

DIGESTING SCIENCE

WHAT IS MS?

Multiple sclerosis is a disease that affects a person's nervous system. There are over 100,000 people in the UK with MS.

The central nervous system is made up of the brain and the spinal cord. Inside the brain and the spinal cord are structures that we call nerves.

These nerves can send messages, and these messages can go around the body and for example they activate the muscles in our limbs so that we can move our arms and our legs and so that we can walk.

One thing that happens in MS is that a special covering over these nerves which is called myelin is attached and

damaged. That's how multiple sclerosis gets its name, multiple scarring.

MS can be active or inactive. When the disease becomes active people may experience a flare of their symptoms, this may include problems walking, pins and needles in the hands and feet, problems with their vision and problems with their bladder.

The other important thing, is that the fact that you see someone with MS with some symptoms doesn't mean that another person will have the same symptoms.

MS is different for each person.

