Relapse-remitting MS (RRMS): This is the most common form, affecting around 85% of people with MS. RRMS involves episodes of new or increasing symptoms, followed by periods of remission, during which symptoms go away partially or totally.

Primary progressive MS (PPMS): Symptoms worsen progressively, without early relapses or remissions. Some people may experience times of stability and periods when symptoms worsen and then get better. Around 15% of people with MS have PPMS.

Secondary progressive MS (SPMS): At first, people will experience episodes of relapse and remission, but then the disease will start to progress steadily.

Types of MS

There are four different types of MS:

Clinically isolated syndrome (CIS): It is a single, first episode, with symptoms lasting at least 24 hours. If another episode occurs at a future date, a doctor would diagnose relapse-remitting MS.