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Life With MS Cognitive Symptoms

Posted on October 30, 2019

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MyMSTeam recently conducted a survey of 898 members diagnosed with multiple sclerosis (MS). MyMSTeam asked members about life with MS, especially about the cognitive symptoms they experience most regularly.

Cognitive symptoms are MS symptoms that affect the various functions of the brain. Cognitive symptoms of MS can include trouble processing information, memory issues, and problems with concentration or paying attention. Read more about [Common Cognitive Symptoms in MS](#).

Sometimes people call refer to cognitive symptoms as “brain fog.”

The top 10 most common symptoms that members experience **multiple times a week (or more)** are:

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The social network for those living with multiple sclerosis.

Top 10 Cognitive Symptoms for MyMSTeam Members



71%

My mind wanders a lot or I lose my train of thought



69%

I can't find the words I want to say



64%

I'm easily distracted/have trouble concentrating



58%

I forget sentences/what I am talking about



57%

Hard to follow when there's more than one person talking



57%

I forget people's names



56%

My brain works slowly/can't process things quickly



55%

Don't say words I intend/confuse words



55%

I have trouble multi-tasking



45%

I'm easily overwhelmed when I'm in loud places

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Source: MyMSTeam online survey sponsored in part by Biogen. Conducted in the United States, March-April 2018. Survey sample size n=858. Respondents were 21 years or older and lived in the United States or the United Kingdom. Q5-Q8. How frequently do you experience any of the following? Sample size=427-858.

Here are some examples of how members talk about cognitive symptoms they are experiencing on MyMSTeam:

How MyMSTeam members talk about cognitive symptoms they are experiencing



“ I was driving to my house, when **all of a sudden I got lost**. I had to pull over and call my husband to tell me how to get home. ”



“ Sometimes I will be in the middle of a conversation and just **forget completely** what we were talking about. ”



“ I have trouble at dinner parties because it is **hard for me to follow along** when many people are participating in a conversation. ”



“ **I can't do more than one thing at work anymore**. I have to focus on one task at a time, and even then, I have to go over it again and again to make sure I've completed everything correctly. ”



“ I sometimes have **trouble finding the right words**. They are on the tip of my tongue, but I just can't seem to get them out! ”



“ **Yikes!** I got in a car accident this week. I wasn't paying attention the way I needed to. ”

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Read more about results from the MyMSTeam member survey on MS cognitive symptoms:

- [How MS Cognitive Symptoms Impact Lives](#)
- [When MS Cognitive Symptoms Start](#)

Have you experienced symptoms like these or other cognitive symptoms of MS? Do you have any tips on how to work around these symptoms? Share below in comments.

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The banner features a blurred background image of a person in a red winter jacket walking. On the left, the MyMSTeam logo is displayed above a blue box containing the text 'LIVE Q&A'. Below this, it says 'with Dr. Aaron Boster, Board-certified Neurologist & MS Specialist'. At the bottom left, the text 'LIVE Q&A Topic: Managing Symptoms and Side Effects' is shown. On the bottom right, there is an orange button with the text 'WATCH NOW!'.

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with
Dr. Aaron Boster
Board-certified Neurologist & MS Specialist

LIVE Q&A Topic
Managing Symptoms and Side Effects

WATCH NOW!

