

Do you have these less-common symptoms?

Symptom	Percentage of people with this symptom	Most likely timing	Frequency	Impact	Treatment
Tremor	25-58% ¹	Middle or late MS	Happens with movement Increases with stress	Mild to severe	Medications, including muscle relaxants, anti-seizure drugs and many others. These may lessen but can't prevent tremors. Physical therapy Weighting (e.g., putting weights on the wrist) Bracing
Headache	Up to 58%	Early MS and after age 50	Comes and goes Migraines; most common in people with relapsing-remitting MS	Mild to severe	Mostly medications to relieve pain or help prevent headaches. Specific treatments depend on type of headache. In addition, treatments for tension headaches from spasticity may include: range of motion exercises, physical therapy, massage, anti-spasticity medicines. Treatments for migraine: Ergotamine and caffeine combination drugs, anti-nausea medications, opioid medications, glucocorticoids Other chronic headache treatments: Rest in a quiet, dark room, hot or cold compresses to the head or neck, massage and a little caffeine
Breathing problems	About 30% ²	Early MS	Often; gets worse with being overheated, infection, etc. Gets worse over time	Moderate to severe	Medications such as bronchodilators or long-acting beta-agonists Breathing exercises taught by a respiratory therapist
Hearing loss	6%	Middle or late MS Sometimes happens during a relapse	Comes and goes	Usually moderate	Usually goes away on its own; amplification devices can help in the short term.
Seizures	2-5%	Early MS	Comes and goes	Usually mild	Anti-seizure drugs, which usually control seizures well
Itching	Unknown, but rare	Any time	Constant but for brief periods of time	Severe	Medications that stop itching: anti-seizure drugs, anti-depressants, antihistamines

1. Andrés Labiano-Fontcuberta and Julián Benito-León, "Understanding Tremor in Multiple Sclerosis: Prevalence, Pathological Anatomy, and Pharmacological and Surgical Approaches to Treatment," published online by U.S. National Library of Medicine, National Institutes of Health (Sept. 14, 2012).

2. Julie Stachowiak, PhD, "Understanding Breathing Problems with Multiple Sclerosis: A Look at the Breathing Problems That Can Occur with MS," verywell.com, updated Jan. 31, 2017.



For more about MS symptoms, visit nationalMSSociety.org/symptoms.