

# What is multiple sclerosis?

Multiple sclerosis (MS) is a disease affecting the **central nervous system**, that is the nerves in the **brain** and **spinal cord**. 'Sclerosis' means scarring or hardening of patches of tissue. 'Multiple' because this happens at more than one place.

There is a **wide range** of possible symptoms, including fatigue, eyesight problems, cognition issues and altered sensations. The symptoms **vary from person to person** and from day to day. MS is a **lifelong condition**. It is **not** fatal, infectious or contagious.

## Who is affected by MS?



There are around **110,000** people living with MS in the UK



Almost **3 times** as many women are diagnosed as men



People are commonly in their **20s & 30s** when they're diagnosed

## How can the MS Trust help?



Our freephone enquiry service (0800 032 38 39) is here to answer your questions 9am-5pm, Mon-Fri.



Our free, reliable, practical MS info is available online and in print



Our newsletters and social media communities can keep you up to date with new developments

Find out more about how we can help you  
and how you could support our work

Call **01462 476700** or visit **mstrust.org.uk**



Making sure no one  
has to manage MS alone

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