



My everlasting motto in life

MS may make my path in my life uneasy & troublesome but it can never make me stop my way of life.

I'm [Reza Fouladvand](#), sent you the headlines continuing my survey. I did these researches under the supervision of a few neurologist, psychologist and physiotherapist a summary of which I am going to describe to you: decreasing the amount of exhaustion by doing exercises in MS patients:

This kind of tiredness is a kind of abnormal fatigue which the patients without doing a certain kind of activity are experiencing all the time. This situation causes personal, vocational social & educational activities lessen and finally they become reclusive. Patients suffering from MS are afraid and worried to do activities. Imbalance in walking, tremor, dizzying, during walking, sudden shaking of organs, lack of body harmony are the factors that cause the patients not to be present in social actively. According to my studies and by comparing patients including myself as one of them, exhaustion affects their quality of life completely. By the way I mention that each patient with certain body conditions needs specific exercises but unfortunately people don't do these exercises under a specialized physician's supervision thus doing wrong physical movements has bad effect on them and this is why they quit doing physical exercises completely. My own experience in performing physical activities and exercises:

When I began to do physical exercise as a routine everyday activity, I made me think that exercise is as important and necessary as meal courses (breakfast, lunch and dinner) for MS patients, which should be repeated in our everyday life. This kind of comparison made me is aware of the value of continuous physical exercises. I think that Ms Patients can preserve the condition of their body and somehow control their sickness and body drain by doing physical exercises, also they can save themselves from being reclusive and participate in social and every day life activities and continue their life the same as normal people. MS patients need continuous exercises and physical activities regardless of their weakness and the amount of their physical disability. If the patient doesn't have physical activities and movement his health will be in risk and will face difficulties such as



(constipation, heat attack risk ...). Suitable physical exercises not only protect them physically but also increase the sense of healthiness.

My own experience regarding doing physiotherapy and physical exercises in a certain period:

1. Muscular pain reduction that I was experiencing before physical exercises and physiotherapy.
2. Increased tolerance during the day exhaustion(daily activities)
3. Feeling blood circulation and more power in total body especially those organs which are less used.
4. Better absorption of food & vitamins in body that without physical exercise vitamins are only excreted but through physical activities they are absorbed by the body very well.
5. Better appetite, sensation, more patience in facing current issues during the day.
6. Interest in starting activity: more power to tolerate, it means to do personal affairs more easily; in the past because of fear of exhaustion and pain along with it they didn't do their personal affairs.
7. Acquiring lost abilities, better injection toleration, feeling to have powerful body to fight against MS.
8. There is no need for peripheral drugs such as medicine for exhaustion or making muscular loose to prevent spasm, if the patient does exercise.

The doctor only prescribes the major ampoule.

Some other headlines of my research:

The amount of supports for the patients made by societies and states, the way of life, financially supporting patients and their families and the social role of a patient in society and comparing it in different countries.

The rate of MS patients benefiting from their states' support and comparing medicines made in Iran with other similar foreign medicines and marriage.



Common recommendations for MS patients, the role of meditation, [yoga](#), massage therapy, hydrotherapy, [acupuncture](#), bee sting therapy, herbals such as frankincense...cooling clothes to prevent attack and the role of their comparison in different MS patients.

The effect of physiotherapy for MS patients spiritually and in one specific location

The effect of comparing two persons with each other, negative approach, the people whose illness is diagnosed recently and are in that saloon, the people who are involved for a few years with specific level of incapability such as dragging feet without any assistive devices this comparison increases gradually, different people with different disability percentage with different ages, even the same ages in different genders, and the perspective of illness with no cure and medication.

Theory 1. It is negative because the comparison of two persons leads them to lose their morale in fighting diseases and continuing treatment, and contrary to that this comparison in the case of the one who has more ability makes him/her hopeless, because he/ she may think that it is possible to be in the condition of the other person for any reason.

Theory 2. It is positive, because this comparison makes them have better motivation and continue their exercises and physiotherapy more effectively so that they will reach to that condition later or never reach that condition when compared with each other.

Theory 3. What do the other people in the hall think? Does visiting other people with better conditions make them hopeless?

Theory 4. Separating patients according to their percentage of disability and their physical conditions doesn't seem alright. Isn't it better for them to get acquainted and meet each other in other places such as meetings or restaurants than in a place where they are compared physically? For example one can't watch the other one who walks on treadmill, so in this case comparison is made level with level, condition with condition and person with person.

Sex Problems in MS Patients

The importance of this issue is that according to statistics the percentage of this illness outbreak is more among the young. So the main party engaged in this issue is the young for whom sexual issues are very important in their personal life. As sexual involvement in patients is a hidden factor and can't be presented or recognized, it is considered the hidden factor of this illness but is valued as the other visible aspects of the illness (sight difficulties, motor problems ...). There is hidden stress, hidden hopelessness for both men and women either married or single. Unfortunately in our society the patients suffer because they can't talk about it in society or even to the doctor, so by hiding it or disregarding it the patient's life is challenged.





Gender: Woman

Age: 43 years

Illness Duration: 17 years

Kind of medicine used: -

Observation: As she is involved in life difficulties and caring and keeping two children and is not protected by her family and carrying most of her difficulties by herself, she hasn't been able to specify any time for her illness. When I asked her, "Do you do any physical exercise or activity which could cure or improve some of your difficulties?" She said, "You are completely right, I completely agree with this issue but unfortunately because of special situation of my life, I don't have enough time to exercise, though I know its importance."

If her family could provide necessary support, maybe she could have more time to spend for herself and her illness. If so she could fight her illness very well and enjoy a better quality life.

Gender: Girl

Age: 27 years

Illness Duration: 4 years

Kind of medicine used: [Betaseron](#)

Observation: One of the common issues in MS patients is exhaustion. The above person complained about it, although she used medicines but there is no sign of becoming less tired. Her exhaustion is everlasting and this makes her to participate in social and physical activities less and not to be present in the society very often.

Note: The above mentioned person is living with her family and she isn't working. Although she is not much active and doesn't work outside, she always feels tired and this tiredness makes her restricted.



Gender: Girl

Age: 22 years

Illness Duration: 2 years

Kind of medicine used: [Avanex](#)

Observation: The amount of exhaustion was very low and rare in this person, so she did her daily affairs as usual, although she complained of suffering from a slight and continuous exhaustion late in the day. (The exhaustion didn't lead to limitation for her work). She was studying and she only challenge with her illness was complaining about difficulty syndromes of her illness is a part of her illness (Exhaustion & feeling pins & needles ...)