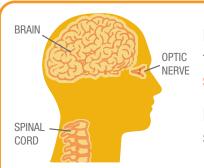
# Multiple Sclerosis & the Brain



Multiple sclerosis (MS) is a chronic autoimmune disease that attacks the central nervous system (CNS) – the **brain**, **spinal cord and optic nerve**<sup>1</sup>.

MS affects the ability of nerve cells in the brain and spinal cord to **communicate** with each other effectively<sup>2</sup>.

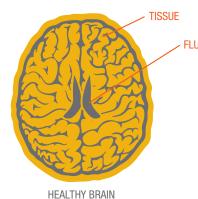
### What is brain volume loss in MS?

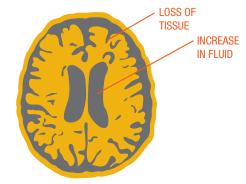
Brain atrophy, a permanent loss of brain tissue, is assessed in patients as brain volume change over time.

Although brain atrophy occurs in people without MS, it occurs 3–5 times faster in people with MS<sup>3</sup>. The atrophy occurs early in the disease and continues throughout the course of disease and in all forms of the disease<sup>3–5</sup>.



#### What does brain volume loss look like in someone with MS?





BRAIN OF SOMEONE WHO HAS HAD RELAPSING REMITTING
MULTIPLE SCLEROSIS (THE MOST COMMON FORM OF MS)
FOR APPROXIMATELY 10 YEARS

Adapted from Bermel et al., 2006

#### **How is brain volume loss measured?**

Currently, assessing brain volume loss is not routinely measured as part of a patient's clinical evaluation.

There is increasing recognition that the assessment of brain volume loss is becoming an important consideration in monitoring MS treatment effects, in addition to being a standard secondary outcome in clinical trials<sup>7,8</sup>.



MRI uses a magnetic field and pulses of radio wave energy to produce images of the brain<sup>8</sup>.

Brain volume loss is a key MRI-predictor of long-term disability<sup>5,9-10</sup>, can be reliably measured and can help determine the disease course.

## What is the impact of brain volume loss in MS?

Brain volume loss in MS has been linked to symptoms that can significantly affect the life of people with MS<sup>9-12</sup>.



REDUCED STRENGTH



**FATIGUE** 



DIFFICULTY WALKING



COGNITIVE IMPAIRMENT

#### EFERENCES

- http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001747/. Accessed April 2013.
- 2. http://www.webmd.com/multiple-sclerosis/guide/what-is-multiple-sclerosis. Accessed April 2013.
- Miller DH, Barkhof F, Frank JÁ, Parker GJ, Thompson AJ. Measurement of atrophy in multiple sclerosis: pathological basis, methodological aspects and clinical relevance. Brain. 2002 Aug;125(Pt 8):1676–95. Review.
- De Stefano N, Giorgio A, Battaglini M, Rovaris M, Sormani MP, Barkhof F, Korteweg T, Enzinger C, Fazekas F, Calabrese M, Dinacci D, Tedeschi G, Gass A, Montalban X, Rovira A, Thompson A, Comi G, Miller DH, Filippi M. Assessing brain atrophy rates in a large population of untreated multiple sclerosis subtypes. Neurology. 2010 Jun 8:74/021-1688-78
- Popescú V, Agosta F, Hulst HE, Sluimer IC, Knol DL, Sormani MP, Enzinger C, Ropele S, Alonso J, Sastre-Garriga J, Rovira A, Montalban X, Bodini B, Cicarelli O, Khaleeli Z, Chard DT, Matthews L, Palace J, Giorgio A, De Stefano N, Eisele P, Gass A, Polman CH, Ultdehaag BM, Messina MJ, Comi G, Filippi M, Barkhof F, Vrenken H on behalf of the MAGNIMS Study Group. Brain atrophy and lesion load predict long term disability in multiple sclerosis. J Neurol Neurosurg Psychiatry. 2013 Mar 23.
- 6. Adapted from Bermel RA, Bakshi R. The measurement and clinical relevance of brain atrophy in multiple sclerosis. Lancet Neurol. 2006 Feb;5(2):158–70. Review.
- 7. Ge Y. Multiple sclerosis: the role of MR imaging. AJNR Am J Neuroradiol. 2006 Jun-Jul;27(6):1165–76. Review.
- http://www.nationalmssociety.org/about-multiple-sclerosis/what-we-know-about-ms/diagnosing-ms/magnetic-resonance-imaging-mri/index.aspx. Accessed April 2013.

  Bakshi R, Benedict RH, Bermel RA, Jacobs L. Regional brain atrophy is associated with physical disability in multiple sclerosis: semiquantitative magnetic resonance
- Bakshi R, Benedict RH, Bermel RA, Jacobs L. Regional brain atrophy is associated with physical disability in multiple sclerosis: semiquantitative magnetic resonance imaging and relationship to clinical findings. J Neuroimaging. 2001 Apr;11(2):129–36.
- 10. Rojas Jİ, Patrucco L, Besada C, Bengolea L, Cristiano E. Brain atrophy at onset and physical disability in multiple sclerosis. Arg Neuropsiquiatr. 2012 Oct;70(10):765–8.

  11. Calabrese M, Agosta F, Rinaldi F, Mattisi I, Grossi P, Favaretto A, Alzori M, Bernardi V, Barachino L, Rinaldi L, Perini P, Gallo P, Filippi M. Cortical lesions and atrophy
- associated with cognitive impairment in relapsing-remitting multiple sclerosis. Arch Neurol. 2009 Sep;66(9):1144–50.

  12. Mowry EM, Behesthian A, Waubant E, Goodin DS, Cree BA, Qualley P, Lincoln R, George MF, Gomez R, Hauser SL, Okuda DT, Pelletier D. Quality of life in multiple sclerosis is associated with lesion burden and brain volume measures. Neurology. 2009 May 19;72(20):1760–5.

