The invisible facets of MS and everyday challenges – clinician’s perspective

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MS diagnosis and prognosis

CIS

Will I develop further attacks?

Will I develop disability?
CIS

Questions?

Translation to clinical practice

Answers

Cemcat
Barcelona CIS cohort: Multivariate analysis at baseline

**Risk of conversion to CDMS**

**Risk of reaching EDSS ≥3.0**

ABCRE=Avonex, Betaseron, Rebif, Copaxone, Extavia (IFNβ/glatiramer acetate); HR=hazard ratio; OCB=oligoclonal bands.

Tintoré M et al; Brain. 2015
Updated score for EDSS 3.0

High/Very high baseline risk for EDSS 3.0

NEW T2

3+  NO/1-3

CDMS 12m

YES  NO

1st year Treatment

NO  YES

CDMS 12m

YES  NO

1st year Treatment

N=12  HR=15.0  (95%CI 5.7-39.6)

N=14  HR=5.2  (95%CI 1.1-23.6)

N=24  HR=12.3  (95%CI 5.3-28.5)

N=24  HR=4.7  (95%CI 1.0-21.6)

N=15  HR=3.8  (95%CI 0.8-17.5)

N=59  HR=7.4  (95%CI 3.3-16.5)

N=30  HR=4.4  (95%CI 1.2-16.5)
Updated Risk calculator example
Calculating risks in MS

[Image of a scientific calculator with a display showing a calculation involving π, 2, and 3.141592653589793.]

Disclaimer: This calculator is provided “AS IS” for demo purpose only.

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Can I improve my prognosis?

**MULTIPLE SCLEROSIS IN 2013**

**Novel triggers, treatment targets and brain atrophy measures**

*Xavier Montalban and Mar Tintoré*

2013 witnessed advances in many aspects of multiple sclerosis (MS) research. Two studies highlighted a potential role for salt as an MS trigger, and one immunomodulatory drug performed well in clinical trials. Moreover, treatment effects of MS drugs were shown to correlate inversely with brain atrophy and disease progression.

Is there a treatment for me?

DRUGS LICENCED TO TREAT RELAPSING MS

- Interferon beta 1a s.c.
- Interferon beta 1b s.c.
- Interferon beta 1a i.m.
- Glatiramer acetate
- Mitoxantrone
- Natalizumab
- Fingolimod
- Teriflunomide
- Fumarate
- Peg IFN
- Alemtuzumab
- Daclizumab
- Ocrelizumab
Which is the risk benefit ratio?
Shared Decision is crucial when discussing treatment options

- Patient and Disease Profile
- Therapy Attributes
- Patient Preferences
- Geographic and Economic Factors
Many questions will arise during MS journey

Relapsing-remitting  Secondary progressive

Primary progressive
Which are the risks of a pregnancy for my disease?

Which problems multiple sclerosis can cause to my pregnancy?
Why I am so fatigued?

- Frequency: 75-95%
- Main symptom: 50%
- Interferes with quality of life
- No existing treatment

Bakshi R et al. Mult Scler 2003; Freal JE et al, 1984; Branas P et al., 2002
What about depression?

- Frequency, lifetime: 40-55%
- Frequency, 12 months prevalence: 25%
- Interferes with quality of life
- Should be identified and treated

I have been fired out…. Unemployment

Probability of Remaining in Active Employment After Onset of MS

- **Control Persons**
- **MS Patients**

![Graph showing probability of remaining in active employment over time for control persons and MS patients.](image-url)
Divorce and Separation

Crude Probability of Remaining in a Relationship After Onset of MS*

*Life table method.

What about my earnings?

5 years after diagnosis...

• **Mean earnings of MS patients:**
  – 72% of earnings among References

• **Higher education/qualified occupation**
  – Higher levels of earnings

• **Largest relative differences**
  – Those with lowest level of earnings
  – ...lower education
  – ...less qualified occupations

• **Exception: Managers**
  – Large difference MS vs Ref

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(1000 SEK ~100 Euro)
Who knows where life will take you the road is long and in the end the journey is the destination