

BUILDING A HEALTHCARE TEAM TO HELP MANAGE YOUR MS

Taking charge of your health after getting an MS diagnosis means finding appropriate healthcare professionals for each of your needs. Even if you don't need them all now, by mapping out and building relationships with multiple care providers, you'll be able to easily call on them when the need arises. Here's a list of professionals you may want to consider adding to your healthcare team:

- 1. A Trusted Primary Care Doctor**
- 2. Pharmacist**
- 3. Neurologist - MS Specialist**
- 4. MS Nurse Practitioner**
- 5. Rehabilitation Specialists**
 - a. Psychiatrist**
 - b. Physical Therapist**
 - c. Occupational Therapist**
 - d. Speech/Language Pathologist**
 - e. Neuropsychologist**
- 6. Mental Health Specialists**
 - a. Psychiatrist**
 - b. Psychologist**
 - c. Social Worker**
- 7. Wellness Professionals**
 - a. Nutritionist**
 - b. Dietician**
 - c. Personal Trainer**
 - d. Massage Therapist**
- 8. Other Specialists**
 - a. Dentist**
 - b. Ophthalmologist or Optometrist**
 - c. Neuro-ophthalmologist**
 - d. Podiatrist**
 - e. Gynecologist**
 - f. Urologist**
 - g. Sex Therapist**



**FOR MORE INFORMATION, CHECK
OUT THE ARTICLES BELOW...**

[The National MS Society - MS Healthcare Team](#)

[Multiple Sclerosis.net - Building Your Healthcare Team](#)

[Health Grades - Your MS Healthcare Team](#)

[US News - Who Is On Your Healthcare Team?](#)

[MS One to One - Finding Your RMS Dream Team](#)