

SPMS Uncovered

Secondary progressive multiple sclerosis (SPMS) is :

... a form of multiple sclerosis¹

... characterized by progressive, irreversible disability¹

... the stage after an initial relapsing remitting MS (RRMS) phase¹

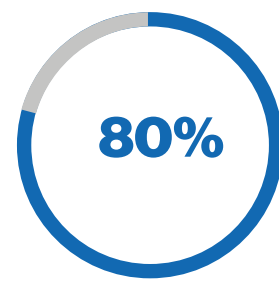
2.3 Million people worldwide are affected by MS².



~ 85% of all MS diagnoses account for RRMS².



up to 80% of patients with RRMS progress to SPMS².



Early diagnosis and therapy is critical for patients as this may help slow the rate of disability progression.



Progression signs look different for each patient. Early signs may include³:

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

Caregivers, friends and family are key to spotting the signs.



Regular patient-doctor conversations can help spot progression earlier.



Memory loss?
More exhausted?
Troubles walking?

Even little changes can mean progression.

References:

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