Multiple sclerosis

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Abstract

Introduction: Multiple sclerosis is a neurological illness of unknown cause that affects the central nervous system of the brain and spinal cord. Unfortunately, scientists are still not able to discover the real cause of the disease and the other hand, there is no cure for this disease. This has led to the present patients are faced with major problems.

Methods: This study is a review article based on data collected from a systematic search of Internet resources, research and literature has been published related to the topic and for the purposes of articles published between 2000 and 2011 has been used.

Results: The study shows that multiple sclerosis is a disease of young age and at age 20 to age 40 are diagnosed and two to three times more women than men are diagnosed with MS. According to Statistics multiple sclerosis in Iran; 30 patients with multiple sclerosis in the country there are about 5 thousand and 500 tons of these numbers are a member of multiple sclerosis. An autoimmune attack against myelin from multiple sclerosis insiders or outsiders Aligodendrite antigens by macrophages, killer T cells, antibodies and Lanfocynes find the way to the brain, is created. Recent research indicates a genetic role as a main component in this disease is a disease that scientists believe have at least one or more environmental factors is necessary. Evidence shows that one of these environmental factors, some types of viruses. No specific test that is used to diagnose multiple sclerosis, is not there, but the disease is diagnosed based on history and clinical findings

Conclusion: To achieve successful control of symptoms, to prevent or stop the symptoms of multiple controls is required. Effective communication, education, training, professional support and pharmacological interventions are critical for effective control of symptoms of multiple sclerosis. Awareness of patients with multiple sclerosis and use the correct ways to treat problems before they can significantly reduce the extent of relative improvement for these patients to establish

Keywords: multiple sclerosis, Effective communication, education, pharmacological interventions