



# World Multiple Sclerosis Day



 A chronic disease that affects the central nervous system (brain and spinal cord) and causes damage to the sheath surrounding nerve cells (myelin)

Women are more susceptible to the disease, and symptoms usually appear between the ages of 20 and 40

## Adapting to MS

- Exercise to keep your bones healthy.
- Avoid causes of anxiety and stress.
- Get enough sleep and rest.
- Follow a balanced diet to strengthen immunity.

