Welcome to today’s Webinar:

**Overview of Disease Modifying Therapies in Multiple Sclerosis**

Your Presenter is Bridie Phillips  
Your Facilitator is Nicola Graham

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**Housekeeping**

Thanks for joining us for this webinar – welcome!

You will be able to:
- hear the presenter
- see the slides
- see the presenter

You do not need to have camera or microphone.

We cannot see you or hear you today, but our system tells us that you are online.
Control Panel

Control panel appears on the right of screen

If you are using a Mac, a tablet or an iPad, you need to look for the control icons across the top, side or bottom of your screen;

Click the down arrow on the Questions pane to open

Click to minimize or maximise

Type in your question and click send

Handouts

Handouts have been sent separately.
This contains a copy of the slides presented today and possibly other relevant reading material depending on the topic

The webinar will be recorded and will be available on our website: www.ms.org.au via the Webinar library
Polls

Polls are used throughout our client webinars as a way of making the webinars interactive.

To familiarise you with how they work I will run one now…

Welcome to today’s Webinar:

Overview of Disease Modifying Therapies in Multiple Sclerosis

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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

Bridie is a Registered Nurse and has committed the last 12 years to community health, predominantly in palliative care, pain management and within the MS community. Bridie currently works in MS Connect as a 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

- nerve cell with MS, the myelin sheath becomes damaged
- myelin sheath protects nerve fibres

Multiple Sclerosis Limited
An overview of Disease Modifying Therapies in Multiple Sclerosis

Four types of MS

- SPMS: Secondary Progressive MS
- PPMS: Primary Progressive MS
- RRMS: Relapsing Remitting MS

Treating & Managing MS

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

- **Physical health**
- **Social health**
- **Intellectual 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
An overview of Disease Modifying Therapies in Multiple Sclerosis

**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

*Dosage change: July 2019*
An overview of Disease Modifying Therapies in Multiple Sclerosis

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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<th>Drug Company</th>
<th>Drug</th>
<th>Support Organisation</th>
<th>Contact number</th>
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<tr>
<td>Novartis</td>
<td>Gilenya</td>
<td>N/A</td>
<td>1800 671 203</td>
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<tr>
<td>Sanoﬁ Genzyme</td>
<td>Aubagio</td>
<td>MS One to One</td>
<td>1800 222 221</td>
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<td></td>
<td>Lemtrada</td>
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<tr>
<td>Biogen</td>
<td>Tecfidera</td>
<td>MS Alliance</td>
<td>1800 286 639</td>
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<td></td>
<td>Avonex</td>
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<td>Tysabri</td>
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<tr>
<td>Teva</td>
<td>Copaxone</td>
<td>Care Xone (pronounced zone)</td>
<td>1800 502 802</td>
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<td>Bayer–Schering</td>
<td>Betaferon</td>
<td>Betaplus</td>
<td>1800 557 960</td>
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<td>Merck Serono</td>
<td>Mavenclad</td>
<td></td>
<td>1800 073 243</td>
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<td>Reblf</td>
<td>Reblf Ready</td>
<td></td>
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<tr>
<td>Roche</td>
<td>Ocrevus</td>
<td>Conductor</td>
<td>1800 861 050</td>
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An overview of Disease Modifying Therapies in Multiple Sclerosis  

14 Mar 2019

Summary: Treating MS

- RRMS only
- MS
  - Disease modifying therapy
    - oral
    - injection
    - infusion
  - Relapse treatment
    - Steroids
  - Rehabilitation
  - Symptom management
    - Complementary & alternative medicines
    - Aids, equipment & adaptations
  - 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 → https://msra.org.au/ahsct/
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

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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 and search Get Your Act Together

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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
An overview of Disease Modifying Therapies in Multiple Sclerosis

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We are an NDIS ‘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

My Aged Care

My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?

- Information
- Assistance in mapping out your needs
- An assessment for further supports

Phone: 1800 200 422 Free call Australia wide
Website: https://www.myagedcare.gov.au
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.

Are you part of the MS community and interested in volunteering in a study?
We are looking for adults who:
• Have a confirmed diagnosis of Multiple Sclerosis
• Are able to walk 50m with or without a walking aid
  • Are able to stand 1 minute unaided
• Have had no worsening of MS symptoms in the past 30 days

Interested, please contact Anna Butler on 0408368244 or ifims.melbourne@neura.edu.au
Thank you

MS Connect
1800 042 138
msconnect@ms.org.au

Your Feedback

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.