

Multiple Sclerosis

AWARENESS MONTH



Is held every March to raise awareness of multiple sclerosis (MS), an autoimmune disease that affects the central nervous system. The month is an opportunity to educate the public about the symptoms, causes, and treatments of MS, as well as to raise funds for research.

Symptoms of MS



Fatigue



Numbness or tingling



Bladder problems



Dizziness or vertigo



Muscle weakness or spasticity



Vision problems



Cognitive problems



Pain

TYPES OF MS

- **Relapsing-remitting MS (RRMS):** This is the most common type of MS, characterized by periods of flare-ups (relapses) followed by periods of remission with minimal or no symptoms
- **Secondary progressive MS (SPMS):** This type of MS develops after an initial diagnosis of RRMS, and is characterized by a gradual worsening of symptoms over time, even in the absence of relapses
- **Primary progressive MS (PPMS):** This type of MS is characterized by a gradual worsening of symptoms from the onset, without any distinct relapses

LIVING WITH MS

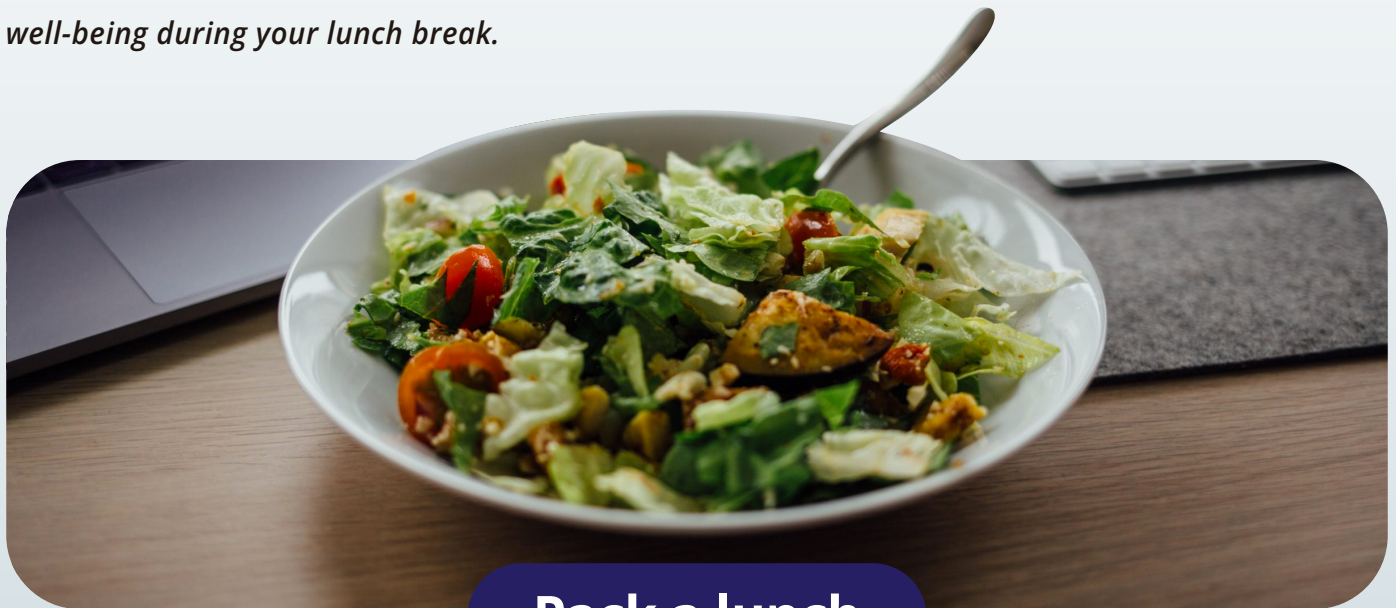
MS can be a challenging disease, but there are many things you can do to manage your symptoms and live a fulfilling life. Here are some tips:

- **Stay informed about MS:** Learn as much as you can about the disease and its treatment options
- **Find a support group:** Connecting with others who understand what you're going through can be helpful
- **Take care of your physical health:** Eat a healthy diet, exercise regularly, and get enough sleep
- **Take care of your mental health:** Stress can worsen MS symptoms. Find healthy ways to manage stress, such as yoga or meditation
- **Don't give up:** There is hope for people with MS. With the right treatment and support, you can live a full and productive life

Bring your LUNCH

Maintaining healthy eating habits is important for overall wellness, and the workplace is an environment where these habits can often be challenged. Long hours, stress, and limited options may tempt us to make unhealthy food choices during lunchtime. However, by adopting a few simple strategies, you can create healthy lunch habits at work that will not only nourish your body but also enhance your productivity and energy levels throughout the day.

Let's dive in to some practical tips that can help you make mindful choices and prioritize your well-being during your lunch break.



Pack a lunch

Bringing your own lunch allows you complete control over the ingredients and portion sizes. Opt for a balanced meal that includes lean proteins (such as grilled chicken, fish, or tofu), whole grains (like quinoa or brown rice), a variety of colorful vegetables, and healthy fats (like avocado or olive oil). Preparing meals at home also helps you save money and reduces the temptation to rely on less nutritious takeout options.