

Date: \_\_\_\_\_

**Symptoms:**

- Numbness and tingling sensations \_\_\_\_\_
- Dizziness \_\_\_\_\_
- Blurred or double vision, eye pain (optic neuritis) \_\_\_\_\_
- Muscle weakness, gait problem \_\_\_\_\_
- Loss of muscle coordination \_\_\_\_\_
- Muscle spasticity \_\_\_\_\_
- Sensation of electric shock on neck flexion \_\_\_\_\_
- Tremors \_\_\_\_\_
- Paralysis \_\_\_\_\_
- Fatigue \_\_\_\_\_
- Pain \_\_\_\_\_
- Facial pain and weakness \_\_\_\_\_
- Bowel and bladder dysfunction \_\_\_\_\_
- Depression \_\_\_\_\_
- Mood swings \_\_\_\_\_
- Memory loss, problem solving difficulties \_\_\_\_\_
- Heat sensitivity (can exacerbate symptoms) \_\_\_\_\_
- Speech impairment \_\_\_\_\_