
Mayo Clinic Medical Edge

Staying Active with M-S

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	STAYING FIT AND KEEPING ACTIVE IS KEY TO LONG-TERM HEALTH. BUT WHAT IF YOU'RE LIVING WITH A CHRONIC CONDITION SUCH AS M-S, OR MULTIPLE SCLEROSIS?
Mark Keegan, M.D.	"IT DOES APPEAR THAT ACTIVE PHYSICAL THERAPY EXERCISE CAN IMPROVE MANY OF THE SYMPTOMS OF M-S, SUCH AS FATIGUE, PAIN, SPASTICITY."
	IT'S SOMETHING THAT DR. MARK KEEGAN, A MAYO CLINIC NEUROLOGIST STRONGLY

	<p>ENCOURAGES FOR HIS PATIENTS. NOW WHETHER OR NOT PHYSICAL ACTIVITY HAS ANY EFFECT ON THE UNDERLYING INFLAMMATION OF MULTIPLE SCLEROSIS, WELL THAT'S SOMETHING DR. KEEGAN ADMITS IS DEBATABLE.</p>
Dr. Keegan	<p>"BUT, ON THE OTHER HAND, IT MAKES SENSE TO RECOMMEND REGARDLESS."</p>
	<p>OF COURSE THAT DOESN'T MEAN YOU SHOULD JUMP FEET FIRST INTO A RIGOROUS WORKOUT ROUTINE. IT'S ALWAYS ADVISABLE TO TALK WITH YOUR HEALTHCARE PROVIDER BEFORE BEGINNING AN EXERCISE PROGRAM.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>