Relapsing-Remitting Multiple Sclerosis (RRMS)
Relapsing-remitting multiple sclerosis (RRMS), a relapsing form of multiple sclerosis, is the most common type of MS. A person with RRMS experiences attacks (also called relapses or exacerbations) of worsening neurological functioning, followed by periods of remission in which partial or complete recovery occurs.

The Multiple Sclerosis Patient Population
States. These numbers are approximate, since the Centers for Disease Control and Prevention (CDC) do not require physicians in the United States to report new cases, but symptoms of MS may be completely invisible.

Most people are diagnosed with MS between ages 20 and 50. At least two to three times more women than men have been diagnosed with MS. MS is more common in Caucasians with a northern European ancestry, but does occur in most other ethnic groups, including African-Americans, Asians and Hispanics/Latinos.

MS is not considered a fatal disease, and the majority of those with MS can live a normal life.

Multiple Sclerosis Management
Today there is no cure for MS, but many people are able to lead healthy, productive lives. Research has shown that combining a treatment regimen with lifestyle management can reduce the frequency of MS relapses. Experts agree that once you find a routine that works for you, it’s important that you stick with it! People living with MS are encouraged to remain active as appropriate physical activity has been shown to have a positive effect on MS symptoms. Remember to consult with your doctor before beginning any exercise routine.

Source: National Multiple Sclerosis Society (NMSS)