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My AI Companion for Multiple Sclerosis

Learn more about MS, prepare for medical consultations, and make your everyday life easier.

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Learn more about MS, prepare for medical consultations,
and make your everyday life easier.

Legend:



Critically important **information**



Useful **tips**



Screenshot of a practical case



Page reference

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What to expect from your AI guide

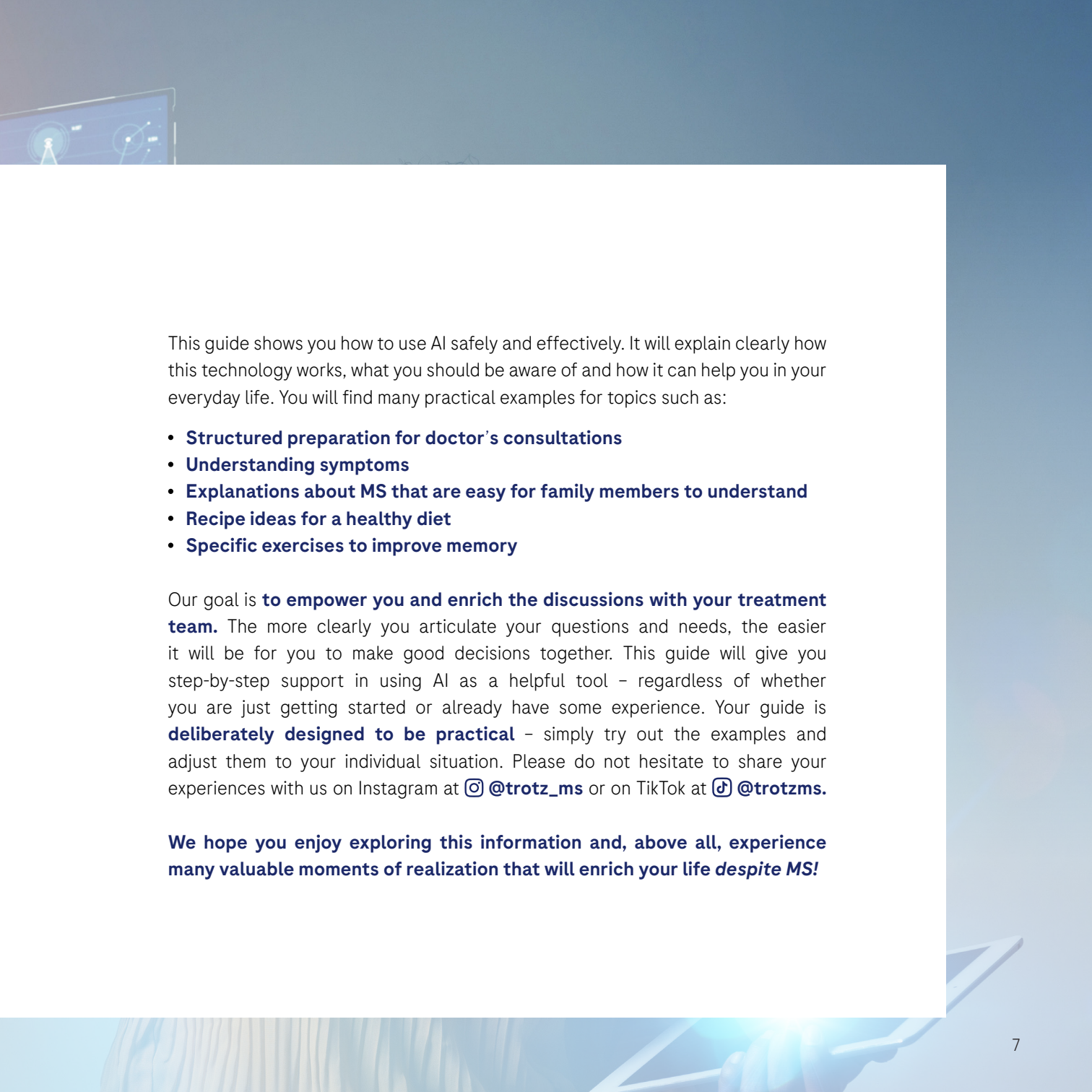
Dear MS patients, dear family members,

Multiple sclerosis (MS) raises many questions in everyday life and in medical care: Which therapy is the right one? How do I prepare for the next medical consultation? How do I explain to my family what's happening inside my body and what that means for me?

Artificial intelligence (AI) can help you with this. It helps **summarize information, translate medical jargon into understandable words, or prepare you for medical appointments in a structured way.**



Important: AI is no substitute for professional medical advice. It is a tool to give you confidence and guidance – you must make all medical decisions in consultation with your treatment team. Protect your data during use: **Please ask questions anonymously without using personal information such as your name or address.**



This guide shows you how to use AI safely and effectively. It will explain clearly how this technology works, what you should be aware of and how it can help you in your everyday life. You will find many practical examples for topics such as:

- **Structured preparation for doctor's consultations**
- **Understanding symptoms**
- **Explanations about MS that are easy for family members to understand**
- **Recipe ideas for a healthy diet**
- **Specific exercises to improve memory**

Our goal is **to empower you and enrich the discussions with your treatment team**. The more clearly you articulate your questions and needs, the easier it will be for you to make good decisions together. This guide will give you step-by-step support in using AI as a helpful tool – regardless of whether you are just getting started or already have some experience. Your guide is **deliberately designed to be practical** – simply try out the examples and adjust them to your individual situation. Please do not hesitate to share your experiences with us on Instagram at  **@trotz_ms** or on TikTok at  **@trotzms**.

