

e-MS Experts' Summit Season 2020

Abstracts

Spasticity-related symptoms and quality of life

Paloma Montero (Madrid, Spain)



MS affects multiple areas of the central nervous system, consequently resulting in a broad range of different symptoms. All of these symptoms vary throughout the disease and become more prevalent as the disease evolves.¹

Spasticity is a common symptom in patients with MS. We know that patients with spasticity secondary to MS present with or experience worsening of a large number of associated symptoms such as pain, spasms, sleep disorders, fatigue or bladder dysfunction, and these usually respond to the same treatments. Awareness of these symptoms, as well as the methods used for their detection and monitoring, is essential; this allows an adequate therapeutic approach, avoiding the use of unnecessary drugs and associated adverse effects in many cases.²

MS mainly affects people in the early stages of their lives. Uncertainty about the disease's course, the risk of progression and disability, and especially the large number of associated symptoms have a significant influence on the patient's quality of life (QoL).³

Although the use of QoL scales in clinical practice is complicated by organisational problems, assessing patient QoL in addition to the degree of disability provides highly relevant insight into the overall impact of the disease. Long-term preservation of QoL should be regarded as a critical marker of therapeutic success.⁴

References

1. Zwibel HL, Smrtka J. Improving quality of life in multiple sclerosis: an unmet need. *Am J Manag Care* 2011; 17 (Suppl. 5): S139–45.
2. Bandari DS, Vollmer TL, Khatri BO et al. Assessing quality of life in patients with multiple sclerosis. *Int J MS Care* 2010; 12: 34–41.
3. Tobin WO. Management of multiple sclerosis symptoms and comorbidities. *Continuum (Minneap Minn)* 2019; 25(3): 753–72.