

## Factors influencing the incidence and exacerbation of MS

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**Background:** MS is one of the most common diseases in the world and is growing day by day. The prevalence of the disease in different populations and ethnic groups, there is considerable variation. The aim of this study was to identify factors contributing to the development and exacerbation of MS.

**Method:** In this retrospective study was conducted from reputable data bases such as: PubMed, SID, Science direct, as well as magazines, journals, authoritative information and library studies in this field is necessary.

**Results:** The cause of MS remains unknown component. For autoimmune disease and at least one attack, at least one or more factors are necessary. Among the influencing factors of MS include: Environmental factors (viruses, vitamin D deficiency due to reduced sunlight, environmental and occupational stress, climate, distance from three quarter, the contagion), Genetics (talented family, the genes and sex hormones, so that more women than men are affected by this disease (People who have a genetic component to this disease, three times more likely to develop the disease) and education. Resonator factors include: heat, fatigue, stress, trauma, infections, increased body temperature, insomnia and etc.

**Conclusion:** Since MS is on the rise globally and the cause of this disease is still unknown and the uncertainty, due to the above factors could partially prevent the progression of the disease.

**Keywords:** Factors, incidence, resonance, MS