We hope you enjoy exploring this information and, above all, experience many valuable moments of realization that will enrich your life *despite MS!*

Chapter 1

Understanding AI Chatbots

Artificial intelligence (AI) refers to systems that can take on tasks that usually require human thinking or action. These include understanding texts, answering questions, recognizing patterns, and making predictions.

One particular form of AI is **large language models** (or **LLMs** for **short**). These models are designed to work with language. They have been “trained” on vast amounts of text and images, learning which words are likely to follow each other in certain contexts. This enables them to respond in natural everyday language and have **seemingly “human” conversations**.

LLMs are particularly helpful when it comes to preparing information in a quick and easily understandable manner. They can answer questions, translate texts, create summaries, or filter data from images and tables, for example. However, they reach their limits when it comes to accurate and fact-based answers. Because they only have knowledge they are trained on, they can **occasionally provide inaccurate or fictitious (“hallucinated”) information**.

AI chatbots like ChatGPT are based on such language models. They are particularly effective when combined with **search engines**. While the LLM does the linguistic part – understanding and phrasing texts – the search engine ensures up-to-date, verifiable information. This connection creates a particularly powerful combination: the chatbot can communicate while providing fact-based answers with up-to-date data. This is what AI chatbots like ChatGPT, Google Gemini, Microsoft Copilot, Anthropic’s Claude and Perplexity do.

How Do I Submit a Query in ChatGPT?



Did you know? How do I access ChatGPT?

You can open and use ChatGPT in your web browser (chatgpt.com) or as an app (iOS/Android).

This guide focuses on **ChatGPT**, which currently dominates the AI chatbot market and makes fact-checking easy by including sources with its answers. (Statistics dated December 2025, StatCounter Global Stats)

Simplified query flow in ChatGPT:

1. You can use an LLM to generate a search query for a search engine based on its own query (**prompt**) such as “Explain multiple sclerosis to me in simple terms. Answer in no more than 6 sentences.”
2. The search engine provides the results, and the LLM formulates a response based on this, referencing the source.



Did you know? This response process (= the LLM formulates a response based on the search results) can lead to **hallucinations**. This means that a statement from the LLM may sound true but actually be false (and thus not appear in the cited sources either).





That is why it is important to verify LLM statements using the sources provided.

Here is an example in ChatGPT:

1. A query in ChatGPT asking it to use the search engine and think more carefully:



Explain multiple sclerosis to me in simple language, answers in a maximum of 6 sentences. Think deeply. Support everything with reputable sources.

+  

2. Answer provided with **references**, thinking is visible under “Activity”:



ChatGPT 5.1 Sharing Activity · 11s

Explain multiple sclerosis to me in plain terms. Think it through very carefully. Prove everything with reputable sources.

Second thought on 11s >

I will explain multiple sclerosis (MS) to you in simple, easy-to-understand language and provide links to reputable sources if you'd like to learn

1. What is multiple sclerosis, in simple terms?

- **MS is a chronic (long-term) disease of the brain and spinal cord.** Together, they are called the “central nervous system”. dmsg.de +1
- **The body’s own immune system mistakenly attacks parts of the nervous system.** This is referred to as an “autoimmune” or “immune-mediated” disease. Nature +1
- It is primarily the **protective layer of the nerves (the myelin)** that is attacked. This is called “**demyelination**” or

Think about it...

- **Explain MS and provide information**
The user wants a simple explanation about MS, provided that the information is up to date and accurate. I will keep the details as brief and general as possible, ensuring that they are medically sound, without making any specific treatment suggestions. Given the importance of accuracy, I'm committed to finding the most up to date sources.
- **Searching the web for multiple sclerosis explanation**
 - my.clevelandclinic.org
 - www.dmsg.de
 - pubmed.ncbi.nlm.nih.gov
 - [18 more](#)
- **Second thought on 11s**
Done

(Query submitted on 11/19/2025 using the free ChatGPT)

What Can AI Chatbots Do, and What Can't They Do?

As AI chatbots can make things up and make them sound plausible (hallucinate), it's important to review the statements by yourself or with the help of a professional.



Strengths

- Translate doctor's letters into plain language.
- Create symptom checklists or appointment question lists.
- Provide tips for daily living (e.g., recipes, memory training, structural aids).
- Summarize technical texts.



Limits

- Do not diagnose.
- Do not make therapy decisions.
- Sometimes they "hallucinate" (make up incorrect information that is plausible or credible).



Important: AI chatbots are tools. You will make the medical decision together with your treatment team. The more concrete the task you set and the important details you provide, the better the AI chatbot can respond.

Data protection and Safety

Tips on how to use an AI chatbot safely

1. Remain anonymous



- Do not enter any personal information (for example, name, address, date of birth).
- Anonymize doctor's letters (you can find an example in *Chapter 3, page 35*).

