

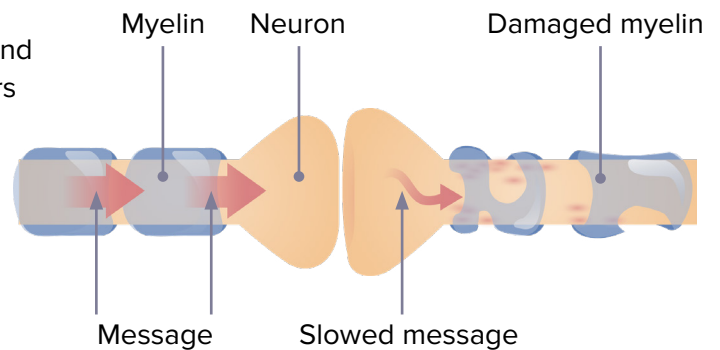
MULTIPLE SCLEROSIS



Multiple sclerosis (MS) is a chronic autoimmune disease affecting the CNS. The immune system attacks nerve fibers and the myelin sheathing that surrounds and insulates nerve fibers in the brain and spinal cord. Inflammation and scarring result in impaired nerve impulse transmission.

Of the 4 forms of MS, the most common are:

- Relapsing-remitting MS (RRMS): periods of exacerbation followed by periods of remission
- Primary progressive MS (PPMS): progresses steadily from onset without remission



1 Vision: blurring, double vision, eye pain

2 Swallowing difficulty, voice changes

3 Bladder & bowel: constipation; urinary retention, frequency, urgency

4 Sexual: erectile dysfunction, decreased sensation/libido, orgasm difficulty

5 Cognitive & emotional: depression, fatigue, confusion, forgetfulness, vertigo, dizziness, tremors

6 Musculoskeletal: weakness, spasticity, ataxia

7 Sensation: pain, itching, numbness, tingling

8 Walking & balance: vertigo, poor coordination, rigidity, spasticity, gait changes

- No single test reliably diagnoses MS.**
- Supporting tests:**
- Blood tests to rule out other diseases
 - Spinal tap (lumbar puncture)
 - MRI, CT
 - Electroencephalography
 - Evoked potential tests

- Treatment goals:**
- Speeding recovery from attacks
 - Slowing disease progression
 - Managing symptoms of urinary retention, spasticity, motor, and speech deficits
 - Maintaining functional state/range of motion and emotional/mental health

There is no cure for MS.

Types of drugs used to slow MS progression, and reduce severity/frequency of relapses:

Corticosteroids, immunomodulators, interferons, immunoglobulins, monoclonal antibodies, chemotherapy agents

Symptomatic treatment:

Drugs for fatigue, depression, pain, muscle spasticity, sexual dysfunction, insomnia, bladder and bowel problems, increased walking speed



- Patient education:**
- Avoid fatigue, stress, infection, overheating, chilling.
 - Balance moderate exercise with rest. Maintain regular bowel and bladder elimination.
 - Eat a balanced diet and increase fluid intake.
 - Adopt safety measures to reduce injury related to motor/sensory loss.
 - Notify provider of any exacerbation or worsening of condition.

NOTES

