

SPMS Uncovered

Secondary progressive multiple sclerosis (SPMS):

... is a phase on the MS spectrum¹.

... can be characterized by cognitive and physical changes and accumulation of disability².

... follows an initial relapsing remitting MS (RRMS) phase¹.

2.3 Million
people worldwide are affected by MS³.



~ 85%
of all MS diagnoses account for RRMS³.



up to 80%
of patients with RRMS will eventually transition to SPMS³.



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



MS follows a different path for each patient. Things to look out for⁴:

- **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 January 2020.
2. National Multiple Sclerosis Society. Secondary Progressive MS (SPMS). <https://www.nationalmssociety.org/What-is-MS/types-of-MS/Secondary-progressive-MS>. Accessed January 2020.
3. Multiple Sclerosis International Federation. Atlas of MS 2013. <http://www.msif.org/wp-content/uploads/2014/09/Atlas-of-MS.pdf>. Accessed January 2020.
4. National Multiple Sclerosis Society. MS Symptoms. <https://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms>. Accessed January 2020.