

Symptom Management

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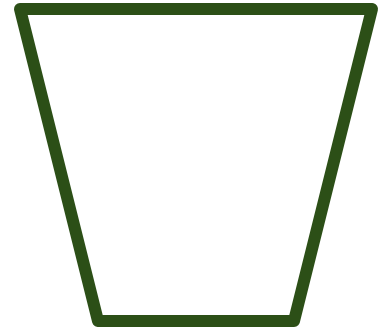
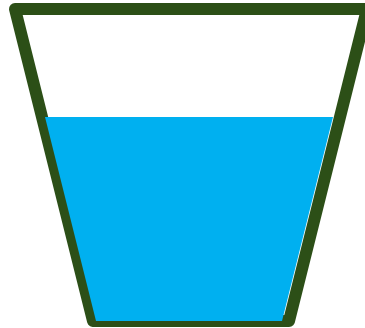
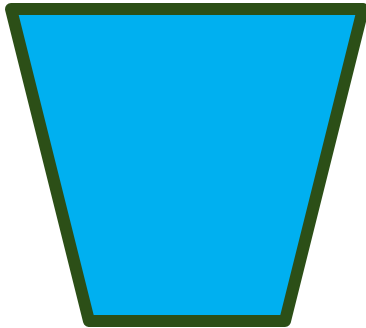


Lifestyle

- Sleep
- Diet:
 - Fruits and vegetables
 - Limit processed and excess sugary foods
- Physical Activity
- Vitamin D
- Mindfulness
- Social activities
- Hobbies
- Limit screen time and social media

Fatigue

- Very common symptom
- Good sleep, diet, exercise
- Vitamin D?
- Taking breaks and naps
- Planning activities – Cup analogy



Mood Disorders: anxiety, depression

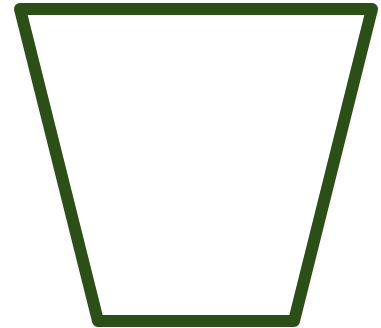
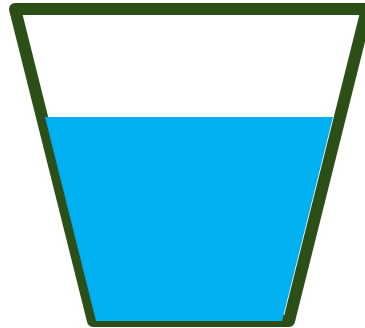
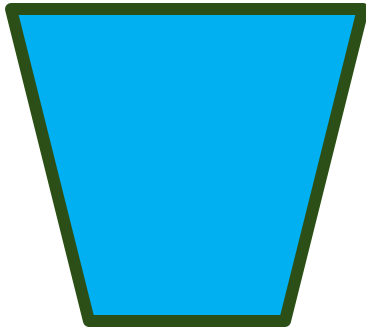
- Very common in neuroinflammation: direct effect of neuroinflammation + chronic disease
- Psychotherapy
- Medications
- Sleep: going to bed and waking up at the same time every day
- Sunlight in the morning/Phototherapy
- Diet
- Exercise
- Mindfulness
- Vitamin D?

Pain

- Sleep, diet, exercise, mindfulness
- Therapies: physical, cognitive behavioral therapy
- Medications: by mouth, patch, creams
- Treat other symptoms (fatigue, sleep, anxiety/depression, muscle stiffness)
- Acupressure/acupuncture
- Cold therapy

”Brain Fog”

- Sleep/naps
- Diet
- Exercise
- Reminders
- Cognitive rehabilitation



Difficulty with urination

- This can include both difficulty with starting urination and having accidents
- **Lifestyle Changes:**
 - Fluid Management: Drink fluids throughout the day and avoid large amounts before bedtime.
 - Dietary Adjustments: Limit bladder irritants like coffee, tea, alcohol, and soda.
 - Timed Voiding: Plan bathroom breaks every one to three hours can help prevent accidents.
 - Protective Measures: Use absorbent pads, adult diapers, or washable underwear for leakage, extra clothes.
- **Pelvic physical therapy**

Interventions when having difficulty with urination

- **Medications:**
 - Antimuscarinic medications
 - Botulinum Toxin (Botox) Injections
- **Catheters:**
 - Intermittent self catheterization: A small tube is inserted to drain the bladder
 - Indwelling catheter
- **Nerve Stimulation Devices**