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Symptoms and Triggers of Multiple Sclerosis

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Description

Multiple sclerosis is one of the chronic diseases which affect the central nervous system. The central nervous system includes the brain, spinal cord, and optic nerves. This may lead to a broad-spectrum of symptoms throughout the body. It is not possible to predict the progression of Multiple Sclerosis (MS) in any individual. Multiple Sclerosis (MS) affects both the spinal cord and brain. Early MS symptoms include numbness, tingling, weakness and blurred vision. Other general signs may include muscle stiffness, thinking problems, and urinary problems. Treatment may relieve MS symptoms and delay disease progression.

Some people may have mild symptoms, like blurred vision and numbness and tingling within the limbs. In severe cases, a person can also experience paralysis, vision loss, and mobility problems. However, these are not common. It is difficult to know exactly how many people have MS. According to the National Institute for Neurological Disorders and Stroke (NINDS), 250,000-350,000 people within the USA live with MS. The National Multiple Sclerosis Society estimates that the number could be closer to 1 million even. New treatments are proven to be effective at slowing the disease.

Symptoms

Multiple sclerosis signs and symptoms may differ greatly from person to person and over the course of the disease counting on the situation of affected nerve fibers. Symptoms often affect movement, such as: Numbness or weakness in one or more limbs that typically occurs on one side of your body at a time, or your legs and trunk, Electric-shock sensations that occur with certain neck movements, especially bending the neck forward (Lhermitte sign) and Tremor, lack of coordination or unsteady gait.

Vision problems also are common, including: Partial or complete loss of vision, usually in one eye at a time, often with pain during eye movement, Prolonged diplopia and Blurry vision. Multiple sclerosis symptoms can also include: Slurred speech, fatigue, dizziness, tingling or pain in parts of your body and problems with sexual, bowel and bladder function.

Triggers of Multiple Sclerosis

The explanation for MS is unknown; however, it's believed to occur as a result of some combination of genetic and environmental factors like infectious agents. Theories attempt to combine the info into likely explanations, but none has proved definitive. While there are variety of environmental risk factors and although some are partly modifiable, further research is required to work out whether their elimination can prevent MS.

Many microbes are proposed as triggers of MS, but none are confirmed. Moving at an early age from one location within the world to a different alters an individual's subsequent risk of MS. An explanation for this might be that some quite infection, produced by a widespread microbe instead of a rare one, is said to the disease. Proposed mechanisms include the hygiene hypothesis and therefore the prevalence hypothesis. The hygiene hypothesis proposes that exposure to certain infectious agents early in life is protective; the disease is a response to a late encounter with such agents. The prevalence hypothesis proposes that the disease is thanks to an infective agent more common in regions where MS is common and where, in most people, it causes an ongoing infection without symptoms. Only in a few cases and after many years does it cause demyelination. The hygiene hypothesis has received more support than the prevalence hypothesis.

People with MS can also develop: Muscle stiffness or spasms, paralysis, typically within the legs, problems with bladder, bowel or sexual function, mental changes, like forgetfulness or mood swings, depression and epilepsy.

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