Example:

- **Avoid:** “Please explain the doctor’s letter from Dr. Müller, University Hospital XY, for Anna Meier ...”
- **Better:** “Please explain this text to me: [content without names].”



Important: Certain anonymized context metrics, such as “I am female in my 20s,” can be helpful to help AI chatbots become more responsive to individual life situations.

Make sure you **never enter personal data**. You can use AI chatbots safely and effectively by means of anonymized texts. Keep in mind, however, that free versions often offer limited functionality and frequently provide less reliable or superficial results when dealing with complex questions or queries.

For ChatGPT: **Disable the use of the data for training purposes**



Did you know? For example, in ChatGPT you can ensure that the data will not be used for training purposes: “Improve the model for all” must be set to “Off” in the settings under data controls: you can ask the respective AI chatbot where you need to adjust the settings so that your data is not used for training purposes.



The screenshot shows the ChatGPT settings interface. On the left, a navigation menu includes options like 'Upgrade the treatment plan', 'Customization', 'Settings', 'Help', and 'Log out'. The 'Settings' option is highlighted. The main settings area is titled 'Data controls' and includes sections for 'General', 'Notification', 'Customization', 'Apps & connectors', 'Schedules', 'Data controls', 'Safety', 'Child protection', and 'Account'. The 'Data controls' section is expanded, showing the 'Improve the model for all' toggle, which is currently set to 'Off'. A dialog box titled 'Model improvement' is overlaid on the settings, showing the 'Improve the model for all' toggle and a 'Completed' button. The dialog box text reads: 'Please allow us to train our models using your content so we could make ChatGPT even better for you and anyone else who uses it. We are taking measures to protect your privacy. [Learn more](#)'.

2. Check answers critically

- Always compare with trusted sources (e.g., guidelines, treatment team).



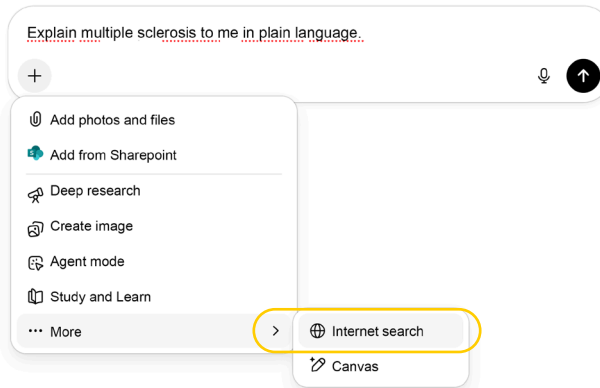
Important: Just because a source is mentioned in the response and contains correct information does not automatically mean that the LLM also reflects that information correctly or completely.

That is why the following applies:

- Additionally, check sources for yourself and compare the content with official, reliable information.
- When in doubt about medical or health-related topics, always consult healthcare professionals or recognized institutions (e.g., professional societies, authorities).

3. Request sources

- Write in the prompt:
 - Please provide studies or guidelines.
 - Research and quote when necessary.
- Activate internet search in ChatGPT:



4. Reduce hallucinations

- AI can sometimes make things up and make them convincing (“hallucinate”).
- You can reduce the risk by writing the following in your question (prompt):
 - “If you are unsure, please tell me.”
 - “Please only give me scientifically proven information and indicate if you do not know something or are unsure about it.”

Example:

- **Avoid:** “What is the best therapy for me?”
- **Better:** “According to guidelines, what therapy options are available? Please tell me if you are unsure.”



Did you know?

How patients can recognize hallucinations

- **Missing references:** Caution is advised when the system does not provide clear verifiable sources (e.g., medical guidelines, studies, manufacturer information). A reference does not guarantee the answer is correct, but it does allow the answers to be checked (fact check).
- **Wrong medical terminology:** Whenever terms are used inconsistently or inappropriately or are outdated, it is a warning signal.
- **Lack of ability to query or explain:** LLMs should be able to see rationale or evidence for a statement (“How does the system deliver this recommendation?”).



Important: However, non-specialists are always at risk of not being able to recognize hallucinations. Therefore, AI responses to **important topics should always be reviewed with the treatment team** and viewed as suggestions only.

5. No substitute for medical consultations

AI can provide support but is no substitute for medical advice!

Summary

AI chatbots are digital helpers that can explain, structure texts, and provide tips for everyday life. They differ from provider to provider (e.g., ChatGPT, Gemini, Claude, Copilot) and have clear strengths, but also limitations: **they are no substitute for a professional diagnosis and therapy decision.**



Chapter 2

The Art of Questioning

What is a prompt?

A **prompt** is your entry into AI – meaning your question or task that you can formulate as **text or speech**. Good prompts provide more **precise, useful responses** (see Chapter 1 for details on LLMs).

To support a prompt in text form, you can upload other relevant information such as images or documents.

Examples of prompts:

- “Explain this (anonymized) doctor’s letter to me in plain language. Answers in 5 short bullet points.”
- “Give me 7 short questions as bullet points to ask my neurologist during my next appointment based on my current symptoms and the clinical course since my last appointment.”
- “Summarize this jargon so that an 8-year-old can understand it.”

Simply put:

- You ask a question (prompt).
- The AI chatbot responds in plain language.

