

MAINTAIN THE BRAIN

 **20**
YEARS

LIFE WITH MS

A normal brain shrinks about **5%** during adulthood



Brain shrinkage can be **4X** faster in people with MS



WHY THIS MATTERS



SOME MS MEDICATIONS CAN

NORMALIZE

THE RATE OF BRAIN LOSS !!!



Give your brain what it needs

 Healthy foods

 Exercise

 An MS medication that will slow the damage