Multiple Sclerosis

I love to dive, but was recently diagnosed with Multiple Sclerosis. Can I continue?

Answer from DAN experts:

This immunologic disease occurring in both young and middle-aged people is characterised by episodes of neurologic dysfunction, often separated by remission. The extent of disability is quite variable. Treatment has improved in recent years.

Fitness & Diving

1. There is no evidence that diving in itself has an effect on the disease. About 20 years ago an unsuccessful effort was made to treat MS with hyperbaric oxygen. Patients neither suffered nor benefited from this treatment.
2. Persons with MS are advised not to exercise to the point of exhaustion and to avoid becoming chilled or overheated. Diving candidates with MS should respect that advice.
3. In each individual case, consider whether the candidate can handle the physical load and master the water skills. Diving candidates should talk to their DMO and neurologist about diving.