

# THROUGH THE MS LOOKING GLASS



WRITTEN BY CLAIRE ROBERTSON

ILLUSTRATED BY ASHLING LARKIN AND CAT LAIRD



# THROUGH THE MS LOOKING GLASS

## NAVIGATING THE UNSEEN

### WHAT IS MS?

Multiple Sclerosis (MS) affects your **brain** and **spinal** cord.

MS is a **lifelong condition** and there are lots of **different symptoms** that can be experienced throughout the body, but treatments can help manage the symptoms better.

MS is **different for everyone**, and everyone's journey will look and feel different.

### AIM OF THIS COMIC

This comic is designed to raise awareness of MS and the **"invisible" symptoms** that come with the condition.

People may **judge** how well someone with MS is doing by looking at them without understanding how **challenging and uncertain** living with MS can be.

This is an **educational health comic** for the general public, employers, friends and family of MS individuals about "invisible" symptoms.

### COMICS & HEALTH PROJECT

This comic was created as part of the **PhD research project** - "Comics & Health: Informing and Evaluating the Design of Public Health Information Comics", exploring readers **understanding, attitudes** and **engagement** with health comics.

The researcher is Claire Robertson and the project is supervised by Professor Ben Tatler, Professor Chris Murray and Dr Clare Kirtley.

The artwork for this comic was created by CHIP Collective - Cat Laird and Ashling Larkin.

### Special thanks to...

The MS healthcare professionals at the Anne Rowling Regenerative Neurology Clinic for giving their input and ensuring accuracy.

The MS Trust for also ensuring accuracy in the health content and providing enthusiasm and support for the project.

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### WHAT IS MULTIPLE SCLEROSIS?

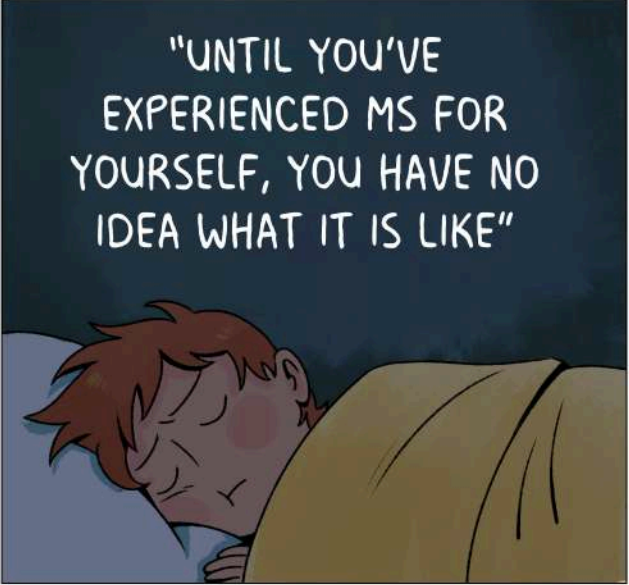
IN MS, YOUR IMMUNE SYSTEM BEHAVES DIFFERENTLY AND CAUSES INFLAMMATION IN YOUR BRAIN AND SPINAL CORD.

THIS INFLAMMATION CAN TRIGGER A RANGE OF SYMPTOMS THAT CAN AFFECT PEOPLE IN DIFFERENT WAYS.




SOME SYMPTOMS ARE VISIBLE, BUT OTHERS ARE "INVISIBLE" AND CAN'T BEEN SEEN BY LOOKING AT SOMEONE.

THERE ARE DIFFERENT TREATMENTS AND SUPPORT AVAILABLE TO HELP MANAGE MS SYMPTOMS.



FATIGUE IS ONE OF THE MOST COMMON SYMPTOMS OF MS. IT CAN MAKE CONCENTRATION AND BALANCE MORE DIFFICULT.

