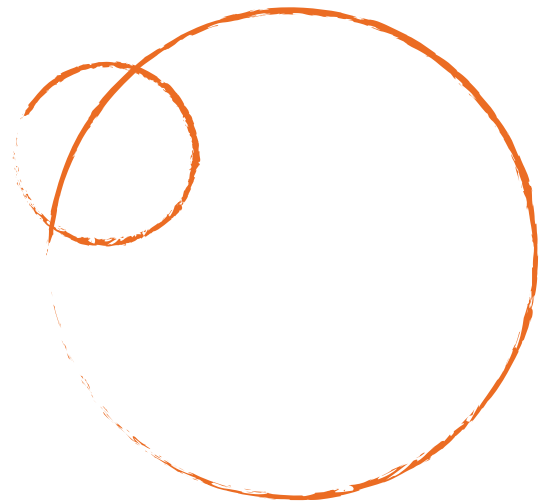


Fact Sheet

Neuromyelitis Optica Spectrum Disorder

NMOSD



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Siegel
Rare Neuroimmune
Association

Neuromyelitis Optica Spectrum Disorder (NMOSD) is a rare relapsing autoimmune disorder that preferentially causes inflammation in the optic nerve and spinal cord. It is sometimes referred to as Devic's Disease, as it was first described by Eugène Devic in 1894, and he coined the term "neuro-myélite diffuse aigüe." It is typically characterized by longitudinally extensive transverse myelitis (LETM, myelitis which is 3 vertebral segments in length or greater), which can leave one quite debilitated at presentation, and unilateral or bilateral optic neuritis. Individuals can present with short lesions as well. It was once thought of as a variant of Multiple Sclerosis (MS) and is still oftentimes misdiagnosed as MS. However, several factors can differentiate it from MS: 1) it typically involves different parts of the brain than in MS, 2) the severity of attacks can be more robust as compared to MS, and 3) the pathophysiology differs from MS – whereas MS does not have a known antibody, NMOSD is associated with the antibodies against the aquaporin-4 water channel. Blood testing for the aquaporin-4 antibody (NMO-IgG) test is highly specific (>99%) and its sensitivity ranges from 48-87%, depending on the assay used. Antibodies to Myelin Oligodendrocyte Glycoprotein or anti-MOG have been found in individuals diagnosed with NMOSD who are negative for the aquaporin-4 antibody. Those with MOG antibody disease tend to have attacks most often in the optic nerve, or optic neuritis (ON). Regardless of antibody status, treatment for acute relapses includes IV methylprednisolone and/or plasma exchange (PLEX), and prevention of future attacks with immunosuppressants and aggressive rehabilitation. In addition to off-label use of immunosuppressants, including rituximab and mycophenolate, three immunotherapies have been recently FDA approved for preventive treatment of aquaporin-4 antibody positive patients: eculizumab, inebilizumab, and satralizumab.

Previously, the disorder was split into two categories: Neuromyelitis Optica and Neuromyelitis Optica Spectrum Disorder, whereby the former definition required both optic neuritis and transverse myelitis to make the diagnosis and the latter allowed for only one attack in the context of a positive aquaporin-4 antibody test. The International Panel for NMO Diagnosis (IPND) released an updated set of guidelines in 2015 in which the term NMOSD includes all aquaporin-4 seropositive patients with even a single inflammatory attack, plus seronegative patients with both optic neuritis and transverse myelitis.





Epidemiology

NMOSD can affect children as young as 2 years and adults as old as 90 years. While MS is more prevalent among Caucasians, NMOSD disproportionately affects those of African descent. It is more common in women. The onset of NMOSD varies from childhood to adulthood, and the average age of onset is about 40 (about 10 years later than that of MS). In a more recent study published by Mealy et al.¹, out of 187 patients from three academic centers in the United States, there were 14 patients with onset as a minor, with only 5-8 being pre-menses in their development. Children with NMOSD are more likely to be NMO-IgG seronegative.