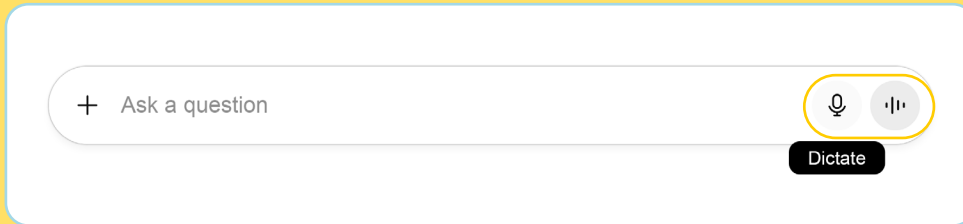


Did you know?

Voice input

If typing is difficult, you can **use AI with a voice command**. Here is how it works on **ChatGPT**:

- In the mobile app (iOS/Android) or on your laptop, there is a microphone icon in the bottom of the text entry field.
- Tap, talk, submit, done.



Tips for good prompts

Observing these 6 points clearly improves the quality of results.

1. Ask clearly and precisely: Say exactly what you need.

- **Avoid:** “Explain MS.”
- **Better:** “Briefly explain in everyday language what happens in the brain and spinal cord with multiple sclerosis and what effects this can have. Think it through very carefully. Prove everything with reputable sources.”

2. Give context: Say **for whom** or **what** the answer is.

- “Translate this doctor’s letter into everyday language for someone who doesn’t have medical knowledge.”
- “Explain the following section in Turkish.”

3. Set structure & format: Say **what** the answer should be.

- “Answers as a checklist with max. 6 points.”
- “Create a table with three columns: ‘Term’, ‘Meaning’, ‘Questions for the Appointment’.”

4. Articulate your purpose: Say **what** you need the result for.

“Give me a short summary of current drug and non-drug treatment options for relapsing/progressive MS.”

5. Set Style & Tone: Say **how** it should sound.

- “Formal, objective, neutral patient information.”
- “Very simple, so that relatives can understand it without prior knowledge.”

6. Check response critically! AI does **not** replace medical expertise. Read critically, ask, write down open items for the doctor’s appointment.

Specific use cases

1. Understanding a doctor's letter

- **Avoid:** “Explain my doctor’s letter.”
- **Better:** “I am a 28-year-old woman with multiple sclerosis and am currently receiving XY therapy. Please explain this anonymized doctor’s letter to me in plain language. Break down into: 1) Findings, 2) What does this mean?, 3) What should I ask during the appointment? 8 bullet points at the most. Mark any uncertainties clearly. Think it through very carefully. Prove everything with reputable sources.”

2. Preparing for a doctor's appointment

- **Avoid:** “What questions should I ask?”
- **Better:** “I have relapsing/progressive multiple sclerosis (currently new/no complaints) and a follow-up appointment soon. Objective: Therapy review. Come up with 10 specific questions about effectiveness, side effects, MRI follow-ups, and daily life. Format: Checkbox list. Mark any uncertainties clearly. Think it through very carefully. Prove everything with reputable sources.”

3. Assessing side effects

- **Avoid:** “Are side effects X & Y dangerous?”
- **Better:** “Explain typical side effects (general, no diagnosis) of drug X and when I should seek medical advice. Mark any uncertainties clearly. Think it through very carefully. Prove everything with reputable sources.”

4. Explaining MS to your family member

- **Avoid:** “Explain multiple sclerosis to my family.”
- **Better:** “Explain multiple sclerosis so that a 12-year-old can understand. Tone: friendly, hopeful. Format: 6 short sentences + 3 common questions. Use positive, easy-to-understand comparisons. Indicate if unsure and clearly mark uncertainties. Think it through very carefully. Prove everything with reputable sources.”

5. Everyday life and fatigue

- **Avoid:** “Tips for fatigue?”
- **Better:** “Prepare a weekly schedule of 5 day-to-day anti-fatigue strategies (e.g., breaks, priorities, physical exercise). Format: Table (Day | Task | Duration). Ask me questions to tailor it to my needs and make it easy to implement.”

Avoiding typical mistakes

1. Too many topics in one prompt

- **Avoid:** 8 tasks at once = superficial response.
- **Better:** Work in **stages** (first summarize, then draw up a list of questions, then list the sources).

2. No format specified

- **Problem:** Unstructured texts.
- **Solution:** Request bullet points or tables.

3. Missing limits

- **Problem:** Very long answers.
- **Solution: specify** “Max. 150 words / 6 points / 1 table”.



4. Hallucinations & misinformation

Brief reminder, details in chapter 1, page 10

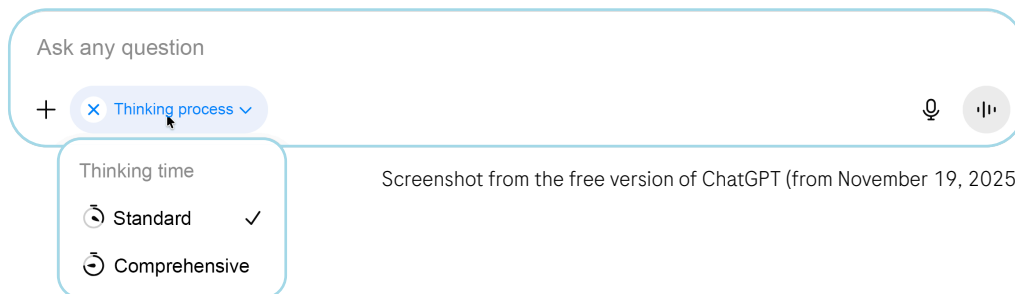
- Request sources: “Please provide **guidelines / reputable sources.**”
- Allow uncertainty: “**If you are unsure, please tell me.**”
- **Double-check** important details (guidelines, treatment team).

