

Living Well

Smartphone apps for symptom management

There’s an app for that — even for managing the symptoms of multiple sclerosis. If you have a smartphone such as an iPhone or Android device, you have many apps at your disposal to help you manage your life with MS. While there are apps developed specifically for MS, other apps may be useful for the management of health information, sleep, fitness and nutrition. Bonus: if you already have a smartphone, all apps presented here are free of charge.



Photo by Mike McCue.



MOBILITY SIDE-BY-STRIDE

Available for download:
iPhone (Apple Store)

Use if: You’re working with a physiotherapist or other healthcare professional on mobility.

Mobility Side-by-Stride allows you and your healthcare team to track and compare changes in mobility over time. Reviewing before and after videos, your healthcare team are better able to assess progress in mobility and make decisions on course of therapy.

Producer: Biogen Idec

Note: This app is available in French. Look for “La mobilité au pas.”



MULTIPLE SCLEROSIS DIAGNOSIS AND MANAGEMENT

Available for download:
iPhone (Apple Store) and Android (Google Play)

Use if: You want access to information intended for healthcare professionals.

While Multiple Sclerosis Diagnosis and Management is intended for healthcare professionals, the app is a great source of information for people affected by MS. Find out more about how MS is diagnosed and the impact of MS and symptom management on quality of life.

Producer: Borm Bruckmeier Publishing LLC / National Multiple Sclerosis Society

Note: Some treatment options listed may only be available in the U.S. Please discuss treatment options available in your province with your healthcare team.



LIFEANDMS

Available for download: iPhone (Apple Store) and Android (Google Play)

Use if: You want to track spasticity symptoms and share measurements with your healthcare team.

LifeandMS makes it easier to keep track of spasticity and related symptoms over time. The app allows you to measure spasticity in addition to pain, sleep issues, bladder dysfunction and spasms using a variety of testing methods. You may then generate reports and share them with your healthcare team.

Producer: Almirall

Note: To use the app, you are required to create an account within the app.



MEDISAFE MEDICATIONS AND PILLS REMINDER

Available for download: iPhone (Apple Store) and Android (Google Play)

Use if: You're taking medications for MS and/or symptoms, and you need a daily reminder to take your medication(s) every day.

MediSafe Medications and Pills Reminder allows you to set a reminder to take your medication while also keeping track of your prescriptions and letting you know when it's time to refill.

Producer: Medisafe Project

Note: Listed discounts on medications may apply only to U.S. residents.

Sherrri Allan and her family.
Photo by Mike McCue.



SLEEP AS ANDROID (ANDROID GOOGLE PLAY)

SLEEPBOT (IPHONE APPLE STORE)

Use if: You're struggling with fatigue and want to track the quality of your sleep over time.

Both apps act as an alarm clock, ambient sound machine and sleep pattern tracker. Using sensor technology, these apps are able to record sound and movement while you sleep and provide data on sleep disturbances over time.

Producers: Sleepbot and Urbandroid Team



MYFITNESSPAL

Available for download: iPhone (Apple Store) and Android (Google Play)

Use if: Fitness and nutrition play a role in your overall MS care plan.

MyFitnessPal allows you to record your food intake and fitness activity. You may also set health goals that are customized to your age, gender and recommendations from your healthcare team.

Producer: MyFitnessPal, Inc.

Note: If you are just getting started with a fitness program, consult the Canadian Physical Activity Guidelines for Adults with MS available at mssociety.ca/physicalactivity in addition to your healthcare team.

