

In A Nutshell
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Itching

It's common for people with MS to experience strange sensations, also known as [dysesthesias](#). These sensations can feel like pins and needles, burning, stabbing, or tearing. [Itching](#) (pruritus) is another potential symptom of MS.

itching may come on suddenly and occur in waves. It may last a few minutes or much longer. It's different from allergic itching because MS-related itching does not occur with a rash or skin irritation.

Some disease-modifying medications are administered by injection. These may cause temporary skin irritation and itching at the injection site.

An allergic reaction to medications like interferon beta-1a ([Avonex](#)) may also result in itching. An allergic skin reaction to certain drugs that are given intravenously (by IV) may cause the skin to itch.

In clinical trials, one of the common side effects of the oral medication dimethyl fumarate ([Tecfidera](#)) was the sensation of itching.

Medications used to treat dysesthetic itching may include:

- **Anticonvulsants:** carbamazepine (Tegretol), phenytoin (Dilantin), and gabapentin (Neurontin), and others
- **Antidepressants:** amitriptyline (Elavil) and others
- **Antihistamine:** hydroxyzine (Atarax)

The good news is that, in most cases, no treatment is necessary. The symptoms will subside on their own.

Just For Fun

There aren't any specific lifestyle changes that doctors typically recommend to treat itching in MS. However, there are some changes that help reduce the overall symptoms of MS. These include:

- eating a nutritious diet
- engaging in rehabilitation, including physical, occupational, and vocational therapy
- following an exercise plan recommended by a physical therapist
- getting a massage for relaxation

My scalp has been itching for several months. One remedy suggested by this article is to practice mindfulness. My Fitbit has a module where you can practice mindfulness. I plan to start that today.

If you read this article please let me know. Kaydee691@gmail.com

[Multiple Sclerosis Itching: Causes, Treatments, and More \(healthline.com\)](https://www.healthline.com/health/multiple-sclerosis-itching)