



# Brain health - time matters

Take the right action, early

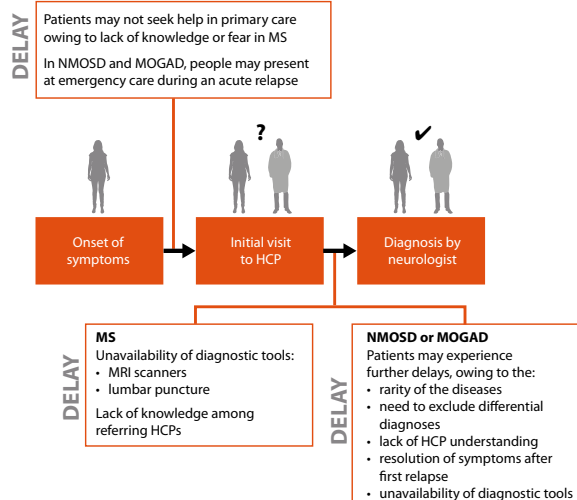
Irreversible damage starts early, and delays in access to correct care risks multiple complications, and loss of independence in Multiple Sclerosis (MS), Neuromyelitis Optica Spectrum Disorder (NMOSD), and Myelin Oligodendrocyte Glycoprotein Antibody-Associated Disease (MOGAD).

**Delays in diagnosing MS, NMOSD, and MOGAD are common and often stem from misdiagnosis, limited awareness, or access issues.<sup>1-4</sup>**

These delays can occur at every stage: from a patient's first symptoms to the initial healthcare contact, and even after specialist referral.<sup>1-4</sup>

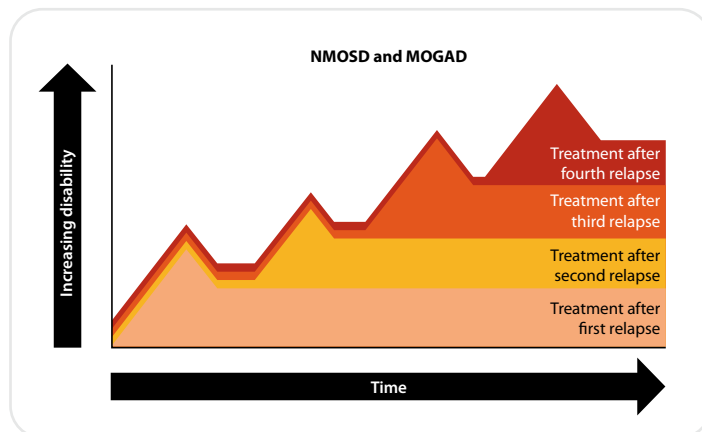
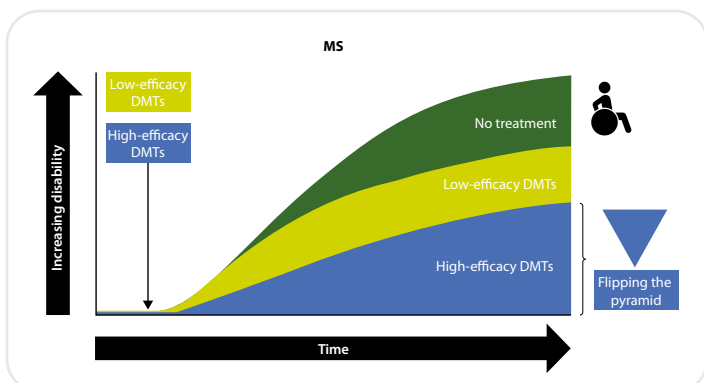
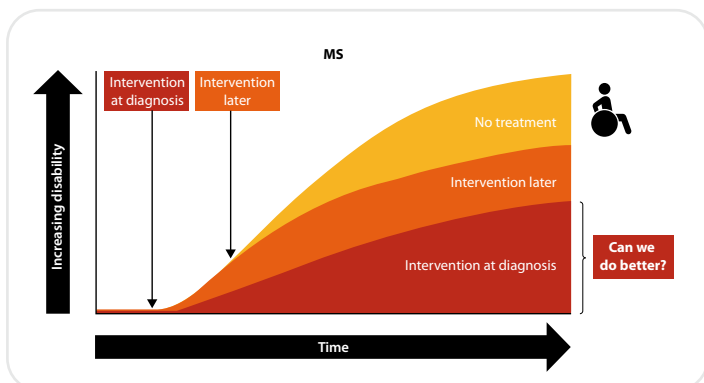
**But delays aren't only administrative; they carry real clinical and human consequences.<sup>1-4</sup>**

Late or mis- diagnosis increases the risk of inappropriate treatment, more relapses, and accelerated long-term disability.<sup>1-4</sup>



## Flipping the pyramid!

Early relapses in MS predict long-term disability.<sup>4,5</sup> In NMOSD and MOGAD, each relapse drives further damage.<sup>4,6</sup>





MS Brain Health

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OXFORD  
HEALTH  
POLICY  
FORUM

## How do we flip the pyramid?<sup>4</sup>

### Timely and accurate diagnosis

→ disease awareness, access to: specialist neurologists and nurses, clinical tests and diagnostic criteria.