Advanced:

Why do AI responses vary?

There are several reasons why AI chatbots produce different results in prompts:

- 1. For reasons of technology, each answer is unique:** Even if you ask ChatGPT the same question in a new conversation with the same AI model (with the same settings), the answer can be slightly different.
- 2. AI models process each query slightly differently:** When the AI model “reasons” to handle a query, it approaches the topic slightly differently each time (e.g., for search engine queries). This means that the answers differ slightly each time, possibly even the sources.
- 3. Models vary in terms of efficiency:** Depending on the AI model, the effort required to create the response varies.

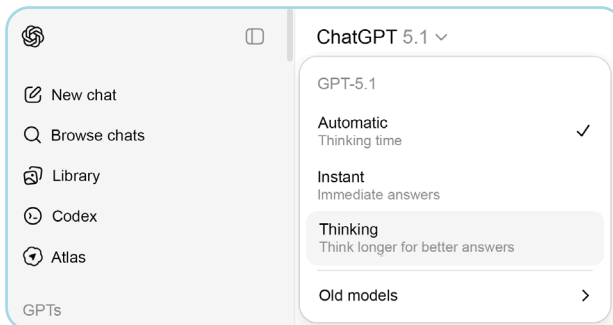


Screenshot from the free version of ChatGPT (from November 19, 2025)

Models with “**multiple-step thinking**” (*reasoning models*): “Think Longer” models that can solve more complex questions by “multi-step thinking” (and thus take longer to answer) are called reasoning models.

In the free version of ChatGPT, you can use the “**reasoning process**” option or add a prompt such as “**think deeply**” to encourage the model to invest more effort and produce a higher-quality answer.

In the **paid version of ChatGPT**, you can, for example, select **GPT-5 Thinking**, which takes significantly longer to generate a response but typically produces higher-quality answers by repeatedly checking and refining its own reasoning. (**Rule of thumb: the longer the response takes, the better the quality—although, as is typical for LLMs, it can still be incorrect or imprecise**):



Screenshot from the paid version of ChatGPT (from November 19, 2025)

4. Different training data ensure different “interpretations” of prompts and different basic knowledge. With so much training to do, the gaps are filled mainly by search engines, rather than always trying to keep the data in the AI model itself as up to date as possible. A model trained in 2023 only knows events or studies from 2025 if it can access search engines when responding – this information is not included in pure model knowledge.

Mini-checklist before submitting



Objective clear?

- Why do I need the answer?
- What will the outcome help me do?



Context given?

- Which kind of person or what kind of situation should the answer suit?
- Is there any background to help better understand the request?



Format defined?

- In what form should the answer come (e.g., list, table, short text, summary, list of ideas)?
- Is there a desired length or structure (e.g., 150 words)?



Have follow-up questions been factored in?

- If something is unclear, would you prefer the AI chatbot to ask before answering?
- Formulation tip: “If unsure, please ask before answering.”



Data protection observed?

- Has personal data been anonymized or removed?



Did you know? Just give it a try: If the result isn't suitable, rewrite the prompt and send it again!

Summary

Good answers come when you ask your questions clearly and with sufficient information. Briefly explain what it's all about and describe what exactly you want to know or achieve. You can also specify roles or specific formats and go through them step by step. Request that sources be provided. This gives you helpful results for your daily life and conversations with your treatment team.

With a little practice, you'll get better and better at prompting. Don't worry if it doesn't work perfectly at first – trial and error is part of the process. This is how you learn best!



Chapter 3

Practical MS Prompts to Try Out

LLMs (see Chapter 1) are most helpful when you **try them out**. In this chapter, you will find prompts that can be useful in your day-to-day life with MS – from simply explaining what MS is to preparing for doctor’s appointments in a structured way.

Each prompt card displays:



Prompt: How to ask.



Answer/Result: What you can expect.




Verify: How to review the answer.





Medical consultation/everyday life: How you can make practical use of the information.


1. Basic explanations

Understanding multiple sclerosis


 **Prompt:** “Explain multiple sclerosis to me in simple terms. Answer in no more than 6 sentences. Prove this information with reputable sources such as trotz-ms.de. Think it through very carefully.”


 **Answer:** Short and simple explanation of MS.


 **Verify:** “Please provide reputable sources, such as trotz-ms.de.”


 **Medical consultation:** “This is how I understood it – is that correct?”

Explaining multiple sclerosis to family members

 **Prompt:** “How do I explain multiple sclerosis to my family members? Please answer in such a way that people without medical knowledge understand. Think it through very carefully. Prove everything with reputable sources.”


