Welcome to today’s Webinar:
Medication Update
Disease Modifying Therapies

Your Presenter is: Jane Bridgman
Your Facilitator is: Belinda Saunders

Acknowledgement

We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.
We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.
Informed Choice

The symptoms of MS vary from person to person.
A person’s symptoms of MS vary over time.
Every person is an individual and requires a personalised assessment and management plan.

Individuals should seek further advice regarding the relevance for their situation by contacting MS Connect on 1800 042 138.

Introduction to Presenter

Jane Bridgman is a registered nurse with 5 years experience in disability and aged care, progressive neurological conditions and primary health care. Jane currently works in MS Connect as an MS Nurse Advisor.

The MS Nurse Advisor service is available for clients, carers, family members and health professionals who may have queries about multiple sclerosis, symptoms, medications and general wellbeing.

If you would like to speak with an MS Nurse Advisor, contact MS Connect on 1800 042 138. MS Nurse Advisor appointments are available by phone, Skype and Facetime.
Understanding MS

MS is a progressive neurological condition that affects the central nervous system, which includes the brain, spinal cord & optic nerve.

In a person with MS, their immune system can attack the myelin surrounding nerves in the central nervous system.

This damage can lead to lesions or scars. Multiple Sclerosis = Multiple Scars

Four types of MS

- **PRMS**: Progressive Relapsing MS
- **SPMS**: Secondary Progressive MS
- **PPMS**: Primary Progressive MS
- **RRMS**: Relapsing Remitting MS
Treating & Managing MS

Disease modifying therapy
Symptom management
Relapse treatment
General health
Wellbeing
Quality of Life

Understanding health

Physical health
Intellectual health
Social health
Emotional health
Availability of Medication in Australia

**Therapeutic Goods Administration (TGA):**
Regulatory body for prescription medication, vaccines, sunscreen, vitamins, minerals, medical devices, blood and blood products in Australia.

Example: Sativex (medicinal cannabis)

**Pharmaceutical Benefit Advisory Committee (PBAC):**
An independent expert panel chosen by the government who meet 3 times per year to decide what is listed on the PBS. Members include doctors, health professionals, health economists and consumer representatives.

Example: Ocrevus for PPMS

**Pharmaceutical Benefit Scheme (PBS):**
An Australian Government program that subsidises medicines to make them more affordable.

Example: RRMS drugs, Antibiotics etc

Treating the Disease – Disease Modifying Therapies (DMTs)

Also called immunotherapies, DMTs work by modifying the activity of the immune system.

- Slows frequency & severity of relapses
- Myelin sheath are subjected to less damage
- Resulting in less disability progression
Disease Modifying Therapies

Currently only available on the PBS for RRMS.
Options currently include:
- Oral medications → tablets, capsules
- Self injected medications → subcutaneous, intramuscular
- Intravenous agents → powder mixed with fluid which is infused into the body via a vein

Disease Modifying Treatments: Oral Medication

- Gilenya: daily
- Aubagio: daily
- Tecfidera: twice daily
- Mavenclad: week 1 → daily for 5 days week 4 → daily for 5 days repeated in year 2
Disease Modifying Treatments: Self injecting medication

**Avonex**: Weekly IM  
**Betaferon**: 2nd Daily SC  
**Rebif**: 3 times/week SC  
**Plegridy**: Fortnightly SC

**Copaxone**: Daily SC or 3 times/week

Disease Modifying Treatments: Infusions

**Tysabri**: monthly  
**Ocrevus**:  
  - Day 1: half dose  
  - Day 15: half dose  
  - 6 monthly thereafter

**Lemtrada**:  
  - year 1: daily for 5 days  
  - year 2: daily for 3 days
Managing Side Effects

Know what to expect & what to do about it:
- What are the commonly reported side effects?
- What should you do if you experience them?

Don’t be afraid to ask questions, seek clarification & get further information:
- MS Nurse
- Neurologist
- GP
- Pharmacist

Seek regular reviews:
- Should the side effects have subsided by now?
- What else can I do to minimise the side effects?

Other Disease Modifying Treatments

Immunosuppressants

Mitoxantrone
Methotrexate
Changing Medication

When do I need to change my MS medication?

- Side effects
- Lifestyle changes
- Control of Relapses
- Progression of disease
- Other changes in health

What is a Relapse?

