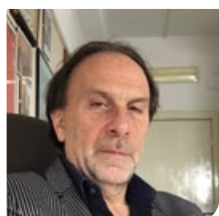


# e-MS Experts' Summit Season 2020

## Abstracts

### Daily management of MS symptoms

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MS is an inflammatory demyelinating disease of the central nervous system, which is characterised by an autoimmune attack that targets myelin in the brain and spinal cord. The clinical disease course of MS comprises relapses and remissions of neurological deficits (relapsing–remitting MS) followed, in some cases and especially if left untreated, by progressive disability (secondary progressive MS).

The main symptoms of MS are pain, mood and cognitive disorders, fatigue and spasticity.<sup>1</sup> In particular, these last two symptoms can influence the patient's autonomy of movement and their ability to perform daily activities. For this reason, it is critical to be able to identify and qualify these symptoms early, so symptomatic treatment can be started early. The pharmacological treatments currently available for the treatment of MS symptoms have not shown consistent efficacy. Therefore, it is useful to examine the clinical and scientific data for evidence of their potential benefits. Successful symptom management is a key determinant of quality of life for the patient and is the basis for improving physical and psychological function.

#### References

1. Kister I, Bacon TE, Chamot E, et al. Natural history of multiple sclerosis symptoms. *Int J MS Care* 2013; 15: 146–58.