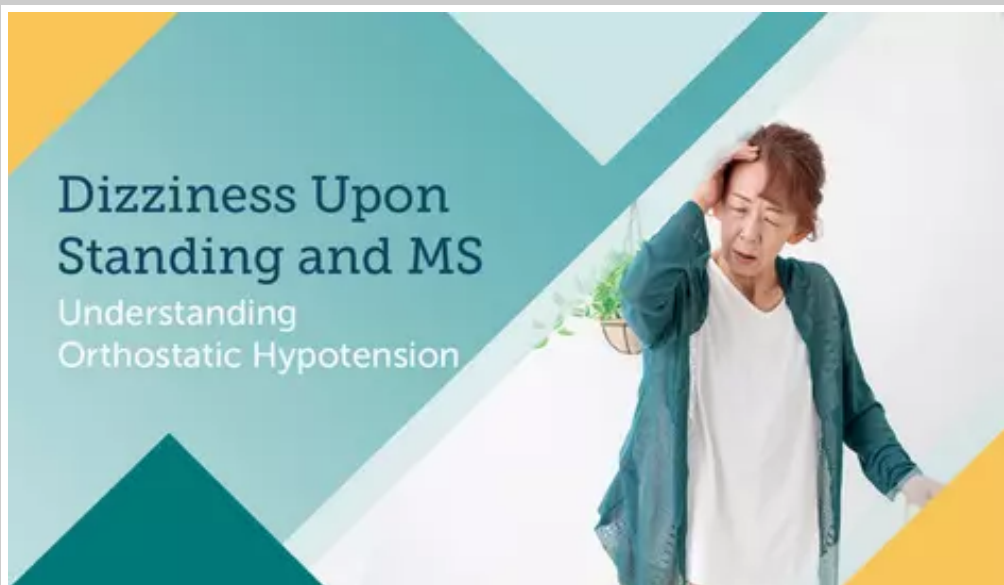
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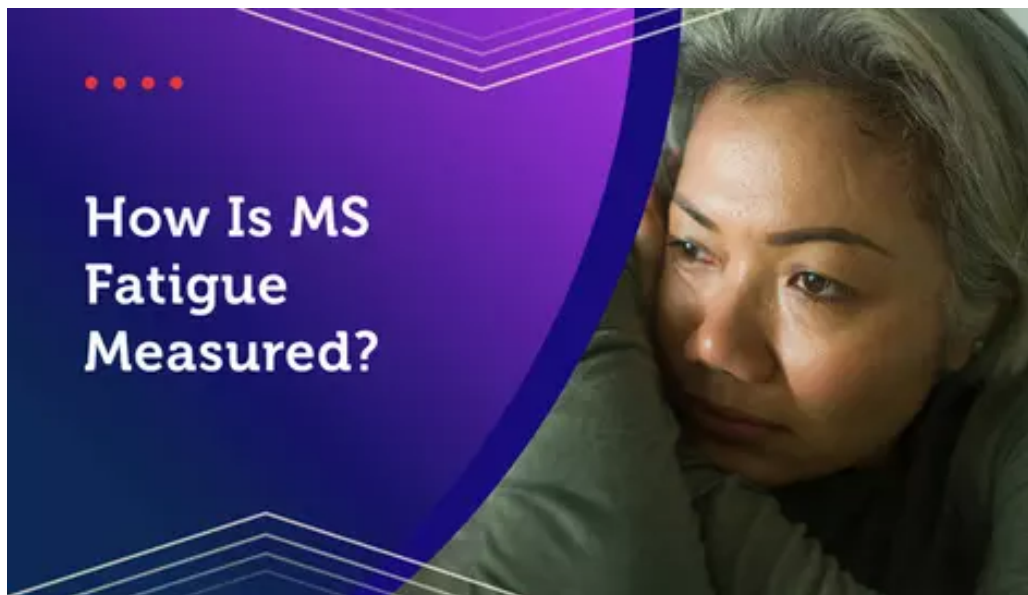
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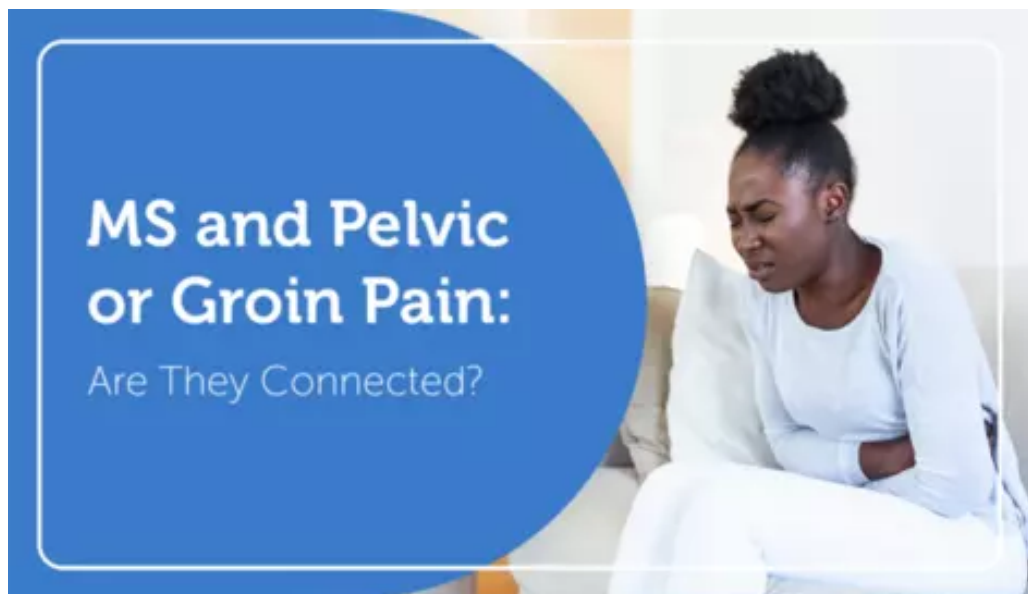


