

Tuesday 6 October 2015

19:00–19:30 Welcome reception

19:30–20:30 Symposium meeting

Hotel Barceló Sants, Room MR.11, Plaça dels Països Catalans, Barcelona

Is the MS community ready to promote brain health?

Invitation

The goal of treating multiple sclerosis (MS) should be to preserve tissue in the central nervous system and maximize lifelong brain health by reducing disease activity. This is the central theme of a new report from an international multidisciplinary author group. *Brain health: time matters in multiple sclerosis* will be launched at this symposium meeting on the eve of theECTRIMS congress.

The report calls for a sea change in the management of the disease. Examples from other areas of medicine show that positive outcomes can be achieved when treating to a specific target. We recommend a therapeutic strategy based on regular monitoring to support a treatment target that maximizes lifelong brain health, while fully involving people with MS in shared decision-making. This interactive symposium will discuss the evidence base for such an approach in MS, and the potential impact on health and economic outcomes.

On behalf of my co-presenters, I look forward to seeing you at the symposium.



Gavin Giovannoni, MD
Professor of Neurology and Chair of the Writing Group

For further information and to book your free place at the symposium, please visit www.msbrainhealth.org

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Redefining the goals of MS therapy

Gavin Giovannoni (Chair)

Blizard Institute, Queen Mary University London, Barts and The London School of Medicine and Dentistry, London, UK

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Maximizing lifelong brain health in MS: the concept and its scientific basis

Timothy Vollmer

Department of Neurology, University of Colorado Denver, Aurora, CO, USA

Is the MS community ready to promote a holistic approach to managing the disease that maximizes lifelong brain health? This presentation will cover the concepts of neurological reserve and neurological resilience, their correlation with brain volume, the natural history of brain volume loss in relapsing and progressive MS, the impact of current disease-modifying therapies on rate of brain volume loss and the relevance of minimizing comorbidities and adopting an active lifestyle with regard to enhancing neurological reserve.

Is decision-making 'shared' if only one party understands how MS impacts on brain health?

George Pepper

Shift.ms, Leeds, UK

Is it time to encourage patients to be proactive towards the therapeutic and lifestyle management of their disease? This presentation will explore the clinician–patient relationship, including: communicating the likely prognosis if MS is not treated; setting of therapeutic goals; how the balance between treatment benefits/side effects is best presented; and whether clinicians are sometimes 'too kind' to people with MS.

The effect of the disease and its management: an economic perspective

Gisela Kobelt

European Health Economics, Mulhouse, France

Does early and continuous investment in disease-modifying therapies provide economic value? Compared with other neurological disorders, MS is a high-cost but low-prevalence disease. Disease-modifying therapies aim to slow the development of all types of disabilities, thus reducing or at least delaying costs – but they are expensive. This presentation will cover the cost structure of MS and how it is affected by different disease parameters. It will also explore how the value of treatment can be assessed, what outcomes can be expected, and what data and knowledge currently exist about the value achieved with treatment in the past 10–15 years.

Monitoring: driving treatment decisions and generating real-world evidence

Helmut Butzkueven

Melbourne Brain Centre, Royal Melbourne Hospital, University of Melbourne, Parkville, Australia

Regular monitoring and recording of clinical and subclinical disease activity needs to become commonplace in managing MS. This presentation will illustrate the importance of monitoring when: targeting treatment to achieve long-term brain health; improving long-term management of the disease; and generating a real-world evidence base that can be used to inform future clinical and regulatory practice.

Discussion