 **Answer:** Simple explanation and typical questions such as “Is MS contagious?”

 **Verify:** “Please confirm that the examples are correct.”

 **Everyday life:** Helps family and friends get involved.

Explaining multiple sclerosis in another language


 **Prompt:** “Explain multiple sclerosis in Spanish in layperson’s terms.”

 **Answer:** A translation for family members who do not speak German.

 **Verify:** “Please confirm that translation is correct and understandable.”


 **Everyday life:** Helpful for families with multilingual backgrounds.

Explaining multiple sclerosis to children

 **Prompt:** “How do I explain multiple sclerosis to children aged 6–8 years? Use simple examples and a positive tone. Format: 5 short sentences and 3 questions. Think it through very carefully. Prove everything with reputable sources.”

 **Answer:** Child-friendly explanation, short and positive.


 **Verify:** “Do these statements align with patient information?”


 **Everyday life:** Facilitates conversations with children and young people.



Did you know? AI does not just write text! LLMs (see chapter 1, page 9) can also understand texts and generate images. For example, this makes it easy to create explanatory illustrations, infographics or visual representations of medical topics, which are clear enough and easy to understand.

Explaining multiple sclerosis to children in a creative way

 **Prompt:** “Create an illustration and write a story that explains multiple sclerosis to my 6-year-old daughter. Please explain it using language that is appropriate for children and full of hope.”

 **Answer:** An illustrative, creative explanation that makes MS easier to understand. For example:


The Story of the Magic Wire & the Little Mouse


Imagine that your body is full of magic wires. These wires help your thoughts and ideas travel from your head to your arms, legs, and other parts of your body – so you can run, draw, or cuddle.

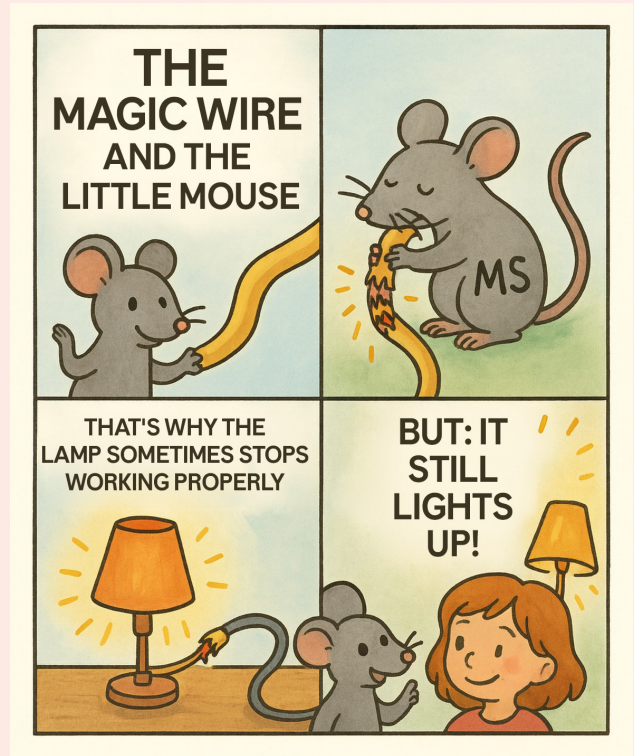
Wires usually have a sturdy, colorful sheath that protects them. Just like the wires on a lamp or a toy.

But sometimes a small MS mouse comes along and nibbles on the sheath, leaving small holes in the wire here and there. When that happens, the magic current cannot flow as well. Sometimes the lamp flickers slightly or takes longer to take on.

But here’s the thing: your body is very clever! It finds ways around the problem so that the magic can keep flowing. And there are doctors and treatments that help keep the mouse from coming too often and keep the wires as strong as possible. And you know what? Even if the light flickers at times, it still lights up – just like you, with all your laughter, your imagination, and courage thanks to early, highly effective therapy.

 **Verify:** “Please confirm this metaphor is medically accurate and appropriate for children.”


 **Everyday life:** Facilitates conversations with children and young people.





Important Please don't be surprised – the same prompt never produces the exact same result twice. You will always get a slightly different answer (see Chapter 2, pages 24–25). There may still be small or larger errors in the graphics that your observant child might be the first to notice.


2. Preparing for doctor's appointments and understanding doctor's letters

Translating a doctor's letter

 **Prompt:** “Translate my anonymized doctor's letter into plain language. Break down your response into: 1) Findings, 2) Meaning, 3) Questions for the next conversation. Checklist answers with max. 8 points.”



 **Answer:** Clear structure that makes complicated content understandable.



 **Verify:** “Mark the parts you are unsure about.”





 **Medical consultation:** “This is how I understood it – is that correct?”





Translate my anonymized doctor's letter into plain language. Break down your response into: 1) Findings, 2) Meaning, 3) Questions for the next conversation. Checklist answers with max. 8 points.



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-  Add photos and files %U
-  Add from Sharepoint

-  Deep research
-  Create image
-  Agent mode
-  Study and learn
- ... More

 **Arztbrief_MS.pdf (Doctor's letter_MS_pdf)** 
PDF

Translate my anonymized doctor's letter into plain language. Break down your response into: 1) Findings, 2) Meaning, 3) Questions for the next conversation. Checklist answers with max. 8 points.

