VISIBL-MS

Bilingual framework for early Multiple Sclerosis (MS) awareness

20/400

V I S I B L Y

20/70

PAINFUL LOSS OF VISION, LOSS OF COLOR VISION

BALANCE, BELLY/BACK NUMBNESS

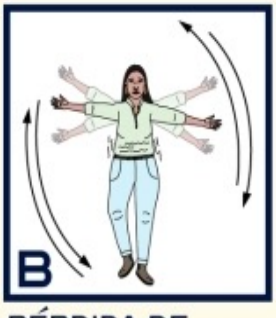
LIMB NUMBNESS AND WEAKNESS

YOUNG PEOPLE

20/30

V I S I B L E

PÉRDIDA DE VISIÓN DOLOROSA, PÉRDIDA DE VISIÓN EN COLOR



PÉRDIDA DE BALANCE, CAMINO COMO BORRACHO, PÉRDIDA DE SENSACIÓN EN LA BARRIGA Y ESPALDA

PÉRDIDA DE LOCOMOCIÓN Y SENSACIÓN EN LAS PIERNAS

EDAD JOVEN

	Risk factor associated with MS	HIGHER RISK	LOWER RISK
Preventable	Current or past smoking ?	Yes or unknown	No
	Obesity ?	Yes or unknown	No
	Head injury?	Yes or unknown	No
	Infectious mononucleosis (EBV)?	Yes or unknown	No
	Vitamin D deficiency?	Yes or unknown	No
	Second-hand smoking?	Yes or unknown	No
	Air pollution?	Yes or unknown	No
	Sex Women > men Are you female?	Yes or unknown	No
	Family history of MS?	Yes or unknown	No
	Race (Caucasian, Black, Hispanic)?	Yes or unknown	No
	Climate (Do you live in Northern areas)?	Yes or unknown	No
	History of autoimmume disease?	Yes or unknown	No
	Total (add your points for each column)		

If any VISIBL symptoms are present, consult a **neurologist promptly.**
In addition to VISIBL symptoms, be especially alert when multiple risk factors are present. Some risk factors can be prevented.

Disclaimer (this card is only to increase awareness of MS)
Use the mnemonic and visuals provided as memory aids to help recognize the possible early signs and symptoms of Multiple Sclerosis (MS). Color gradients in green and red hues are included to illustrate color desaturation, a phenomenon often seen in people who experience optic neuritis, which is often an early manifestation of MS. VISIBLY/E is not intended for diagnosing MS. It is simply a tool to raise awareness of early MS signs and to prompt a thorough evaluation and necessary testing by a Physician to ensure MS is considered when presence of VISIBLY/E symptoms. If you or your patient has experienced these symptoms, consider the possibility of MS, among other neurological conditions. Note that MS can present in various ways, and this mnemonic does not include all symptoms. For example, facial numbness is not included. Diagnosing MS requires application of 2024 McDonald diagnostic criteria that typically includes imaging and other laboratory tests, in addition to the clinical signs and symptoms captured by our tool.

Advertencia (la tarjeta es solo para aumentar la vigilancia de EM)
Use el instrumento VISIBL-MS para reconocer los signos y síntomas de la Esclerosis Multiple (EM) temprana. Los diferentes tonos de rojo y verde representan la pérdida de saturación de colores, que afecta los pacientes con neuritis óptica. El instrumento VISIBLY/E no debe ser utilizado para diagnosticar la EM. Es una forma simple de incrementar la vigiláncia para la EM y alertar a los médicos para que se haga una evaluación rapida basado en los síntomas “VISIBLE”. Si usted o alguna persona tiene estos síntomas, por favor considere la posibilidad de EM yla necesidad de ir a un médico o a la sala de emergencia. La EM puede presentarse de varias formas y los síntomas presentados no incluyen todos los síntomas de la EM, for ejemplo, adormecimiento de la cara no esta incluido. El diagnóstico de la EM es basado en criterios diagnosticos, que requiere imágenes del cerebro y exámenes de laboratorios además de síntomas y signos clínicos capturado por nuestro instrumento.

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