

Staying Smart

Multiple
Sclerosis
Trust

MS

Thinking and memory problems affect more than half of all people with MS.

The MS Trust has launched a new interactive web zone to help lift the 'cog fog'.

mstrust.org.uk/resources/staying-smart

What's the word I want?

Where did I put that?

How do I get there again?

I can't get the important stuff done

I can't concentrate

I forget to take my tablets

