Multiple sclerosis is a variable lifelong condition. There are several disease patterns, and these clinical subtypes may alter in an individual over time.

The severity of the condition, in terms of relapse frequency, degree of disability and level of symptoms varies within and between individuals.

The treatment of MS is aimed at symptoms, relapse and clinical course.

Steroids are the only drugs shown to be of benefit in acute relapse.

Beta Interferons, glatiramer acetate, some monoclonal antibodies against adhesion molecules and some chemotherapeutic agents have been shown to alter disease course.

Future treatments which have not yet been evaluated may include neural growth factors and stem cell therapy.

**REFERENCES**

4. www.msdecisions.org.uk

Read this book slowly and refresh your pleasure in learning things you don’t need to know. There are innumerable references to the giants of the past, but a good quote to conclude is ‘We see nothing, save through reason’ (Schopenhauer).

Nial Finlayson  
Director of Communications, RCPE