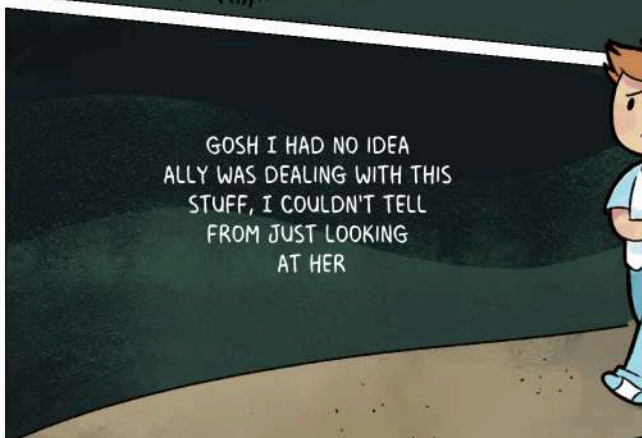
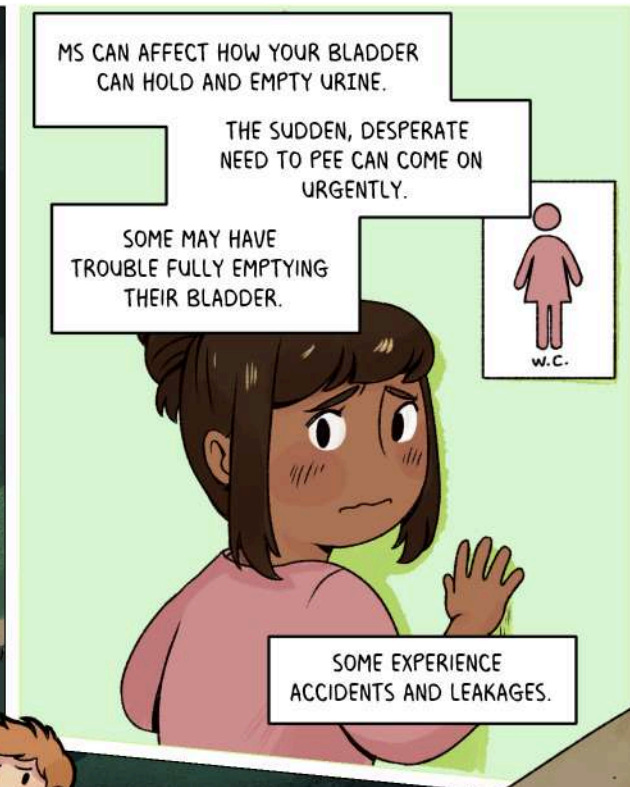
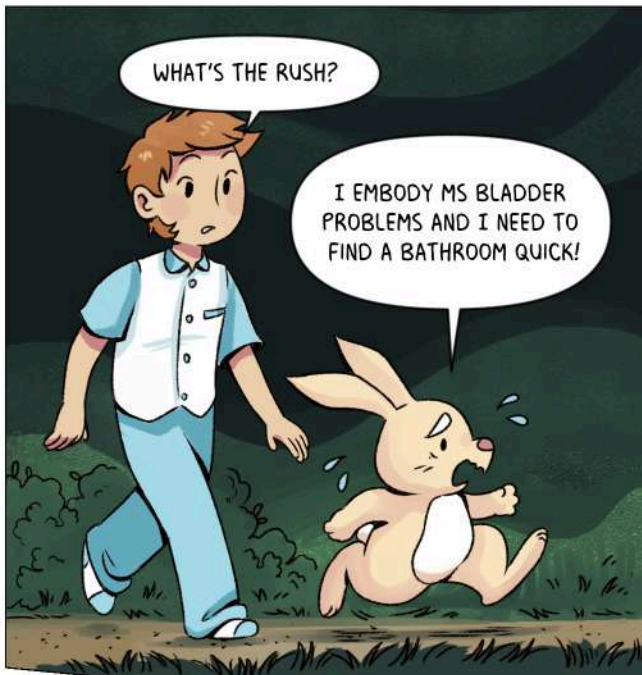


IT IS IMPORTANT TO TAKE PLENTY REST...

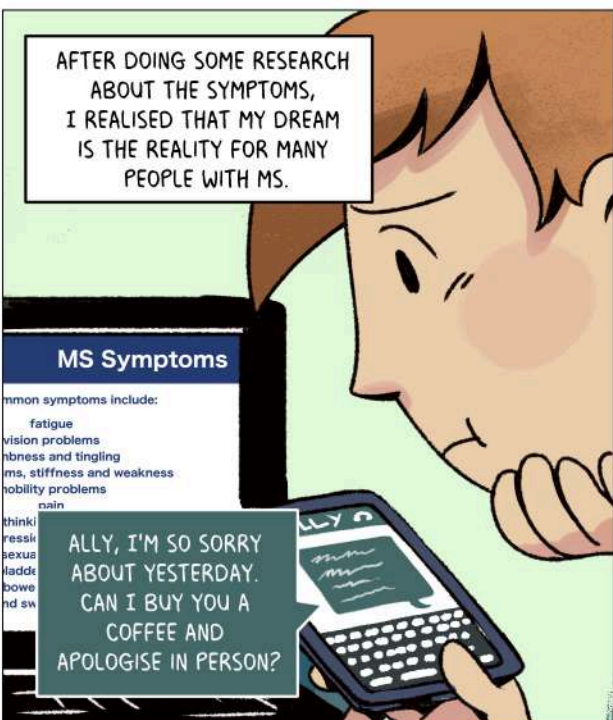
...AND PRIORITISE TASKS TO SAVE ENERGY WHERE POSSIBLE.

MS FATIGUE IS NOT JUST "TIREDNESS".





MANY PEOPLE WITH MS EXPERIENCE FUNNY SENSATIONS THROUGHOUT THEIR BODY. THIS CAN BE SHORT TERM, LONG TERM OR IN SUDDEN ATTACKS.



THERE ARE MANY MS SYMPTOMS THAT CAN'T BE SEEN OR FELT BY OTHERS. IT IS IMPORTANT TO BE SUPPORTIVE AND UNDERSTANDING.



JUST LIKE NO 2 DREAMS ARE THE SAME, NO 2 MS JOURNEYS ARE EITHER.

# CONTRIBUTORS

This comic was written by Claire Robertson.  
The artwork and colouring were created by Cat Laird and Ashling Larkin.

**Claire Robertson** is a PhD student at the University of Aberdeen. Her research focuses on how health information can be made more accessible, engaging, and understandable through comics.



**Cat Laird** is an award winning Scottish illustrator/comic artist, working with publishers and organisations such as Quindrie Press, Odyssey Comics, Manchester Museum, and DCA. They are currently a freelance designer at V&A Dundee, helping to run workshops, tutorials and tours on design practices.



**Ashling Larkin** is a Brazilian-Irish comic artist and illustrator based in Scotland. She completed her MDes in Comics and Graphic Novels in 2022 and has since been working at University of Dundee as an Animation lecturer.



**CHIP Collective** is a comic collective run by Ashling and Cat. CHIP creates collaborative anthologies with the help of artists and storytellers all across the UK and Ireland, covering a wide range of subjects. The ambition behind the collective is to make positive social impact for artists, storytellers and readers.

The **MS Trust** is a UK charity that is here to help everyone make sense of MS, from the moment of diagnosis and throughout your journey. We're here for you today, tomorrow and every day after, making sure a life with MS isn't a life defined by MS.



The **Anne Rowling Regenerative Neurology Clinic** at the University of Edinburgh is a globally leading, patient-centred, integrated care-research facility. They seamlessly integrate the best NHS health care with the best University health research, as key to discovering and trialling new treatments for MS and other neurological conditions.