+  



Step-by-step guide to uploading documents

1. Open the chat: Open the chat using ChatGPT in the browser or in the app.

2. Upload file:

- Click the paper clip icon at the bottom of the input field.
- Select your document (for example, a PDF, DOCX, TXT, or CSV file).
- Once uploaded, the file name will appear in the chat window.

Instruct: Write how to process the document, for example:


- “Summarize the doctor’s letter.”
- “Draft the letter in plain language.”
- “Extract only the diagnosis and medication.”


Privacy: If you share confidential information, make sure to anonymize it – remove personal data – for example:


- Remove your name, date of birth, address, hospital name, doctor’s name, or patient number from the doctor’s letter.
- You can also simply omit or replace any personal information you have with a placeholder, such as “[name]”, “[hospital]”, or “[date]”.


This will keep the content, but it will not enable anyone to identify the individuals involved.

Preparing symptoms for a doctor's appointment


 **Prompt:** “I have multiple sclerosis and have had increased tingling and numbness in my hands over the last two weeks. Please help me prepare my symptoms for my next doctor's appointment. Format: a table listing symptoms, duration, and any changes. Add tips on how I can organize this information during the conversation. Prove everything with reputable sources. Think it through very carefully.”


 **Answer:** A structured overview of symptoms.


 **Verify:** “If you are unsure, please tell me.”


 **Medical consultation:** Helps you remember things that are important.

Questions about making a therapy decision


 **Prompt:** “I have been diagnosed with multiple sclerosis and would like to work with my treatment team to choose the most effective therapy for me. Please formulate a checklist with five clear, understandable and patient-centered questions that I can ask during the medical consultation. Focus on safety, effectiveness, and personal preferences. My preferences include [e.g., traveling, not constantly thinking about MS etc.]. The questions should help me better understand different therapy options, weigh their pros and cons, and make an informed decision. Short and concise answers. Prove everything with reputable sources. Think it through very carefully.”


 **Answer:** Five specific questions you can use in the doctor's appointment.


 **Verify:** “Is this information up to date (as of today)?”


 **Medical consultation:** Can be used as a discussion guide to prepare joint decision-making regarding therapy.

Choice of therapy


 **Prompt:** “Create a table summarizing currently approved disease-modifying multiple sclerosis therapies in Germany with the following columns: Therapy class | Examples | Route of administration | Interval | Efficacy | Safety considerations | Practical considerations | Approval status/indication | Sources. Start with highly effective therapies. Sources: ≥ 2 per class (e.g., guidelines, high-quality journals) with links and dates.”


 **Answer:** Overview of approved MS therapies in Germany.

 **Verify:** “Has this information been verified against current guidelines and regulatory data? Please specify sources and publication year.”


 **Medical consultation:** Which MS therapy is right for me?

Factors in the choice of therapy


 **Prompt:** “What factors should I consider when choosing a multiple sclerosis therapy? Context: work, family, treatment intervals, adherence, method of administration. Format: Factor-based table | Meaning | Questions for the treatment team. Think it through very carefully. Prove everything with reputable sources.”


 **Answer:** Overview with individual decision-making criteria.

 **Verify:** “Is this information described in studies or guidelines?”


 **Medical consultation:** As a basis for discussion with the treatment team.

Importance of early highly effective MS therapies


 **Prompt:** “Why is it important to start a highly effective therapy after being diagnosed with multiple sclerosis? Answer briefly and in layperson’s terms. Format: a list with 5 reasons and 2 common misconceptions. Prove this information with reputable sources such as trotz-ms.de. Think it through very carefully.”


 **Answer:** A list of clear arguments in favor of early highly effective therapy.

 **Verify:** “Is this information described in studies or guidelines”


 **Medical consultation:** A foundation for discussing escalation vs. early highly effective therapy.

Importance of silent progression


 **Prompt:** “What does “silent progression” mean in the context of multiple sclerosis? Give 5 points to explain it in layperson’s terms. Prove everything with reputable sources and think it through carefully.”


 **Answer:** A list of practical examples to explain why MS can progress even without relapses and why early control of disease activity is crucial.


 **Verify:** “Is this information described in studies or guidelines”


 **Medical consultation:** A foundation for discussing silent progression and the benefits of early, highly effective therapy to maintain quality of life and physical ability.

Understanding NfL values


 **Prompt:** “Explain the neurofilament light chain (NfL) level during multiple sclerosis in plain language. Answer in 5 bullet points. Think it through very carefully. Include information from trotz-ms.de.”

 **Answer:** A simple explanation and understanding of NfL.


 **Verify:** “Is this information described in studies or guidelines”


 **Medical consultation:** A foundation for discussing the measurement of NfL values.

Adverse reactions


 **Prompt:** “Tell me about possible side effects of my multiple sclerosis treatment [insert name of treatment] in plain layperson’s language. Format: 2 lists (common, rare). Prove this information with reputable sources such as trotz-ms.de. Think it through very carefully.”