### Optimal treatment

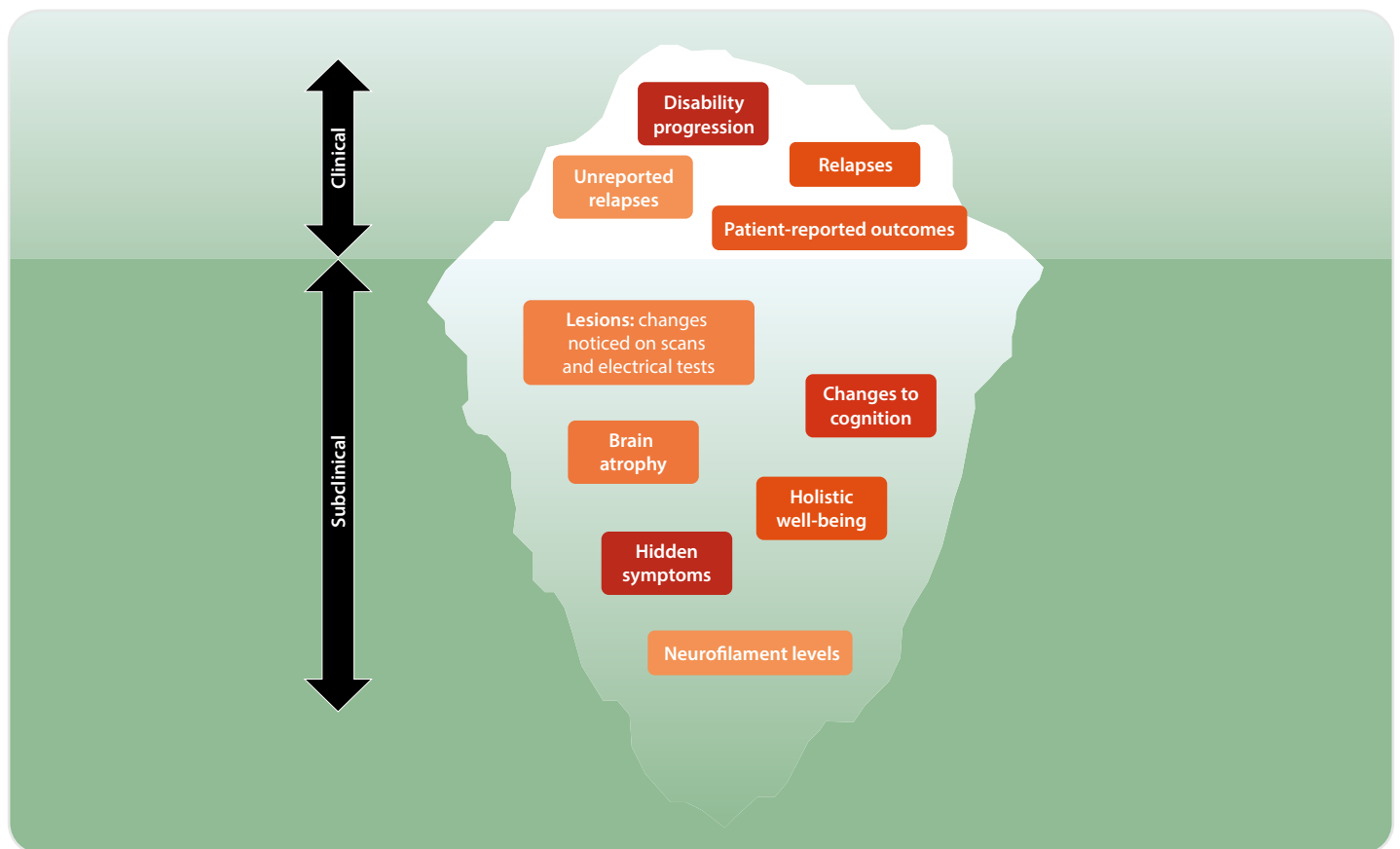
→ early and effective treatment initiation and access to disease-modifying treatments.

### Regular monitoring

→ of both clinical and subclinical symptoms, allows timely switching in the event of treatment failure.

**Shared decision making** → between patients and their healthcare team, throughout the treatment journey.

Monitoring clinical symptoms of MS, NMOSD and MOGAD should be supported by other measures of disease activity.<sup>4</sup>



### References

1. Delgado-García G, et al. *Front Neurol*. 2022;13:966428. 2. Santoro JD, et al. *Neurol Ther*. 2023;12:1081–101. 3. Solomon AJ, et al. *Neurology*. 2023;101(6):e624–35. 4. MS Brain Health. Brain health: time matters. 2024. [LINK](#) 5. Fuh-Ngwa V, et al. *Sci Rep*. 2023;13(1):11584. 6. Duchow A, et al. *Ann Neurol*. 2024;95(4):720–32.

**Find out more!**

Read the full Brain Health report and share with your network.

Our journey to change begins here!



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