The following are National Multiple Sclerosis Society recommendations for patients and their healthcare providers.

**Patient Bill of Rights**

*You have the right:*
- To be treated with respect
- To have and to express your feelings and opinions
- To be heard and to be taken seriously
- To set your own priorities
- To say no without feeling guilty
- To ask for what you want
- To get what you pay for
- To ask for information
- To make mistakes
- To choose not to assert yourself
- To change your mind

**Patient Bill of Responsibilities**

*You have the obligation:*
- To keep scheduled appointments
- To be honest with the doctors and other healthcare workers
- To give information about your experience and condition as clearly and briefly as possible
- To respect the doctors and healthcare workers
- To understand that no one has all the answers to MS
- To follow the treatment plan agreed upon
essential elements

MS Support Teams That Rise Above
Redirect your life toward wellness with MS by putting together your own healthcare “A” team to meet your individual needs.

The support you’ll need from a healthcare team may be different from what someone else needs. One person may be interested in the help of a physical therapist, while another may not. The kinds of support you can reach out for may include:

- **Symptom management for weakness, tremor, vision changes, cognitive changes, or sexual dysfunction**
- **Support for related emotional and psychological issues**
- **Rehabilitation to improve mobility, independence, and quality of life**
- **Employment issues such as job accommodations and disability insurance**
- **MS education and support for families**
- **Reproductive issues and parenting**
- **Wellness strategies**
- **Issues of aging with MS**
Comprehensive MS care centers are located in many metropolitan areas of the U.S. They often have professional healthcare teams made up of a variety of disciplines and are designed to address the whole spectrum of care. But if you do not live near one of these centers, you may want to seek out and assemble your own healthcare team made up of individual practitioners in your community.

Every personality is different, and it is important to find healthcare professionals who respect you, listen to you, and make you feel comfortable and important.

In the best of all possible worlds you and your healthcare team will work together to keep you as healthy as possible. It is worth a search to find the right team members. You also have to learn to do your part by preparing for appointments, writing things down in your Essential Elements Daily Journal, and being as clear as you can in explaining your symptoms and issues.

Anything that is of concern to you, including problems with your mood, sexual function, thinking and memory, and bladder and bowel function, is of interest to your healthcare team. If you are not sure what is related to your MS and what is not, ask your doctor or nurse to help you sort it out.

Meet the Professionals. In the kit’s center pocket, please find six cards that each represents a different area of professional expertise available to people with MS.