A relapse may also be referred to by other names such as an exacerbation, bout, attack, flare-up or episode.

A relapse is formally defined as the development of new symptoms, or the temporary worsening or recurrence of old symptoms, which is not caused by an infection or any other cause and lasts more than 24 hours.

Excellent resource ➔

Treatment of Acute Relapses

The medicines used to treat a relapse, or symptom-management drugs, include corticosteroids (steroids). They are used to manage intense relapses by easing inflammation in the affected area.

Treatment can include:
- Steroids: IV or oral
- Symptom management
- Allied health support
- Equipment
- Social support

Maintaining Treatment

- Learning the dosing regime & technique
- Pre & post care
- Managing side effects
- Ongoing testing requirements
- Available Support:
  - MS Connect
  - MS Clinics/Nurses
  - Pharmaceutical Company Specific programs
  - Neurologist
# Pharmaceutical Support Programs

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<tr>
<td>Novartis</td>
<td>Gilenya</td>
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<td>1800 671 203</td>
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<td>Sanofi Genzyme</td>
<td>Aubagio, Lemtrada</td>
<td>MS One to One</td>
<td>1800 222 221</td>
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<td>Biogen</td>
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<td>Teva</td>
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<td>Care Xone (pronounced zone)</td>
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<td>Bayer-Schering</td>
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<td>1800 575 960</td>
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<tr>
<td>Roche</td>
<td>Ocrevus</td>
<td>Conductor</td>
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# Summary: Treating MS

- **RRMS only**
  - Lifestyle modifying therapy
    - oral
    - injection
    - infusion
  - Relapse treatment
    - Steroids
    - Rehabilitation
  - Symptom management
    - Complementary & alternative medicines
    - Aids, equipment & adaptations

- MS
  - Lifestyle choices
    - Diet
    - Exercise
    - Smoking
    - Stress
  - Symptom management
    - Medication
    - Rehabilitation
    - Complementary & alternative medicines
    - Aids, equipment & adaptations
    - Lifestyle choices & strategies
Future Directions

- Medication for
  SPMS → Siponimod
  PPMS → Ocrevus on PBS

- Myelin repair and regeneration

- Stem cell therapy to ‘reset’ the immune system

Resources

MS: https://www.ms.org.au/
MS Research Australia: https://msra.org.au/
MS Clinical Trials Network: https://mstrials.org.au/
Contacts and Questions

**MS CONNECT**

Our team of MS Specialists are available 8.30am-5pm, Monday – Friday

Freecall 1800 042 138

Email
msconnect@ms.org.au

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Free E-books

Contact MS Connect to obtain login details
1800 042 138
Get Your Act Together

- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit [www.ms.org.au](http://www.ms.org.au) and search Get Your Act Together

The National Disability Insurance Scheme

A major change to the way disability supports and services are funded and delivered

- Available to people who are: under 65, satisfy residency requirements and are able to demonstrate that their disability substantially affects daily living
- Promoting choice, control and social and economic participation
- Providing a whole-of-life approach
- It is not means tested
- Providing reasonable and necessary supports and services
- Ensuring equity of access
We can help you to

• understand the eligibility requirements
• understand the pathways to access the NDIS
• prepare for a planning conversation
• understand your current supports and any unmet need
• develop your goals

We are a ‘Registered Provider’

MS is a registered NDIS provider in NSW, ACT, Vic and Tas. MS is approved to provide:

• Preplanning prior to your conversations (All areas)
• Support Coordination/Connection – assistance to help make your plan active (All areas)
• Short term accommodation (Vic)
• Community Participation (NSW)
• Exercise physiology and personal training (NSW)
• Specialist Continence Assessment (NSW and Vic)
• Physiotherapy and Occupational Therapy (NSW and Vic)

Want to learn more?
Please call MS Connect 1800 042 138
MS Wellbeing

MS Financial Assistance program
MS Financial Assistance program provides one-off funds for those facing financial hardship. The funds can be used to purchase equipment or air conditioners to promote quality of life and help with health related matters.

Thank you

MS Connect
1800 042 138
msconnect@ms.org.au
Please stay on after this webinar to complete a short survey.

Your feedback is important to us and will be used to improve our services.

Thank you for your time.