 **Answer:** A simple overview using traffic light system.


 **Verify:** “Please indicate where the evidence is uncertain.”


 **Medical consultation:** A checklist for new symptoms as a basis for discussion.

Improve adherence to treatment plan

 **Prompt:** “How can I make sure that I am following my treatment plan correctly? Provide a checklist of 5 tips.”


 **Answer:** A checklist to improve your adherence to the treatment plan.


 **Verify:** “Ask me questions to help me better understand my biggest challenges.”


 **Everyday life:** Specific everyday aids (e.g., reminders, routines).


3. Everyday life & support

Everyday tips


 **Prompt:** “Give me 5 tips for managing my everyday life with multiple sclerosis. Sub-categories: nutrition, exercise, mental ability. Format: Checklist. Prove this information with reputable sources from trotz-ms.de. Think it through very carefully.”


 **Answer:** Practical tips for managing my everyday life, organized into 3 categories.


 **Verify:** “Are these tips recommended in patient information materials?”

 **Real life:** Ready to use in your daily routine.


Physical exercise


 **Prompt:** “Put together 3 simple exercises for people with multiple sclerosis. Format: Exercise list | Duration | Note. Please make sure they are suitable for everyday use.”


 **Answer:** Specific descriptions of exercises.


 **Verify:** “Ask me relevant questions to better understand my daily life and tailor your support to my individual needs.”

Cognitive exercises


 **Prompt:** “Put together 5 cognitive exercises to train my memory and concentration. Format: A checklist of brief instructions.”


 **Answer:** Short cognitive exercises.


 **Verify:** “Ask me follow-up questions to better assess my key areas for improvement.”


 **Everyday life:** Make it part of my daily routine (e.g., 10 minutes a day).

Structuring your fears & thoughts


 **Prompt:** “Help me organize my fears and thoughts about multiple sclerosis. Please explain how I can deal with it (e.g., strategies, routines, support options). References to reputable resources such as **trotz ms MY SERVICE** for helpful information and advice. Think it through very carefully.”


 **Answer:** An overview of concerns and solutions.


 **Verify:** “If you’re unsure, please say so.”


 **Everyday life:** Helps you discuss your concerns during the doctor’s appointment.

Listing my MS aids


 **Prompt:** “Create a table listing 5 helpful everyday aids for people with multiple sclerosis who experience weakness in their right hand, for example. Use the following format: Item | Purpose | Useful tip.”


 **Answer:** Specific aids described in clear and understandable terms.


 **Verify:** “If you are unsure, let us know.”


 **Everyday life:** Focus on practical use at home, during personal hygiene, or at work.

MS applications

 **Prompt:** “As a person suffering from multiple sclerosis, what types of support benefits can I apply for? Context: [Customize this to your situation, such as employed, occasional fatigue, limited mobility, require financial and organizational relief.] Format: Table with Service/Application | Competent authority | Documents needed | Timelines | Notes or tips.”

 **Response:** A structured overview of relevant applications and support options (e.g., application for rehabilitation, application for disability ID card, provision of appropriate aids, level of care, participation in working life, compensation for disadvantages, transport service, household care). Tips on when to apply, what are the requirements and how to get support (e.g., through social services or MS counseling).

 **Verify:** “Is this information up to date and based on official sources (e.g. German Pension Insurance Company, health insurance company, integration office, German Multiple Sclerosis Society (DMSG))? If possible, please include the date and source.”

 **Doctor’s appointment/Consultation:** What medical records or test results should I bring to my care team or to the social services to support my application?

Summary

Try it out! And if the outcome isn’t satisfactory, don’t be disappointed – engage in dialog, ask, clarify your request. Often, the answer becomes clearer and more helpful on the second attempt.

With clear questions, the right formats and sources such as trotz-ms.de, AI becomes your practical companion – helping you gain a better understanding, organize your thoughts more effectively, and prepare for discussions with your treatment team.



Chapter 4

Summary and Your Next Steps

In your **MS AI companion**, you have learned how to use AI in practical ways in your daily life, from getting started with simple explanations through to preparing for complex medical consultations. You have many examples and prompt templates that you can try out directly. The more often you use it, the safer you will become in using AI.

Now you know...

- What AI language models (LLMs) are and how they help you translate information into understandable language.
- How to **create great prompts** – clear, concise, with context, purpose, and format.
- How to **prepare for medical consultations** to ensure that discussions with your treatment team are more structured and relaxed.
- How AI can **support you in your everyday life** – with fatigue strategies, physical exercise, or cognitive training.
- How you can use AI to better classify **sensitive topics** without revealing personal data.
- That AI is an **aid, but not a substitute** for your treatment team and **why it is important to always critically review the answers.**

Take-Away Essentials

- **Stay tuned:** AI is rapidly evolving – anything that doesn't work today can happen tomorrow.
- **Practice makes perfect:** the clearer the prompt, the more helpful the answer.
- **It pays to ask questions:** if you don't get the result you want, don't be discouraged – ask again, rephrase your question, try it out, and keep at it.



Not had enough of AI yet?

Scan the QR code and read the **AI/SDM white paper** if you'd like to learn more about AI.

trotzms MY SERVICE



Help & Support: AI doesn't replace humans. For any questions regarding MS, reach out to your personal **trotz ms MY SERVICE** contact on **0800.1010800**.




Share your experiences with us: Post your experiences and feedback on **Instagram** at **@trotz_ms** and **TikTok** at **@trotzms** – this is how you can help others facing similar challenges.

What are you waiting for? You're all set now!



Would you like to share the **Prompt Guide in digital form**? Then scan the QR code and download the Guide here at the **trotz ms** website.



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