TRIGEMINAL NEURALGIA IN MULTIPLE SCLEROSIS

A cause of severe facial pain commonly described as electric shock–like pain.

9.7% (~10%) of respondents ever had trigeminal neuralgia

15% of those with trigeminal neuralgia had it before MS diagnosis

RISK FACTORS
• being a woman
• longer disease duration
• more disability

n = 85,900 SURVEY RESPONDENTS
Persistent symptoms in middle or lower abdomen without any other disease or structural abnormality to account for the symptoms.

Functional gastrointestinal disorders (GI) are common in respondents.

41.9% of respondents experienced functional gastrointestinal disorders.

Risk factors include:
- greater disability
- depression
- anxiety
- women

Functional gastrointestinal disorders decrease quality of life.
**KEY FINDINGS**

**DIET QUALITY & HEALTHY LIFESTYLE**
- **healthy weight** (Body Mass Index <25)
- **physically active**
- **non-smoker**
- **better than average diet**

Diet quality in the **TOP 20%** is associated with lowest levels of disability.

**HEALTHY LIFESTYLE DECREASES LIKELIHOOD OF:**
- **Fatigue** (31%)
- **Depression** (47%)
- **Pain** (64%)
- **Cognitive Impairment** (33%)

**SURVEY RESPONDENTS**
- n = 7639

Diversified, balanced & healthy diet

*Neurology 2018;90:e1-e11*
MEASURES OF OBESITY AND DISABILITY SEVERITY IN MULTIPLE SCLEROSIS

Abdominal obesity is a type of body fat stored within the abdominal cavity and can be assessed using waist circumference.

- 1 in 2 people with MS have abdominal obesity.
- Abdominal obesity increases the likelihood of having severe rather than mild disability.

**KEY FINDINGS**

**WAIST CIRCUMFERENCE IN MEN AND WOMEN**

- ≥30 cm
- ≥40 cm

(North American Research Committee on Multiple Sclerosis, 2020;26:976-986)
SITTING TIME
IN MULTIPLE SCLEROSIS

Sedentary behavior
activities performed while sitting, reclining or lying down that expend little energy

EXCESSIVE SITTING AND CONSEQUENCES

n = 6483

SURVEY RESPONDENTS

RISK FACTORS
• men
• greater disability

DIABETES
HEART DISEASE
HIGH BLOOD PRESSURE
OBESITY

630+ MIN/DAY
KEY FINDINGS

PSEUDOBULBAR AFFECT IN MULTIPLE SCLEROSIS

PBA
uncontrollable laughing or crying, often does not match mood

7 IN 100 PEOPLE
with MS report symptoms of PBA

DIAGNOSIS
OVERLAP WITH
DEPRESSION
based on findings from Center for Neurologic Study-Lability Scale questionnaire.

ASSOCIATED FACTORS
LOWER SOCIOECONOMIC STATUS
GREATER COGNITIVE IMPAIRED
YOUNGER
NON-WHITE

CENTER FOR NEUROLOGIC STUDY-LABILITY SCALE
n = 574

n = 8136 SURVEY RESPONDENTS
EMPLEYMENT IN REGISTRIES FOR MULTIPLE SCLEROSIS

Understanding employment in MS by using registry data – German MS Register, NARCOMS, UK-MS Register

EMPLOYED WITH MS

GERMAN MS REGISTER

NARCOMS

UK-MS REGISTER

DECREASE IN EMPLOYMENT IS SEEN WITH

- increase in disability
- increase in age
- decrease in education

n = 9164 GMSR | 5436 NARCOMS | 4696 UK-MS

Mult Scler 2020; doi: 10/1177/1352458520910499
PROFILE OF PRIMARY PROGRESSIVE MS IN MULTIPLE SCLEROSIS

Primary progressive MS is characterized by slow accumulation of disability from the beginning

AGE AT ONSET: 36
AGE AT DIAGNOSIS: 44

2/3 ARE FEMALE
1/3 RECEIVE MS CARE AT SPECIALIZED MS CENTER

1/3 OF PEOPLE
1/2 OF PEOPLE

COMORBID CONDITIONS COMMON FOR THOSE WITH MS
- DEPRESSION
- DIABETES
- HIGH BLOOD PRESSURE
- ANXIETY
- HIGH CHOLESTEROL
- HEART DISEASE

SEVERITY OF DISABILITY
- Mild 6%
- Moderate 17%
- Severe 77%