

# SPMS Uncovered

## Secondary progressive multiple sclerosis (SPMS):

... is a phase on the MS spectrum<sup>1</sup>.

... can be characterized by cognitive and physical changes and accumulation of disability<sup>2</sup>.

... follows an initial relapsing remitting MS (RRMS) phase<sup>1</sup>.

**2.3 Million**

people worldwide are affected by MS<sup>3</sup>.



**~ 85%**

of all MS diagnoses account for RRMS<sup>3</sup>.



**up to 80%**

of patients with RRMS will eventually transition to SPMS<sup>3</sup>.



## Early diagnosis and therapy may help patients maintain independence for longer.



MS follows a different path for each patient. Things to look out for<sup>4</sup>:

- **Cognitive changes**
- **Increased fatigue**
- **Difficulties with bladder control**
- **More reliance on walking aids**

**Caregivers, friends and family** are key to noticing changes.



**Regular patient-doctor conversations** can help spot changes earlier.



Memory loss?  
More exhausted?  
Troubles walking?

**Any change – no matter how small – should trigger a discussion.**

References:

1. MS Society. Secondary Progressive MS (SPMS). <https://www.mssociety.org.uk/about-ms/types-of-ms/secondary-progressive-ms>. Accessed Juli 2019.
2. National Multiple Sclerosis Society. Secondary Progressive MS (SPMS). <https://www.nationalmssociety.org/What-is-MS/Types-of-MS/Secondary-progressive-MS>. Accessed Juli 2019.
3. Multiple Sclerosis International Federation. Atlas of MS 2013. <http://www.msif.org/wp-content/uploads/2014/09/Atlas-of-MS.pdf>. Accessed Juli 2019.
4. National Multiple Sclerosis Society. MS Symptoms. <https://stage.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms>. Accessed Juli 2019.