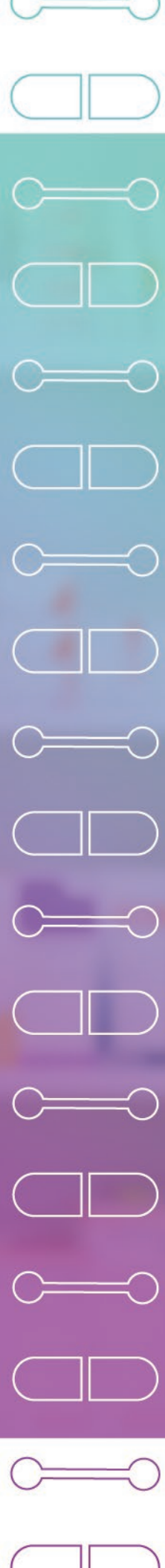
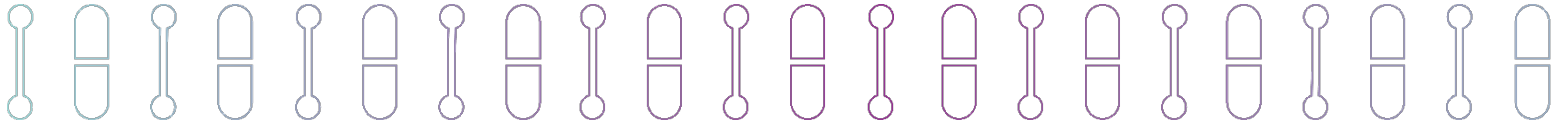




# Your Guide to Multiple Sclerosis





## PROGRAM OVERVIEW

Maxor Specialty Pharmacy’s Disease Management Programs offer a unique approach to disease management. This includes information from disease overview to therapeutic outcome management and provides continuous, coordinated, and patient centered care plans carefully designated to fit your specific needs.

As part of the program, you will additionally have access to:

- Patient education materials providing disease specific information stressing the importance of medication compliance, ongoing physician follow up, scheduled lab work adherence, etc.
- Ongoing patient communication with documented patient feedback.
- Proactive refill calls to assist with medication adherence.
- Monitoring of timely and appropriate prescription refills to avoid product waste or misuse and convenient ordering capabilities.
- Free delivery of medications to your home or other preferred location.
- Clinical pharmacist availability 24/7/365.
- Screening and education for drug/drug, drug/food, drug/lab, and drug/disease interactions as well as adverse drug reactions.
- Side effect management.

Through ongoing patient communication, education in lifestyle changes, clinical interventions, focused medication adherence, market trend expertise, cost saving pharmacy practices, and outcome evaluation measures, our programs are dedicated to meeting your needs.

You can access your patient portal at [Maxor.com](http://Maxor.com) or call us at 866-629-6779 for more information.

## TABLE OF CONTENTS

UNDERSTANDING MULTIPLE SCLEROSIS (MS).....	2
MULTIPLE SCLEROSIS (MS) TREATMENTS .....	5
RESOURCES .....	8

# UNDERSTANDING MULTIPLE SCLEROSIS (MS)

## Multiple Sclerosis and Maxor Specialty Pharmacy's Role

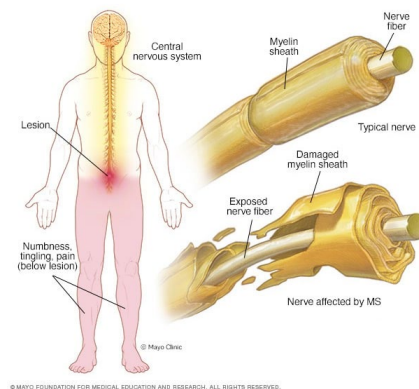
A recent study from the National MS Society has identified that there are nearly 1 million people living with multiple sclerosis (MS) in the United States. MS can occur at any age, but diagnosis and onset usually occur between 20 and 40 years.

Our goal at Maxor Specialty Pharmacy is to provide you the tools and resources you need from initial diagnosis and onward. We aim to provide consistent support and navigation throughout the seasons of life. Understanding you or your family member's diagnosis is the first step in taking control of your health. This program will provide key information about multiple sclerosis and ongoing initiatives to help get you started on your journey.

## What is Multiple Sclerosis?

Multiple sclerosis is a condition that impacts the brain, spinal cord and optic nerves. These are the components of the nervous system and are responsible for controlling everything we do.

When someone has MS, their immune system attacks the protective lining around the nerves known as myelin. When this occurs, the nerve cannot conduct impulses properly which results in poor communication between the brain and the rest of the body.



*Figure 1*

## What causes Multiple Sclerosis?

The exact cause of MS is unknown. In general, scientists believe that a combination of risk factors and exposure to a trigger are what lead to someone developing MS.

