

CHALLENGING DEMYELINATING DISEASE CASES

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MS Essentials 2017 -- Key Topics Covered:

Faculty will use a series of illustrative cases to bring participants up-to-date on current diagnosis and management of multiple sclerosis and other demyelinating disorders. Use of the Audience Response System will enable participants to exercise their own judgment at multiple decision nodes as each case unfolds, and compare their own choices with those of their peers and faculty. Cases have been carefully selected to represent real situations regularly encountered in the practice of two expert MS clinicians. Topics covered include:

MS Diagnosis:

Early manifestations of MS, including concepts of RIS, CIS, and early relapsing MS will be addressed looking at cases referred to MS specialists for diagnostic clarity.

- Consider when CSF is necessary, useful, or extraneous in diagnosing MS?
- Ensuring the McDonald MS Diagnostic Criteria is applied in practice
- Making an MS diagnosis in the absence of definitive relapses

MS Clinical Course:

Review of the archetypal MS phenotypes (RRMS, SPMS, PPMS) and the 2014 revision to include the presence or absence of disease activity and progression.

- Distinguishing between progressive and relapsing forms of MS
- Incongruity between progressive clinical phenotype and MRI disease activity
- Utilizing the topographical model of MS to visualize transition between phenotypes
- Influence of clinical course and phenotype on treatment strategy

Approach to Disease Modifying Therapy:

Discuss through clinical cases the 14 available disease modifying therapies, and approach to selection on the basis of efficacy, safety, tolerability, route of administration, and customizing this decision to include risk assessment and patient preference.

- Choosing disease modifying therapies for early relapsing MS
- Assessing breakthrough disease and treatment response
- Indications to switch disease modifying therapies
- Comorbidities, risk mitigation and their influence on treatment selection

Management of Progressive MS:

Emphasize early recognition of signs and symptoms of progressive disease, using illustrative cases with both subtle and overt signs of progression.

- Clinical pearls from the patient history that may indicate progressive MS
- Utility of existing and emerging disease modifying therapies in progressive forms of the disease
- Distinguishing between primary and secondary progressive MS

- How can data on biotin, simvastatin, and alpha lipoic acid be applied in practice?

Symptom Management and Lifestyle Recommendations:

Key recommendations for treating characteristic MS symptoms, as well as dietary, nutritional, and lifestyle guidance for MS patients will be reviewed.

- Treatment strategies for gait impairment
- Assessment and treatment of pseudobulbar affect
- Recommendations on Vitamin D supplementation
- Dietary modification in MS – what is the data to date?

Distinguishing MS symptoms from mimics and alternative diagnoses:

When is “foot drop” a sign of MS relapse, a symptom of MS progression, or an indicator of a superimposed peripheral nervous system disease or an insidious central nervous system MS mimic?

- Cases will provide clinical insights on approaching this archetypal symptom, in diverse patients, with disparate outcomes.