Signs and Symptoms

Most symptoms are related to optic nerve, spinal cord, and brainstem inflammation and include:

- Loss or blurring of vision in one or both eyes
- Paralysis (no motor function) of a limb or limbs
- Paraparesis (weakness) of a limb or limbs
- Loss of bladder or bowel control
- Intractable nausea and vomiting
- Profound bladder retention
- Loss of color vision
- Intractable hiccups
- Loss of sensation



Diagnosis

In 2015, revised diagnostic criteria were proposed by The International Panel for NMO Diagnosis (IPND). These guidelines are different depending on the aquaporin-4 (AQP4) IgG antibody status of the person. The diagnostic requirements are more stringent in those without AQP4-IgG and require 2 core clinical characteristics, one of which has to be optic neuritis, acute myelitis with longitudinally extensive transverse myelitis (LETM), or lesions in certain areas of the brain that cause typical NMOSD syndromes. Those who are AQP4-IgG positive require just one core clinical characteristic. They also determined a set of “red flags” that do not exclude NMOSD if present but may indicate another diagnosis. Some of these red flags include: a very short (less than 4 hours) or very long (more than 4 weeks) time to the worst part of an attack and presence of oligoclonal bands in the cerebrospinal fluid.

They also give a list of neuroimaging characteristics of NMOSD, which include LETM, a lesion in the central part of the cord, and certain NMOSD-typical brain lesion patterns. The IPND also stated that the characteristics of pediatric NMOSD are similar to adult NMOSD, and the proposed criteria can generally be used in this population, although they note that a LETM lesion is not as specific for NMOSD in children as it is in adults because LETM can occur in 15% of children with MS and can occur in ADEM.



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Furthermore, they note that 5-10% of NMOSD cases are monophasic but note that it is unclear what criteria indicate that someone will maintain a monophasic disease course. They recommend that someone be considered to have monophasic NMOSD only after they have been relapse free for five or more years, but those who are AQP4-IgG positive should be considered to be at high risk for recurrence regardless of the length of time between attacks. A test for anti-MOG should be done as well.

Diagnostic criteria for NMOSD with AQP4-IgG

- At least 1 core clinical characteristic
- Positive test for AQP4-IgG using best available detection method (cell-based assay strongly recommended)
- Exclusion of alternative diagnoses

Diagnostic criteria for NMOSD without AQP4-IgG or unknown AQP4-IgG status

At least 2 core clinical characteristic occurring as a result of one or more clinical attacks and meeting all of the following requirements:

- At least 1 core clinical characteristic must be optic neuritis, acute myelitis with LETM, or area postrema syndrome
- Dissemination in space (two or more core clinical characteristics)
- Fulfillment of additional MRI requirements, as applicable
- Negative test for AQP4-IgG using best available detection method, or testing unavailable
- Exclusion of alternative diagnoses

Core clinical characteristics

- Optic neuritis
- Acute myelitis
- Area postrema syndrome: episode of otherwise unexplained hiccups or nausea and vomiting
- Acute brainstem syndrome
- Symptomatic narcolepsy or acute diencephalic clinical syndrome with NMOSD-typical diencephalic MRI lesions
- Symptomatic cerebral syndrome with NMOSD-typical brain lesions

Additional MRI requirements for NMOSD without AQP4-IgG or unknown AQP4-IgG status

- Acute optic neuritis: requires brain MRI showing normal findings or only nonspecific white matter lesions or optic nerve MRI with T2-hyperintense lesion or T1-weighted gadolinium-enhancing lesion extending over >1/2 optic nerve length or involving optic chiasm



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- Acute myelitis: requires associated intramedullary MRI lesion extending over three or more contiguous segments (LETM) or three or more contiguous segments of focal spinal cord atrophy in patients with history compatible with acute myelitis
- Area postrema syndrome: requires associated dorsal medulla/area postrema lesions
- Acute brainstem syndrome: requires associated periependymal brainstem lesions



Acute Treatments

It is extremely important to begin treatments as soon as possible after a rare neuroimmune diagnosis. Treatment in the acute or early stages involves quieting down the immune system as quickly as possible, before damage is done. Time is critical. While not all individuals present alike, the following are possible treatments in the management of an acute event.

Intravenous Steroids

Although there are no clinical trials that support a unique approach to treat patients experiencing Transverse Myelitis (TM) or Optic Neuritis (ON), it is well recognized as a standard of care to give high-dose intravenous methylprednisolone for suspected acute myelitis, generally for 5 days, unless there are compelling reasons not to. The decision to offer continued steroids or add a new treatment is often based on the clinical course and MRI appearance at the end of 5 days of steroids.

