

BETHESDA NEUROLOGY, LLC
DAVID M. KATZ, M.D.

*Neuro-ophthalmology, Multiple Sclerosis, Myasthenia Gravis, Headache, Stroke,
Botox, Epilepsy, Dementia, Movement Disorders, General Neurology*

3202 Tower Oaks Blvd, Suite 330
N Bethesda, MD 20852
301-540-2700
866-328-4322 (fax)

MS Do's and Don'ts

DO:

- Get enough sleep, lack of sleep doesn't allow the glymphatic system to remove toxins while sleeping that build up in the brain during the day.
- Exercise 30-60 min at least 4 days/week, improves balance, may reduce inflammation in brain, reduces fatigue, improves mood and slows cognitive decline.
- Take enough Vitamin D to keep your blood level between 50-100 (labs show normal 30-100 but MS patients benefit from higher doses). Sitting in sun leads to skin aging/cancer and rarely increases your vitamin D level enough to help MS.
- Take your immunomodulatory medication as directed and tell me if you are having side effects or missing doses, we can always change medication but I need to know if you're having problems.
- Get your labs, MRIs, and OCTs (optic nerve measurement) regularly to determine if your MS medication is working or not, and the labs to check for side effects.
- Reduce stress, stress weakens the immune system and may lead to increased CNS inflammation. No one puts on their tombstone "I wish I'd spent more time at the office".
- Get vaccinated for flu, COVID-19, shingles (if >50), RSV, etc. Infections are a common trigger for MS relapses while vaccinations rarely trigger an immune response.
- Supplements may reduce inflammation: alpha-lipoic acid/fish oil=omega 3, probiotic, coenzyme Q10, B-complex, turmeric, Biotin. Vitamin C if bladder issues.

DON'T:

- Don't Smoke: MS patients who smoke tobacco have a much higher risk of progressive MS disease which is often hard to stop once it starts.
- Avoid Salt (use <1,500-2,000 mg/day): salt has been shown to increase frequency and severity of MS relapses.
- Don't gain a lot of weight: weight gain, like salt, has been associated with more aggressive MS.
- Avoid junk food: contains hidden salt and preservatives which may worsen inflammation.