Certain environmental risk factors have been associated with the development of MS. Scientists are still learning more about how these are linked. These include:

- Living farther from the equator

- Low levels of Vitamin D
- Smoking
- Childhood and adolescent obesity (particularly in girls)
- Certain viruses and bacteria
- Genetics

### **How is Multiple Sclerosis diagnosed?**

There is no single test or examination that can confirm a diagnosis of MS. Physicians must apply several types of tests and assessments to make the diagnosis. These can include the following:

- Medical history and neurologic exam
- Magnetic resonance imaging (MRI)
- Cerebrospinal fluid (CSF) analysis
- Blood tests to rule out other conditions with similar symptoms

### **What does Multiple Sclerosis look like?**

There are 4 types of MS. These different types are used to describe the course of the disease:

- Clinically isolated syndrome
- Relapsing-remitting MS
- Secondary progressive MS
- Primary progressive MS

Symptoms of MS are unpredictable, and no two patients will have the same exact symptoms. They can also vary throughout the course of the disease. This is because the symptoms associated with the condition are related to what nerves have been affected. Some common symptoms may include, but are not limited to the following:

- Numbness or weakness
- Tingling
- Difficulty walking
- Muscle spasms
- Vision problems
- Dizziness
- Fatigue
- Slurred speech
- Mood changes
- Depression

## References

- 1) King, Mary E. "1 Million Live with MS" Momentum. Accessed December 1, 2023.  
<https://momentummagazineonline.com/1-million-live-with-ms/>
- 2) Multiple Sclerosis. Mayo Clinic. Accessed December 1, 2023.  
<https://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/symptoms-causes/syc-20350269#:~:text=MS%20can%20occur%20at%20any%20age%2C%20but%20onset%20usually%20occurs,to%20have%20relapsing%2Dremitting%20MS%20.>
- 3) What is MS. National MS Society. Accessed December 1, 2023.  
<https://www.nationalmssociety.org/>

# MULTIPLE SCLEROSIS (MS) TREATMENTS

Multiple sclerosis is a complex condition. Its management is ongoing and requires comprehensive care to ensure you or your loved one meet the recommended treatment goals. There is currently no cure for MS, but there are many products available to alter the course of the condition and treat any symptoms being experienced. The primary goals of MS treatment are to slow the progression, treat relapses and manage symptoms. It is important for patients to work closely with a comprehensive care team to align treatment plans and health associated goals. At Maxor Specialty Pharmacy, our aim is to provide you with goals that can be implemented to optimize you or your loved one's treatment plan.

## The 3 Main Goals of Multiple Sclerosis Treatment

- 1) Preventing disease progression and relapses
- 2) Treat relapses
- 3) Manage symptoms

### Goal 1: Preventing Disease Progression and Relapses

Disease modifying therapies (or DMTs) are used to treat MS. Early treatment with DMTs may help prevent damage from MS as well as reduce the frequency and severity of MS relapses. However, DMTs are not indicated to improve every day symptoms. For this reason, the backbone of MS therapy should be one DMT. DMTs may be administered as either oral, injectable and infused. Below is a list of currently available DMTs.

- **Injectable**
  - Avonex® (interferon beta-1a)
  - Betaseron® (interferon beta-1b)
  - Copaxone® or Glatopa® (glatiramer acetate)
  - Extavia® (interferon beta-1b)
  - Kesimpta® (ofatumumab)
  - Plegridy® (peginterferon beta-1a)
  - Rebif® (interferon beta-1a)
- **Oral**
  - Aubagio® (teriflunomide)
  - Bafiertam™ (monomethyl fumarate)
  - Gilenya® (fingolimod)
  - Mavenclad® (cladribine)
  - Mayzent® (siponimod)
  - Ponvory™ (ponesimod)
  - Tacenso ODT® (fingolimod)
  - Tecfidera® (dimethyl fumarate)

- Vumerity® (diroximel fumarate)
- Zeposia® (ozanimod)
- **Infused**
  - Briumvi™ (ublituximab-xiiy)
  - Lemtrada® (alemtuzumab)
  - Novantrone® (mitoxantrone)
  - Ocrevus® (ocrelizumab)
  - Tyruko® (natalizumab-sztn)
  - Tysabri® (natalizumab)

## Goal 2: Treat Relapses

Relapse symptoms will vary from person to person and with each exacerbation. They can be very mild or very severe and interfere with activities of daily living. Not all relapses will require treatment. Mild changes can often resolve on their own.

For severe relapses, the care team may recommend one of the following options:

- High dose corticosteroids
  - Intravenous Solu-Medrol® (methylprednisolone)
  - Oral Deltasone® (prednisone)
- H.P. Acthar Gel
- Plasmapheresis (plasma exchange) for exacerbations that do not respond to standard steroid treatment

## Goal 3: Manage Symptoms

Managing symptoms of MS is crucial to allow people to function in their daily lives. There are a wide variety of symptoms associated with MS so it's very important for people to engage their multi-disciplinary team to develop the best treatment plan to manage the symptom. Symptoms may occur acutely and could indicate a relapse. The symptoms may not fully resolve and could become chronic.

The medications used to treat the symptom are dependent upon the system that the patient is experiencing. The person's care team will need to be engaged to identify the symptom and the treatment pathway that will work best to improve the person's daily lives.

## References

- 1) Treating MS. National MS Society. Accessed December 1, 2023.  
<https://www.nationalmssociety.org/Treating-MS/Medications>
- 2) Lublin, Fred D, et al. "Best Practices in Multiple Sclerosis Therapies". The Consortium of Multiple Sclerosis Centers. 26 April 2022  
[https://www.msca.org/page/practice\\_guidelines](https://www.msca.org/page/practice_guidelines)

- 3) Practice Guideline: Disease Modifying Therapies for Adults with Multiple Sclerosis. American Academy of Neurology. Accessed December 1, 2023.  
<https://www.aan.com/Guidelines/Home/GuidelineDetail/898>



## RESOURCES

National MS Society

[www.nationalMSSociety.org](http://www.nationalMSSociety.org) | 800-344-4867

Multiple Sclerosis Association of America

[www.Mymsaa.org](http://www.Mymsaa.org) | 800-532-7667

Can Do Multiple Sclerosis

[www.Cando-ms.org](http://www.Cando-ms.org) | 970-926-1290