

Aging with MS

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Overview

Changes in MS with age

Changing in MS symptoms

Aging and MS medications

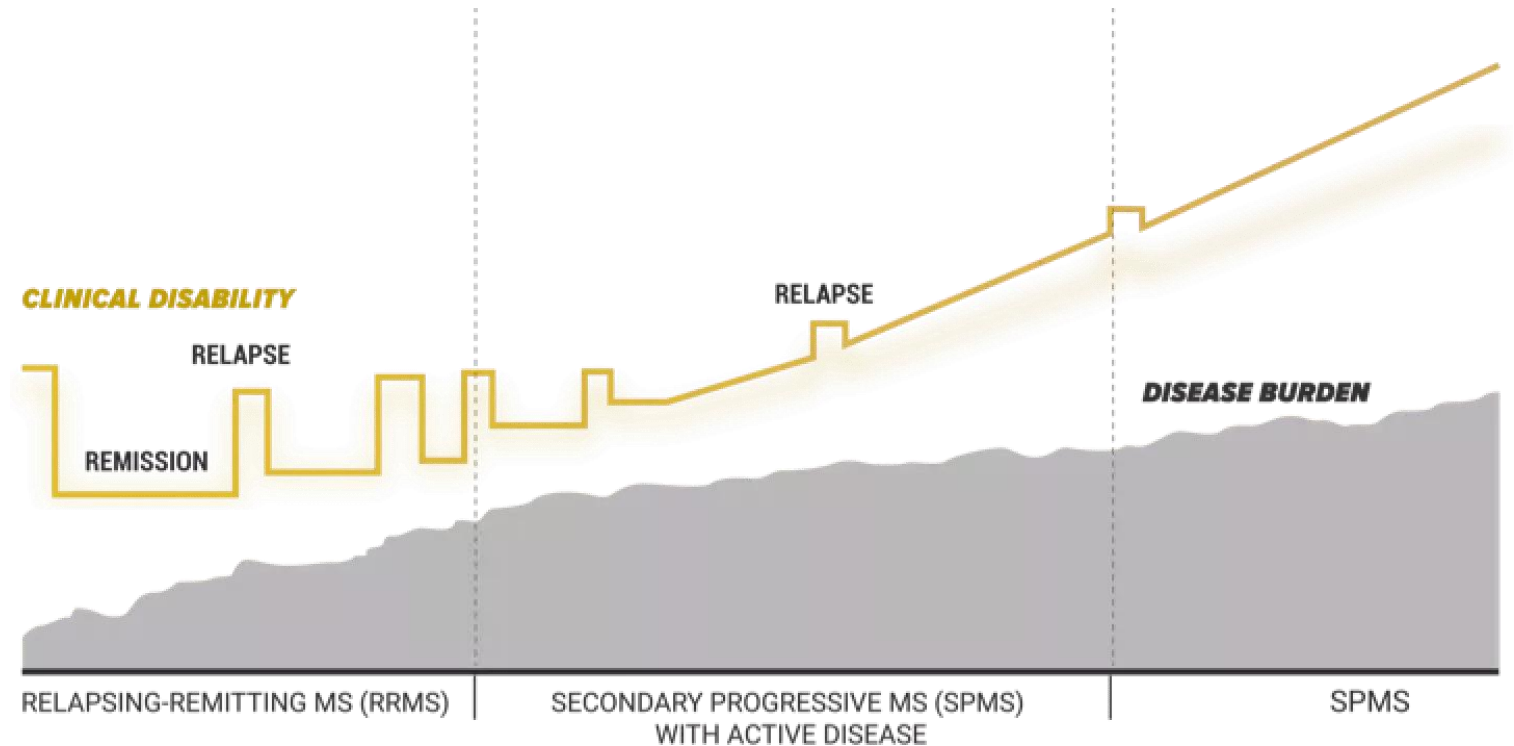


MS changes with age

With aging,

- MS relapses are less likely
- New lesions are less likely to appear on MRI

However, aging increases the likelihood of developing progressive MS



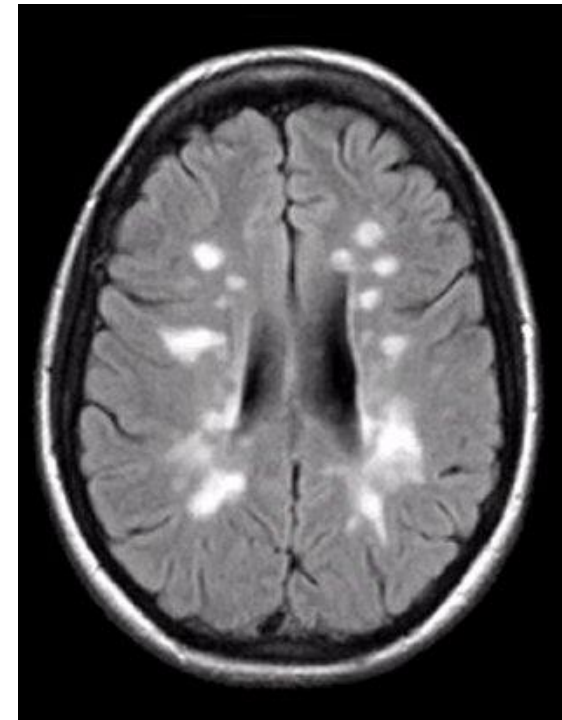
My MRI is “stable” but I’m feeling worse...

New lesions are less likely to form with age

Disease progression is driven by neurodegeneration, which is not seen on routine MRIs

Are MRIs still needed for older adults with MS?

- Yes, new lesions can still develop
- But they may be done less frequently



Are my symptoms due to age or MS?

Muscle strength

Balance

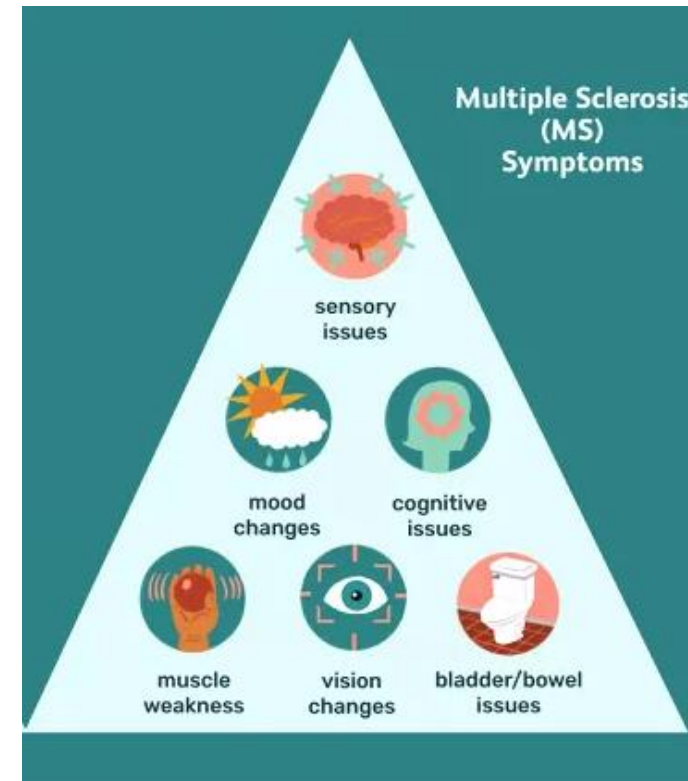
Sensation

Vision

Mood

Cognition

Bowel and bladder function



Aging with MS Clinic at OSU

Multidisciplinary clinic for to evaluate and treat overlapping symptoms of aging and MS in older adults with MS over age 60

Patients attend a one-time appointment at Martha Morehouse Outpatient Care lasting four hours

Providers include MS advanced practice provider, physical therapist, MS pharmacist, neuropsychologist, and social worker



Aging and MS medications

Disease-modifying therapies (DMTs) for MS are effective in decreasing relapses and new lesion formation

DMTs generally work better in younger adults with MS

DMTs have more side effects in older adults with MS

DMTs are overall ineffective in slowing disease progression



When can I stop my MS medication?

Results of the DISCO-MS study

- Study looked at people with MS over age 55 with no recent relapses or MRI lesions
- 6/128 people who stayed on medication had an event (1 relapse, 5 with new MRI lesions)
- 16/131 people who went off medication had an event (3 relapses, 13 with new MRI lesions)
- No differences in disability progression, patient reported outcomes, cognitive testing or adverse events

Decision about potentially stopping disease-modifying therapy for MS depends on many factors and should be discussed with your MS provider

Resources

OSU Aging with MS clinic

- <https://wexnermedical.osu.edu/neurological-institute/neurology/neuroclinics>
- 614-293-4969

National MS Society

- <https://www.nationalmssociety.org>
- 800-344-4867

Results of the DISCOMS study

- <https://mscenter.org/article/results-of-the-disco-ms-study/>