

**10 COMMONEST SYMPTOMS (in order of prevalence):**

1. Pain (100%)
2. Numbness/tingling (86%)
3. Sleep disturbance (84%)
4. Weakness (82%)
5. Muscle cramps/twitches/spasms (81%)
6. Stiffness (79%)
7. Fatigue (76%)
8. Joint pains (72%)
9. Balance difficulties (70%)
10. Loss of mobility (68%)

**Other common symptoms seen in the typical case:**

1. Bladder/bowel/sexual dysfunction (68%)
2. Increased sweating (63%);
3. Difficulty thinking clearly/Depression (63% /62%);
4. Heat intolerance (58%);
5. Dry eyes/mouth(58%) and
6. Weight gain (50%).