

How You Diagnose Multiple Sclerosis

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Since the discovery of multiple sclerosis, doctors have found it difficult to diagnose multiple sclerosis. The reason is simple. Let us take the US as an example. According to earlier numbers, there are about 400,000 people with MS. Newer numbers talk yet of 500,000. Put this in relation to the number of doctors in the US (more than 812,000 already in the year 2000) and you can imagine how often doctors ever see MS patients. If the chance is so low, how should the average doctor be able to diagnose the symptoms correctly?

It gets still more difficult as the initial symptoms are very subtle and unspecific. Talking to patients and searching the Internet, we discover that in many cases it takes years until certain symptoms of disease are diagnosed as MS. This leaves a huge number of people either untreated or unnecessarily wrong treated.

It is shocking that although multiple sclerosis has been known for more than 140 years medical science keeps groping in the dark for the cause of this illness and is still unable to diagnose it early on.

However, there is a surefire way to find out whether it is MS or not without all modern hi-tech medicine. There are certain early stage symptoms that make the diagnosis easy:

1. **Paresthesia** - It is a sensation of tingling or numbness of a person's skin with no apparent long-term physical effect. It is more generally known as the feeling of "pins and needles" or of a limb falling asleep.
2. **Impaired vision** - Patients describe it usually as mist in front of their eyes or double vision.
3. **General fatigue** - It is very common that patients have been tired for months and years and complain of low energy.

If these symptoms appear and come together, it is time to think of multiple sclerosis.

If in addition the following two symptoms appear...

4. **insecurity**
5. **lack of stamina**

both while walking...

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and these sensations come and go, then the diagnose "multiple sclerosis" is almost sure. Because of this, it is unnecessary to think that MS might be diagnosed too late.

Nevertheless, there is something to consider. Most physicians including neurologists see very seldom a patient with MS. Because of that, many have little experience in diagnosing multiple sclerosis if at all. That is why there is a lot of information on the Internet that it took a long time, in some cases even years until MS was diagnosed.

Who observes the symptoms mentioned above and if they come together, is well advised to consult a neurologist and ask him or her to be tested for MS.

Once MS is diagnosed, a diet change is most recommendable. It has been medically proven since 1940 to be the treatment of choice, highly effective and free of any of the negative side effects all medical treatment with pharmaceuticals have.