Plasma Exchange (PLEX)

PLEX is often recommended for moderate to aggressive forms of TM and ON, as is very often the case with NMOSD, if there is not much improvement after being treated with intravenous steroids. If presenting symptoms are severe, PLEX may be initiated concurrently with steroids. There have been no prospective clinical trials that prove PLEX's effectiveness in NMOSD, but retrospective studies of TM treated with IV steroids followed by PLEX have shown a beneficial outcome. PLEX also has been shown to be effective in other autoimmune or inflammatory central nervous system disorders. Early treatment is beneficial – PLEX is typically started within days of administering steroids, very often before the course of steroids has finished. Particular benefit has been shown if started within the acute or sub-acute stage of the myelitis or if there is continued active inflammation on MRI.

Other Acute Treatments

In cases of no response to either steroids or PLEX therapy and continued presence of active inflammation in the spinal cord, other forms of immune-based interventions may be required. The use of immunosuppressants or immunomodulatory agents may be considered in some cases. One of those approaches is the use of intravenous cyclophosphamide (a chemotherapy drug often used for lymphomas or leukemia). Initial presentation with aggressive forms of myelitis, or if particularly refractory to treatment with steroids and/or PLEX, aggressive immunosuppression with cyclophosphamide is considered. Individuals should be monitored carefully as potential complications may arise from immunosuppression. As with all medications, risks versus benefits of aggressive immunosuppression need to be considered and discussed with the clinical care team.



... Acute Treatments

The use of IV immunoglobulin (IVIG) has not been tested and its use in the management of acute or sub-acute NMOSD is not supported.



Prognosis and Management

In NMOSD, the likelihood of recurrence of disease activity is greater than 90%. Attacks in NMOSD can be devastating. Prior to effective treatments for NMOSD became available, about 50% of those diagnosed with NMOSD were dependent on a wheelchair and/or functionally blind by 5 years. With the advent of the antibody test and effective treatments, we can reduce the risk of relapse, but each attack is still considered potentially devastating. Therefore, it is generally thought that ongoing treatment with medications that suppress the immune system and prevent relapses is necessary. The three primary off-label therapies used in the US are mycophenolate mofetil (CellCept), rituximab (Rituxan), and azathioprine (Imuran), but new therapies have been FDA approved based on randomized clinical trials that demonstrated effective and safe strategies to treat NMO.

All of these medications carry a risk of infections, particularly upper respiratory infections and urinary tract infections (UTIs). Good hygiene and hand washing are important if on immunosuppressants, as is having a good urologist if at risk for UTIs. There is also the risk with any of these medications of the development of a rare brain infection called progressive multifocal leukoencephalopathy, or PML. PML is an infection caused by the reactivation of a virus, called the JC virus, which lives in the kidney. In someone who is immunosuppressed, this virus can escape the kidney, cross the blood-brain barrier, and enter the brain, causing profound inflammation. Although it can be treated, it is very devastating and sometimes fatal. It is important to know that exposure to these medications in NMOSD has not led to a known case of PML. The known rate of incidence of PML if on Rituxan is estimated at 1 in 25,000 and the rate in CellCept is estimated at 1 in 6,000 based on data from use of these medications for immunosuppression for other purposes. The manufacturer of Imuran cautions about a risk of PML with Imuran as well, but the incidence of PML on Imuran is not documented. Clinical diligence and early intervention are important if PML is suspected.

Chronic immunosuppression requires regular skin exams with a dermatologist since our immune system is our best defense against cancer cells developing, and any of these treatments can interfere with its normal functioning.

Mycophenolate mofetil and azathioprine are both twice daily pills which broadly suppress the immune system. Both medications were originally FDA approved for organ transplant rejection prophylaxis, although azathioprine now is indicated in rheumatoid arthritis, and both have been widely used in several autoimmune disorders. These medications require frequent blood draws upfront, then generally twice yearly to monitor for liver toxicity and to ensure optimal immunosuppression (absolute lymphocyte count around 1 and total white blood cell count between 3 and 4).



