



Neurological Rehabilitation:
Enabling Achievement




We have one message for people with multiple sclerosis...



TAKE CONTROL, KNOW YOUR CHOICES

Get in touch to see how your MS Centre
of Excellence can support you.



The 1MSg campaign is initiated and funded by  Biogen.

When was the last time you spoke to an MS-specialist about how best to manage your condition?

Here at the Douglas Grant Rehabilitation Centre, we want all people living with MS in our local area to be regularly engaging with MS-specialist services, as recommended by the National Institute for Health and Care Excellence (NICE)¹.

The MS landscape has evolved rapidly in recent years, and continues to do so, so the situation may not be as it was when you last spoke to a specialist. Active management is important, as MS is not a static condition, but instead progresses over time. Even when symptoms aren't present, underlying damage to the brain can continue to occur, so knowing all the options available will enable you to manage your condition in the way that's best for you.

Speaking with healthcare professionals experienced in the management of MS, is key to helping people with MS make informed decisions about what is right for them. The 1MSg campaign, initiated and funded by Biogen, aims to ensure that everyone living with MS is in contact with a specialist healthcare professional at least once a year. Regular and quality engagement allows you to make informed decisions about your disease management based on the latest facts and information.

MS clinics based in Ayrshire and Arran, can assist with diagnosis and access to treatments to help you manage your MS and ongoing holistic advice. This enables us to provide you with the support you need, at a location convenient to you.

Speak to your GP to find out how you can access one of our specialists, or visit www.nhsaa.net/services-a-to-z/multiple-sclerosis-ms to find out more.

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