

Multiple sclerosis informative outline essay



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Introduction

1. Attention Getter: Imagine trying to take casual walk on a brisk autumn evening and not being able to feel your legs. This is one of the many symptoms that people with multiple sclerosis, also known as MS, deal with every day.
2. Thesis: Multiple sclerosis brings daily challenges to whomever struggles with it, but with the right team of doctors and medication, it can be maintained.
3. Motivation: My hope is that by the end of my talk tonight, you will have a better understanding of what MS is, how to identify and diagnose it and what treatment options are available for it.
4. Credibility: My Dad has endured the daily struggles of MS for the past 18 years. As his daughter, I myself have seen firsthand how hard it has been for him.
5. Preview of main points: Over the next few minutes I will first talk about what multiple sclerosis is, next what the symptoms are and how to diagnose it and finally what treatments are available.
6. The following data that I will report comes from the National MS Society, Medicalnewstoday. com, and myself. Transition for first point
 1. Main point 1: Let us begin with my first point. Multiple sclerosis is a chronic and unpredictable disease that attacks the central nervous, which includes the brain, optic nerves and spinal cord. It is thought to be an

autoimmune disorder, which means a person's immune system is incorrectly attacking their healthy tissues. This happens in the same way that our immune system reacts to a virus or bacteria in our body. In 2007, it was reported that approximately 2.5 million people in the world have MS.

Although much is being discovered about the disease, the cause still remains unknown. Many theories point to genetics, infections and environmental

factors as the trigger. a. Support: Multiple sclerosis is a chronic and unpredictable disease that attacks the central nervous system, which

includes the brain, optic nerves and spinal cord. b. Support: In 2007, it was reported that approximately 2.5 million people in the world have MS. c.

Transition for second point

1. Main point 2: So now that I have talked about what MS is, let us continue on to what the symptoms are and how it can be diagnosed. In most cases, the symptoms generally appear between the ages of 20 and 40 and affect more than twice as many women as men. Common indicators of MS are fatigue, dizziness, numbness and tingling, weakness, blurred vision, heat sensitivity, slurred speech, problems with memory and concentration, loss of balance and more. Sometimes the symptoms disappear completely and the person regains lost functions or sometimes a change in their life causes the symptoms to resurface and return stronger than ever. In my observations, my Dads' MS is strongest in hot weather and during times of high stress.

The symptoms normally vary from person to person, which makes it hard to diagnose. There are currently no lab tests that can be done to rule out or confirm MS, but MRI's can help reach a strong diagnosis. MS is not considered a fatal disease, but many people struggle to live as productively

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as they desire, often facing many limitations. a. Support: Common indicators of MS are fatigue, dizziness, numbness and tingling, weakness, blurred vision, heat sensitivity, slurred speech, problems with memory and concentration, loss of balance and more. b. Support: There are currently no lab tests that can be done to rule out or confirm MS, but MRI's can help reach a strong diagnosis. c. Transition for third point

1. Main point 3: Finally, now that I have covered what MS is, what the symptoms are and how to diagnose it, I will conclude with the possible treatment options. There are many FDA-approved “ disease-modifying” drugs available for active and relapsing MS. These drugs help to lessen the frequency and severity of MS attacks, as well as slow its progression. Rehabilitation is often an option for MS patients, as well. The general focus for rehabilitation is physical fitness but occupational therapy has also shown positive impacts. a. Support: There are many FDA-approved “ disease-modifying” drugs available for active and relapsing MS. b. Support: Rehabilitation is often an option for MS patients, as well. c. Transition into conclusion

Conclusion

1. Summary/Review of main point: In conclusion, tonight I have gone over what MS is, what the symptoms are and how to diagnose it and what treatment is available.

2. Restatement of thesis: Multiple sclerosis brings daily challenges to whomever struggles with it, but with the right team of doctors and medication, it can be maintained.

3. Closing: Recently a very famous and much-loved Mouseketeer, Annette Funicello, died from complications of MS. She once said “ When you are young and healthy, it never occurs to you that in a single second your whole life could change”. I think most of us have this kind of attitude about life and hopefully after hearing my speech tonight we will all realize how precious life really is.