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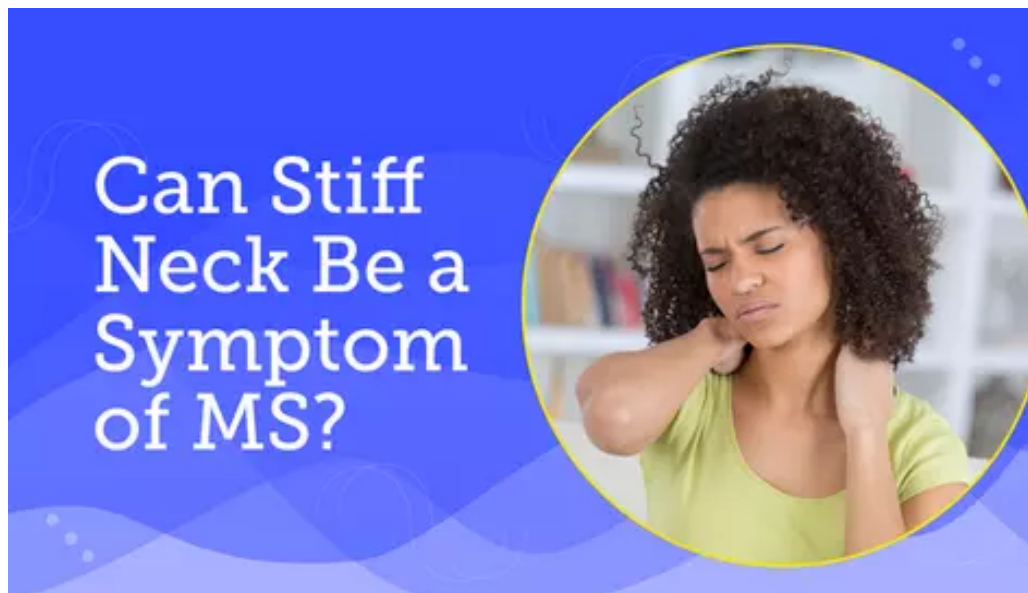
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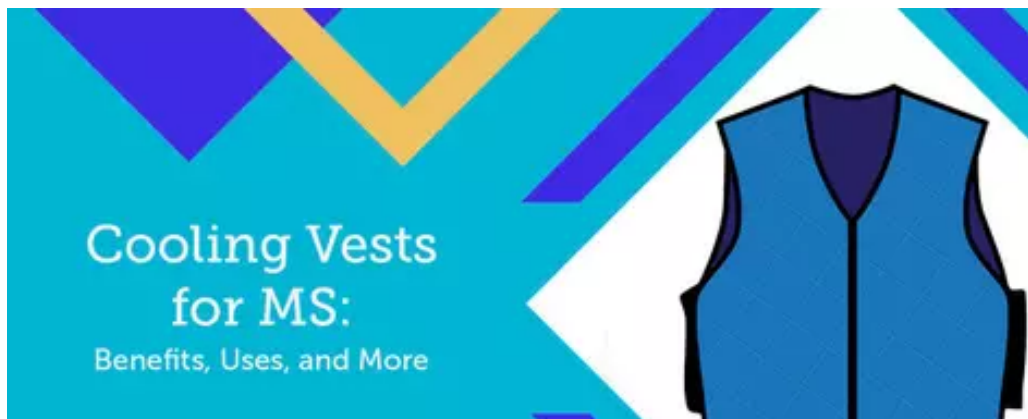
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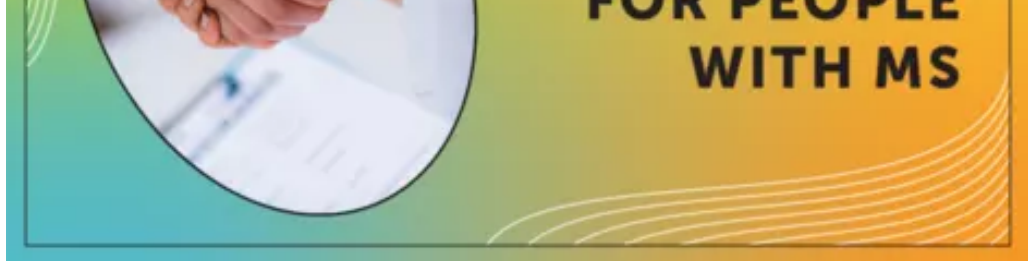


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