## MAINTAIN THE BRAIN





A normal brain shrinks about 5% during adulthood











Brain shrinkage can be



4 faster in people with MS





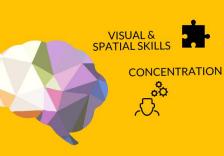






## WHY THIS MATTERS





SOME MS MEDICATIONS CAN





THE RATE OF BRAIN LOSS!!!





Healthy foods



Exercise



An MS medication that will slow the damage