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Soliris® Soliris® (eculizumab) was the first FDA-approved complement inhibitor indicated for the treatment of adults with AQP4 antibody-positive NMOSD. Eculizumab is a complement inhibitor; the complement system is a part of the immune system that aids your body in attacking foreign microbes and promoting inflammation. It is given by intravascular (IV) infusion in an outpatient infusion center. One infusion is given every two weeks, but to start therapy, there is one infusion weekly for five weeks, followed by infusions every two weeks. In the PREVENT clinical trial, Eculizumab reduced the risk of relapse by roughly 94%. In the PREVENT clinical trial, 143 AQP4 antibody positive individuals were studied. They received either Eculizumab or placebo, however both groups were allowed to continue other immunosuppressive medications (steroids, azathioprine, mycophenolate modafinil, etc). The most common side effects include headache, upper respiratory tract infections, high blood pressure, nausea, vomiting, and diarrhea. Infusion reactions may occur, ranging from flu-like symptoms, low blood pressure, hives to swelling, shortness of breath and, in more severe cases, shock. A serious infection called meningococcal meningitis may occur; this is from a bacterial infection that can cause inflammation around the brain. Vaccination against meningococcus is required to use Soliris. There is no FDA pregnancy category assigned to Eculizumab. Eculizumab has been used safely for the treatment of other medical conditions during pregnancy on an individual basis but has not been studied in large groups of pregnant people. It is unclear if this medication is generally safe for use in pregnancy and should be discussed with your doctor.

Alexion offers patient support through their OneSource program at alexiononesource.com.

Uplizna™ Uplizna™ (inebilizumab-cdon) is the second FDA-approved treatment for NMOSD in adult patients who are AQP4 antibody positive. Inebilizumab works by killing B-cells, a type of white blood cell felt to cause inflammation leading to injury in NMOSD. Mechanistically, this drug is similar to Rituximab. It is given by intravascular (IV) infusion in an outpatient infusion center. It is given as one infusion every six months, with the exception of the first dose which is divided into two infusions (at week 0 and week 2). In the N-Momentum clinical trial, inebilizumab reduced the risk of relapse by roughly 73% compared to individuals with NMOSD not on therapy. In the N-Momentum clinical trial, 230 individuals were studied. They were both positive and negative for the AQP4 antibody, with slightly better response seropositive participants with 77% reduction in relapse risk. Individuals taking the drug were compared to individuals not taking any drug. There is a higher risk of infections, most commonly respiratory tract and urinary tract infections. Joint pain may occur. Infusion reactions may occur, ranging from flu-like symptoms, low blood pressure, hives to swelling, shortness of breath and, in more severe cases, shock. There can be reactivation of old infections, like hepatitis and tuberculosis, which your doctor will screen for before starting the medication. There is no FDA pregnancy category assigned to Inebilizumab. Studies have shown that Inebilizumab can cross the placenta and decrease fetal white blood cells, similar to Rituximab. It is unclear if this medication is safe for use in pregnancy and should be discussed with your doctor.



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Horizon Therapeutics is committed to helping patients access Uplizna, and they have a team in place to support both patients and their care partners. Viela VIPs is a complimentary support program for patients, care partners and healthcare professionals. Case managers will help navigate insurance and financial assistance needs where appropriate. For more information on this program, please visit VielaVIPs.com.

Enspryng™

Enspryng™ (satralizumab-mwge) is the first and only subcutaneous treatment for adults living with AQP4 antibody positive NMOSD. Satralizumab works by inhibiting a certain protein called interleukin-6, which normally function to mediate communication between white blood cells and increase inflammatory immune responses. It is given by injections under the skin at home. It is given as one injection into the skin per month, with the exception of the first month with injections at Weeks 0, 2, and 4. In the clinical trial Sakurastar, Satralizumab reduced the risk of relapse by roughly 55% compared to individuals with NMOSD not on therapy. In the clinical trial Sakurastar, 95 individuals were studied. They were both positive and negative for the AQP4 antibody with seropositive individuals responding much better than seronegative. Individuals taking the drug were compared to individuals not taking any drug. Upper respiratory tract infections, headache, rash, joint pain, fatigue, and nausea are the most common side effects. There is no FDA pregnancy category assigned to Satralizumab. There has been no harm in animal studies, however no human studies have been performed. It is unclear if this medication is safe for use in pregnancy and should be discussed with your doctor.

Genentech is committed to helping patients access the medicines prescribed by their physician. For people with NMOSD, the Enspryng Access Solutions team is available to answer questions, provide product education and injection training, and help families understand insurance coverage and navigate appropriate financial assistance options to start and stay on Enspryng. Patients can call 1-844-NSPRYNG (844-677-7964) to speak to a Patient Navigator or visit enspryng.com.

