

Relapsing-Remitting Multiple Sclerosis (RMSS)

What is relapsing-remitting multiple sclerosis?

Relapsing remitting MS is a type of MS where you have relapses (symptoms getting worse) followed by recovery (that's when it's "remitting").

Your disability doesn't get worse between relapses but after each relapse it can end up worse than before. As time goes on your body finds it harder to repair the damage each relapse brings. So your disability is likely to get worse, especially if you don't start treatment.

What causes MS?

The symptoms of MS are caused by your immune system attacking the nerves in your brain or spinal cord by mistake. These nerves control lots of different parts of your body

What are relapsing-remitting multiple sclerosis symptoms?

Relapse symptoms are different for everyone because MS affects each person differently. Relapse symptoms might include:

- Trouble with balance
- Fatigue
- Sight difficulties
- Feeling weak
- Heat sensitivity
- Lack of coordination
- Numbness or tingling
- Difficulty thinking clearly
- Frequent, urgent need to pee

How long does a relapse last?

In relapses, symptoms usually come on over a short period of time – over hours or days. They often stay for a number of weeks, and for most people are usually over within a month. But this can vary, from very short periods of only a few days, to many months.

Treatment with Disease modifying therapies?

Disease modifying therapies (DMTs) are used to treat MS where you get relapses or where inflammation is seen on your MRI scans. They can reduce how many relapses you get and can slow down the rate at which disability gets worse. But the general rule is that they can't undo any permanent disability you already have.

To reduce the risk of permanent damage to your body, you should be offered a DMT as soon as possible after a diagnosis of relapsing MS. DMTs work better the sooner you start them, but taking one later can still have benefits.

These drugs can have side effects, some serious. But not being treated means the risk of more relapses and more long-term disability.

