

SYMPTOM	FREQUENCY
chronic pain	
abnormal sensations (phantom touches, itches, tingling, pricking, burning, stinging, and electric shocks)	
numbness	
migraine headaches	
difficulty with walking, gait, movement, mobility	
problems with balance, co-ordination, clumsiness (ataxia)	
tremor	
dizziness and vertigo	
muscle stiffness, spasms, and weakness	
MS hug (intercostal spasms)	
lassitude and chronic fatigue	
vision problems (blurred & double vision, eye saccades)	
diminished hearing	
diminished taste	
frequent urination, difficulty emptying bladder	
constipation	
difficulty swallowing, choking (dysphagia)	
speech problems, slurring (dysarthria) dysphonia, stuttering, low volume, stuck on words	
heat sensitivity (general symptom worsening, greater numbness)	
cold sensitivity (leg spasticity)	
Lhermitte's sign (electric shock when moving neck)	
depression	
anxiety	
pseudobulbar affect, labile emotions	
cognitive effects on thinking, learning, and planning	
<i>short-term memory</i>	
<i>information overload</i>	
<i>inability to multitask</i>	
<i>shortened attention span, concentration</i>	
<i>planning and problem solving</i>	
<i>decision-making &amp; prioritizing</i>	
<i>logical reasoning</i>	

- always
- often
- sometimes
- rarely
- never