Azathioprine

Azathioprine is the medication that has been around the longest, and, over the years, has been used most widely in NMOSD. However, while the annualized relapse rate seems to be low on azathioprine, one complication with this medication is that some are not able to stay in remission on azathioprine alone and have to also be on steroids (complications of steroids will be discussed below). Additionally, a long-term study of azathioprine found that the risk of lymphatic-proliferative cancers was reported to be 3%. A common side effect includes gastrointestinal upset, and this may manifest as bloating, constipation, nausea, diarrhea, and may vary throughout the course of one's time on the medication. Azathioprine is contraindicated in pregnancy, so pregnancy planning is very important. It is FDA Category D (which means one should not take this drug during pregnancy unless it's lifesaving) and is associated with an increased risk of miscarriages, 7% rate of congenital problems, and high rate of bone marrow suppression that recovers after birth. It is the cheapest of the medications.



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Mycophenolate mofetil Mycophenolate mofetil has a similar effect on the gastrointestinal system, though many report that the symptoms are milder with mycophenolate as compared with azathioprine. Additionally, some complain of headaches with mycophenolate, particularly in the beginning; these tend to wane with ongoing use. Generally, mycophenolate seems to be quite robust in its ability to keep individuals in remission, and, what's more, while lymphoma may be a risk of this medication, there have been no cases reported in NMOSD patients while on this medication, so the risk is likely low. Mycophenolate is also contraindicated in pregnancy, so, again, planning is imperative. It is also an FDA Category D (one should not take this drug during pregnancy unless it's lifesaving), and carries a 45% chance of miscarriage. Of those that do not miscarry, 22% have congenital defects, mostly in the face (mouth, ears).

Rituximab Rituximab is an intravascular infusion which works differently from the other two agents listed above. Rather than being a broad immunosuppressant, rituximab completely depletes one particular type of white blood cell called B-cells, which has downstream effects on the rest of the immune system. Though protocols are slightly different, in general, it is given two times twice a year (4 infusions total) and is given in an outpatient infusion center. This is because of a 30% risk of an infusion reaction without pre-medication with some cocktail of methylprednisolone, diphenhydramine and perhaps acetaminophen. The medication is quite well-tolerated. There are generally no side effects to the medication. There is no lymphoma risk with this medication. There is a monthly blood test to monitor the B-cell CD20 expression. Rituximab is safer in pregnancy than the other two previously described, (Category C; may be toxic in animals or no human data) – there are no official FDA reports of birth defects in cases of pregnancy with rituximab, but babies are born with no CD20 cells. It does not appear to increase risk of infection in babies as the cells repopulate within 6-18 months. In monkey studies performed by the manufacturer, there was no toxicity on the fetus, and monkey babies were born with no CD20 cells, again with no infection risks. In the largest case series published in February 2011, out of 153 women who became pregnant on rituximab, there were 4 post-natal infections and two congenital abnormalities (1 club foot, 1 heart defect), but these women were also on other immunosuppressant medications during the pregnancy, including azathioprine and mycophenolate. They concluded that rituximab does not increase the risk of congenital malformations above the natural rate of 1-2%. Planned pregnancy is still recommended.

Prednisone Low-dose prednisone is used as well, more often in other parts of the world. As noted above, some clinicians also use it in combination with azathioprine for those who continue to relapse on azathioprine alone. Its use is oftentimes not favored in the US for maintenance therapy due to the potential complications associated with long-term steroid use, including diabetes, osteoporosis, weight gain, mood instability, hypertension, skin changes, etc.





Long-Term Care

After the acute phase, rehabilitative care to improve functional skills and prevent secondary complications of immobility involves both psychological and physical accommodations. There is very little written in the medical literature specifically dealing with rehabilitation after NMOSD. However, much has been written regarding recovery from spinal cord injury (SCI) in general, and this literature applies. The physical issues include bowel and bladder management, sexual dysfunction, maintenance of skin integrity, spasticity, activities of daily living (i.e., dressing), mobility, and pain.

