



From Cleveland Clinic CarePath Guide on Disease Modifying Therapy in Relapsing Remitting MS

BOX 1 - Reasons to Consider Monitoring Off Therapy

1. The diagnosis of MS is uncertain.
2. Relapses are infrequent and mild with full recovery.
3. Minimal and stable MRI lesion burden without enhancing lesions or atrophy.

BOX 2 - Predictors of Aggressive MS

1. Frequent relapses in the first five years after symptom onset with poor functional recovery.
2. High T2 lesion load at first symptom.
3. Observable brain atrophy early in the disease.

BOX 3 - Factors to Consider When Choosing Disease-Modifying Therapy

1. Prognosis
2. Medication side effect profile; Medication adverse event profile; Patient preference
3. Convenience
4. Cost/payer policies

BOX 4 - Aspects of an MS Follow-Up Visit

1. Assess tolerance of disease-modifying therapy (side effect mitigation if necessary).
2. Assess and encourage compliance with disease-modifying therapy.
3. Review episodes that may be consistent with relapse.
4. Assess symptomatic issues and address as necessary.
5. Complete neurological examination.
6. Review any newly acquired imaging to monitor for radiologic worsening.
7. Review monitoring blood work/studies and vitamin D levels.

BOX 5 - Indicators of Breakthrough Disease

1. Relapses
2. Gadolinium-enhancing lesions
3. New or enlarging T2 lesions