

# National advocacy and patient impact: Norway


## Reduced time to diagnosis and start of therapy

- Norwegian Multiple Sclerosis Competence Centre followed guidance from ***Time Matters in MS*** and ***Six ways to lead a brain-healthy lifestyle***
- Impact
  - Using ***Time Matters in MS*** has gradually reduced time to diagnosis in Norway
- Education
  - ***Six ways to lead a brain-healthy lifestyle*** is routinely given to newly diagnosed people with MS

***“The MS Brain Health report and guides have influenced policy, practice and behaviour in Norway.”***  
MS Neurologist









time to diagnosis

 MS Brain Health  
Time Matters

**Six ways to lead a brain-healthy lifestyle**

Having a healthy brain that functions well is important for people with multiple sclerosis. Here are six positive steps you can take to keep your brain as healthy as possible, whatever your MS diagnosis.

 Keep as active as you can	 Keep your weight under control	 Keep your mind active
 Avoid smoking	 Watch how much you drink	 Continue taking other medicines your doctor has prescribed

- 1. Keep as active as you can**  
Higher levels of aerobic fitness are associated with faster information processing and preserved brain tissue volume.<sup>1,4</sup> This suggests that being as active as possible may help to preserve brain health in people with MS.
- 2. Keep your weight under control**  
Obesity is associated with higher numbers of MS lesions (areas of intensive damage) than maintaining a healthy weight.<sup>2</sup>
- 3. Keep your mind active**  
Education, reading, hobbies and artistic or creative pastimes help to protect against cognitive problems in MS when pursued over a lifetime.<sup>7</sup>