It is important to begin occupational and physical therapies early during the course of recovery to prevent the inactivity-related problems of skin breakdown and soft tissue contractures that lead to a decreased range of motion. Assessment and fitting for splints designed to passively maintain an optimal position for limbs that cannot be actively moved is an important part of the management at this stage.

The long-term management of NMOSD requires attention to a number of issues. These are the residual effects of any spinal cord injury or injury to the optic nerve. In addition to chronic medical problems, there are the ongoing issues of ordering the appropriate equipment, reentry into school or work, re-socialization into the community, and coping with the psychological effects of this condition by the patients and their families. During the early recovery period, family education is essential to develop a strategic plan for dealing with the challenges to independence following return to the community.

Visual Issues For patients who have had optic nerve inflammation, residual vision loss can be experienced. Patients can possibly note blurred vision, loss of color vision, difficulty with depth perception, and glares or halos around lights at night. Furthermore, patients who fully recover vision after optic neuritis may experience transient returns of blurred vision during times of stress, exertion, or heat exposure.

Bladder Function When the spinal cord is damaged, two general problems can affect the bladder. The bladder can become overly sensitive and empty after only a small amount of urine has collected, or relatively insensitive, causing the bladder to become over extended and overflow. An overly distended bladder increases the likelihood of urinary tract infections and, in time, may threaten the health of the kidneys. Depending on the dysfunction, treatment options include timed voiding, medicines, external catheters for males (a catheter connected to a condom), padding for women, intermittent internal self-catheterization, an indwelling catheter, or electrical stimulation. Surgical options may be appropriate for some people. Common bladder problems include incontinence, frequency, nocturia (frequent urination at night), hesitancy, and retention. Treating incontinence, frequency, and nocturia is often easier than treating hesitancy and retention, where clean intermittent urinary catheterizations are the basic component to success. Working with a good urologist is imperative to prevent potential serious complications, particularly one who understands spinal cord disease. Urodynamic testing is necessary to determine urine retention to check risk for urinary tract infections, particularly if there is a history of UTIs, to guide the urologist in terms of the best management.



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Bowel Function Another major area of concern is effective management of bowel function. A common problem in spinal cord injury is difficulty with evacuation of stool, although fecal incontinence can also occur. The neurologic pathways for defecation are similar to those of the bladder. Many lacking voluntary control of the bowel may still be able to achieve continence by diet, strategic use of stool softeners and fiber, and the technique of rectal stimulation. Other aids include suppositories, anal irrigation, and oral medications. A high-fiber diet, adequate and timely fluid intake, and medications to regulate bowel evacuations are the basic components of success. Regular evaluations by medical specialists for adjustment of the bowel program are recommended to prevent potentially serious complications. There are some surgical options, although this is rarely necessary.

Sexual Dysfunction Sexual dysfunction involves similar innervation and analogous syndromes as those found in bladder dysfunction. Treatment of sexual dysfunction should take into account baseline function before the onset of NMOSD. Of the utmost importance is adequate education and counseling about the known physical and neurologic changes that NMOSD has on sexual functioning. Because of the similarities in innervation between sexual and bladder function, patients with sexual dysfunction should be encouraged to empty their bladders before sexual stimulation to prevent inopportune incontinence. The mainstays of treatment of erectile dysfunction in men are inhibitors of cGMP phosphodiesterase, type 5, which will allow most men with spinal cord damage to achieve adequate erections for success in intercourse through a combination of reflex and/or psychogenic mechanisms. Although less effective in women, these same types of medications have been shown capable of enhancing a woman's sexual functioning. The most commonly used oral erectile dysfunction drugs are Viagra (sildenafil), Levitra (vardenafil), and Cialis (tadalafil). Although sexual experience is impacted by spinal cord injury, sensual experience and even orgasm are still possible. Lubricants and aids to erection and ejaculation (for fertility) are available. Adjustment to altered sexuality is aided by an attitude of permissive experimentation, as the previous methods and habits may no longer serve.

Skin Breakdown Skin breakdown occurs if the skin is exposed to pressure for a significant amount of time, without sensation or the strength to shift position as necessary. Sitting position should be changed at least every 15 minutes. This can be accomplished by standing, by lifting the body up while pushing down on armrests, or by just leaning and weight shifting. Wheelchairs can be supplied with either power mechanisms of recline or tilt-in-space to redistribute weight bearing. A variety of wheelchair cushions are available to minimize sitting pressure. Redness that does not blanch when finger pressure is applied may signal the beginning of a pressure ulcer. Good nutrition, vitamin C, and avoidance of moisture all contribute to healthy skin. Pressure ulcers are much easier to prevent than to heal.

