducted by your physician. Several different treatment options exist for people suffering from MS with memory changes including:

- Counseling or psychotherapy
- Occupational therapy
- Medications available through a prescription from your physician

**For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.**