



Brain health - time matters

Achieving optimal care goes beyond medicines

Optimal care of patients with Multiple Sclerosis (MS), Neuromyelitis Optica Spectrum Disorder (NMOSD), and Myelin Oligodendrocyte Glycoprotein Antibody-Associated Disease (MOGAD) goes beyond needing to treat the mechanisms or causes of disease.



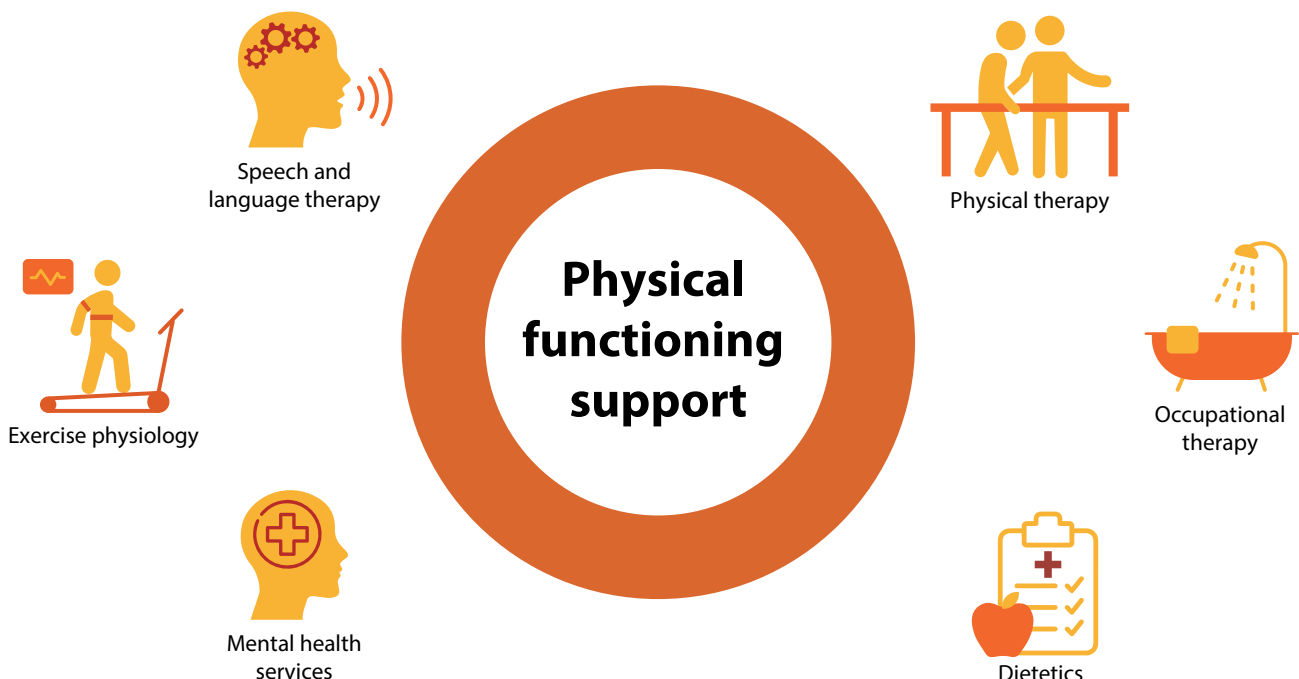
Optimal care is about managing the entire patient experience, holistically, with multi-disciplinary experts and methods. Optimal care includes:¹

- Patient empowerment
- Lifestyle factors
- Mental health care
- Physical health care
- Holistic, person centred, integrated care
- Social factors
- Health and care equity
- Support for caregivers

It involves collaboration between a patient, their family, and healthcare team, as well as disease-specific peer support and community organisations, to provide an effective, tailored approach for each person.^{1,2}



Offering services such as:¹





Getting there means...

**Willingness to include patients in the decision-making process**

Shared decision-making can improve patient well-being, quality of life and treatment satisfaction.^{1,3}



Two-thirds of clinicians **don't involve people with MS in treatment decisions** - shared decision-making is needed to improve outcomes.^{1,3}

Adopting a 'brain-healthy' lifestyle

Optimising physical health includes **managing alcohol consumption**, **smoking cessation**, engaging in regular **physical exercise**, maintaining a **healthy weight**, getting adequate **sleep**, and **managing co-existing medical conditions** such as high blood pressure, depression and other mental health disorders.^{1,2}



Smoking, alcohol, poor sleep, and inactivity negatively impact MS.^{1,2} Poor sleep also contributes to the disease burden associated with NMOSD⁴ and is a significant contributor to fatigue in people with MOGAD.⁵ Brain-healthy living can improve outcomes.^{1,2}

Integrated care approaches

Including specialist neurologists and nurses, alongside neuropsychologists, clinical psychologists, physiotherapists and occupational therapists, with access to a broad range of specialists including, urologists, dieticians, and community healthworkers.^{1,6}



Integrated care teams with specialists improve satisfaction, reduce costs and support people to stay in work.^{1,6}

Factoring in non-medical drivers, including societal and structural factors that can enhance life

Including **social participation**, continued **employment**, personal **safety**, financial **security**, **equitable access** to healthcare services and support, **health literacy** and **support for caregivers**.^{1,7}



Social connection, employment, financial security and health literacy all directly impact brain health and quality of life.^{1,7}

Tools like [MS WorkSmart](#) are helping people with MS stay empowered and navigate career challenges and workplace rights.^{1,8}

Providing the necessary support to caregivers and families

Caregivers and families of people living with MS/NMOSD/MOGAD need dedicated training, education, counselling, psychological and financial assistance.^{1,9}



1 in 5 informal caregivers of people with NMOSD report mild-moderate depression.^{1,10} Supporting caregivers is essential for both quality and sustainability of MS/ NMOSD/ MOGAD patient care.^{1,9}

References

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Find out more!

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Our journey to change begins here!