Spasticity Spasticity means stiffness or muscle spasms and is often a very difficult problem to manage. Some stiffness in our muscles is necessary in order to control our movement, but when they become too tight, the result can range from slightly bothersome stiffness (particularly upon waking) to uncontrollably painful spasms. When the



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latter occurs, small triggers such as changes in position, temperature, humidity, or presence of infections can cause this painful spasticity. The key goal is to remain flexible with exercise, a daily stretching routine, and a bracing program with splints, as needed. These splints are commonly used at the ankles, wrists, or elbows. Also recommended are appropriate strengthening programs for the weaker of the spastic muscles acting on a joint and an aerobic conditioning regimen. These interventions are supported by adjunctive measures that include antispasticity drugs (e.g., diazepam, baclofen, dantrolene, tizanidine), therapeutic botulinum toxin injections, and serial casting. In cases where spasticity is severe, a baclofen pump, which provides the medication directly to the spinal cord, may be considered. The therapeutic goal is to improve function in performing specific activities of daily living (i.e., feeding, dressing, bathing, hygiene, mobility) through improving the available joint range of motion, teaching effective compensatory strategies, and relieving pain. Left untreated, severe spasticity can lead to shortening of the affected muscle or joint called contractures, further impacting mobility, rehabilitation, and independence.

Pain Changes in sensation often occur and can manifest as lack of sensation, or numbness, as well as painful sensations called neuropathic pain. This pain is described in many different ways, including burning, squeezing, stabbing, or tingling. Having the sensation of pain means the nerve signal is getting through, but in an inappropriate way. While this can get better over time, there is a long list of medications to treat these symptoms. The same medication doesn't work for everyone, so the trial and error of finding the right medication can be frustrating. Alternative therapies such as acupuncture and meditation have also been utilized, with varying success.

While the body is constantly working toward repair, once damage is done to the central nervous system, there will always be evidence of this damage, usually evidenced on an MRI. Clinical fluctuations of old symptoms, particularly in the setting of infection, stress, heat (Uhthoff's phenomenon), menstrual cycle, or anything that increases core body temperature or throws the body off of its normal course are also possible. It is important to note that this is not inflammatory driven and therefore in no way represents worsening of the condition.

The first step in treating pain effectively is obtaining an accurate diagnosis. Unfortunately, this can be very difficult. Causes of pain include muscle strain from using the body in an unaccustomed manner, nerve compression (i.e., compression of the ulnar nerve at the elbow due to excessive pressure from resting the elbow on an armrest continuously), or dysfunction of the spinal cord from the damage caused by the inflammatory attack. Muscle pain might be treated with analgesics, such as acetaminophen (Tylenol), non-steroidal, anti-inflammatory drugs such as naproxen or ibuprofen (Naprosyn, Aleve, Motrin), or modalities such as heat or cold. Nerve compression might be treated with repositioning and padding (i.e., an elbow pad for an ulnar nerve compression).

Nerve pain can be a significant challenge to find effective treatment. Nerve messages traveling through the damaged portion of the spinal cord may become scrambled



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and misinterpreted by the brain as pain. Besides the treatments listed above, certain antidepressants such as amitriptyline (Elavil), or anticonvulsants, such as carbamazepine, phenytoin, or gabapentin (Tegretol, Dilantin, Neurontin) may be helpful. Stress and depression should also be addressed since these conditions make pain harder to tolerate.

Depression Individuals with NMOSD should be educated about the effect of NMOSD on mood regulation and routinely screened for the development of symptoms consistent with clinical depression. Warning signs that should prompt a complete evaluation for depression include failure to progress with rehabilitation and self-care, worsening fixed low mood, pervasive decreased interest, and/or social and professional withdrawal. A preoccupation with death or suicidal thoughts constitutes a true psychiatric emergency and should lead to prompt evaluation and treatment. Depression is not due to personal weakness or the inability to “cope.” It can have devastating consequences; not only can depression worsen physical disability (such as fatigue, pain, and decreased concentration), but it can have lethal consequences.

During the early recovery period, family education is essential to develop a strategic plan for dealing with the challenges to independence following a return to home. Ongoing problems typically include ordering the appropriate equipment, dealing with re-entry into school, work, and community, and coping with the psychological effects of this condition on both those diagnosed with NMOSD and their families. Being saddened or demoralized by the diagnosis of NMOSD is appropriate. The inability to move past this grief in a reasonable period of time such that it interferes with relationships and functional living needs to be addressed and treated. Many fear that depression reflects on oneself as an inadequate ability to cope with their diagnosis and feel weak. But it is not a personal strength issue, and depression is very much a physiological manifestation and treatable. Both talking to a psychiatrist/psychologist and medication management can be beneficial, and some studies indicate a synergistic effect of combining the two. Depression can rebound and can at times become more resistant to treatment.

Fatigue Fatigue is the lack of mental and/or physical energy. Fatigue can be a direct result of a disease process (primary fatigue) or an indirect result (secondary fatigue). In NMOSD, fatigue is more often thought to be a result of secondary fatigue. Examples of secondary fatigue include fatigue from medications, depression, stress, poor sleep patterns, infections, or changes in walking, which increase energy requirements. The key is to try to identify the underlying cause of the fatigue – for example, if one is not sleeping well because of pain, bladder dysfunction, or depression, this needs to be identified and addressed; not getting consistent sleep will worsen every other aspect of NMOSD! If too much energy is exerted due to changes in walking, physical therapy can help identify better body mechanics that will help conserve energy. When nothing else can be identified as contributing to fatigue, REST is recommended! Conserving energy such that activities are planned and paced can allow for these activities to be more enjoyable rather than stressful. Also, reorganizing home and office can help to reduce the amount of wasted energy exerted so that energy can



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Rehabilitation and Activities of Daily Living

be saved up for activities that are enjoyable. Also, exercise routines incorporated in the day can actually help build stamina and reduce fatigue in the long-run – it's also a great stress reducer! Pilates, yoga, and swimming are great, but the key is to find something enjoyable and not overdo it.

An appropriate strengthening program and an aerobic conditioning regimen are recommended. The effects on mobility as a result of NMOSD can vary widely, however, from paralysis to mild weakness. Either way, physical therapy is instrumental in returning function. Because physical therapists deal with many different types of injuries and diseases, it is ideal to work with one who has a particular interest in spinal cord rehabilitation when possible. Assistive devices may be necessary for weakness – it can be difficult and oftentimes humbling to take the necessary step of using an assistive device, but when faced with the alternative of broken hips, heads, and the downstream effects of lost wages or jobs, it is an important and sometimes indispensable step in maintaining independence. It is also always very important to remember to exercise, as tolerated, in order to maintain physical health and stamina.

Individuals with NMOSD may find ordinary tasks such as dressing, bathing, grooming, and eating very difficult. Many of these obstacles can be mastered with training and specialized equipment. For example, long handled sponges can make bathing easier as can grab bars, portable bath seats, and hand-held shower heads. For dressing, elastic shoelaces can eliminate the need to tie shoes while other devices can aid in donning socks. Occupational therapists are specialists in assessing equipment needs and helping people with limited function perform activities of daily living. A home assessment by an experienced professional is often helpful.

Physical therapists assist with mobility. Besides teaching people to walk and transfer more easily, they can recommend mobility aids. This includes everything from canes (single point vs. small quad cane vs. large quad cane) to walkers (static vs. rolling vs. rollator) and braces. For a custom-fabricated orthotic (brace), an orthotist is necessary. Careful thought should go into deciding whether the brace should be an ankle-foot orthosis, whether it should be flexible or stiff, and what angle the foot portion should be in relationship to the calf portion. Some will benefit by a knee-ankle foot orthosis. Each person should be evaluated individually. The best results occur when a physician coordinates the team so that the therapists and orthotists are united on what is to be achieved. The physician best trained to take this role is the physiatrist.

Additional Resources

Myelitis Helpline srna.ngo/helpline

For questions about our organization and rare neuroimmune disorders, visit the Myelitis Helpline, an online tool developed by SRNA.

Resource Library srna.ngo/resources

To access up-to-date resources on rare neuroimmune disorders, which include symposium videos, magazines, podcast recordings, published research summaries, information sheets and relevant external resources, visit our Resource Library.



References

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