

# MS Treatment

Which DMT Is Right for You

**CAN DO**  
MULTIPLE SCLEROSIS

**WEBINAR**   
WEDNESDAYS

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# UPCOMING PROGRAMS

**SEPTEMBER 17**

## **MS MOVES**

Core & Lower Body Workout Plan

**SEPTEMBER 18**

## **JUMPSTART**

Informed Decision Making about DMTs

**OCTOBER 8**

## **WEBINAR**

Mastering Your Thoughts: Steps for Clearer Cognition



**CANDO-MS.ORG**

# MS COMMUNITY PROGRAMS



**REGISTER TODAY!**

[CanDo-MS.org/CP](https://CanDo-MS.org/CP)

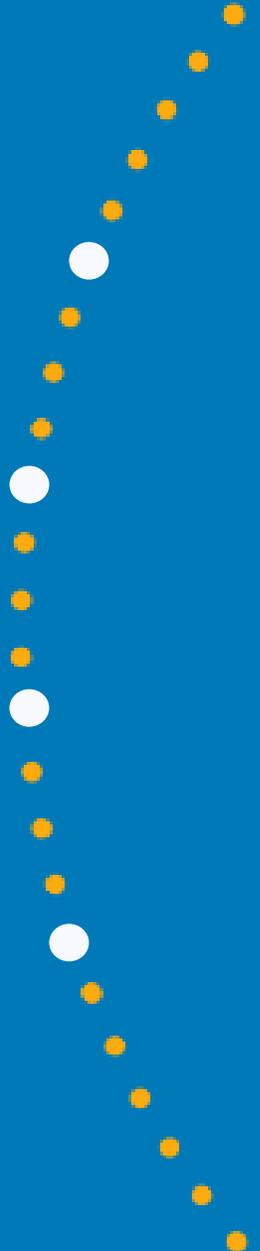
More Dates & Locations

**McAllen, TX**  
OCTOBER 4

**New Orleans, LA**  
OCTOBER 18

**Sacramento, CA**  
OCTOBER 25

**Las Vegas, NV**  
NOVEMBER 8



4-Week Coaching Series

# Aging With Grace



**Tuesdays | 12-1:15pm ET**

September 30

October 7

October 14

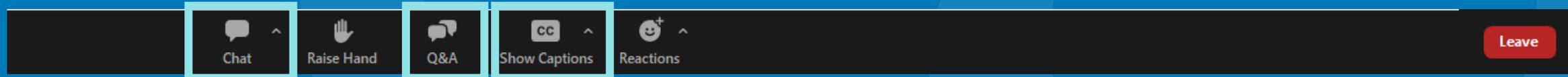
October 21

Aging with MS doesn't mean slowing down—it's about adapting and flourishing. Join this series to learn practical ways to prioritize your safety, independence, and well-being while embracing the wisdom that comes with experience.

**SIGN UP at [CanDo-MS.org/coaching](https://www.CanDo-MS.org/coaching)**

# How to Ask Questions During the Webinar

Type in your questions using the Questions Box



Provide comments and engage with the speakers and audience using the **Chat Box**



**NEW!** Closed captioning



# YOUR SPEAKERS



**Kathy Plascencia**  
**Nurse Practitioner**

California



**Derrick Robertson**  
**Neurologist**

Florida

# LEARNING OBJECTIVES



- 1 Learn about Low, Medium, and High Efficacy Treatment Options
- 2 Understand the Debate about Escalation vs. Induction Treatment Strategies
- 3 Learn why DMT Choices might Change Over the Lifespan
- 4 Understand your Role in Shared Decision-Making about Treatment

# Disease Modifying Therapies (DMTs) for MS



**Not all DMTs are created equal!**

They vary in many ways:

- Efficacy for MS
- Route of administration
- Monitoring requirements while on therapy
- Short term potential side effects (i.e. tolerability)
- Long term potential side effects (i.e. infection)

# Benefits of DMTs

Treatment with DMTs can:

- Reduce the number of relapses
- Reduce the number of brain lesions
- Slow disability progression
- Result in "No Evidence of Disease Activity" (NEDA)
  - No relapses
  - No MRI lesions
  - No disability progression



# DMTs for MS

Low/Medium Efficacy	High Efficacy DMTs
Injectable Therapies	Injectable Therapies
<ul style="list-style-type: none"> <li>• Interferons (Avonex, Betaseron, Rebif, Extavia, Plegridy)</li> <li>• Glatiramer acetate (Copaxone, Glatopa)</li> </ul>	<ul style="list-style-type: none"> <li>• Monoclonal antibodies:               <ul style="list-style-type: none"> <li>• Natalizumab (Tysabri)</li> <li>• Alectuzumab (Lemtrada)</li> <li>• Ocrelizumab (Ocrevus)*</li> <li>• Ofatumumab (Kesimpta)</li> <li>• Ublituximab (Briumvi)</li> </ul> </li> </ul>
Oral Therapies	Oral Therapies
<ul style="list-style-type: none"> <li>• Fingolimod (Gilenya)</li> <li>• Teriflunomide (Aubagio)</li> <li>• Dimethyl fumarate (Tecfidera)</li> <li>• Monomethyl fumarate (Bafiertam)</li> <li>• Siponimod (Mayzent)</li> <li>• Ozanimod (Zeposia)</li> <li>• Ponesimod, Diroximel fumarate (Vumerity)</li> </ul>	<ul style="list-style-type: none"> <li>• Cladribine (Mavenclad)</li> </ul>

\*Only therapy approved for relapsing and primary progressive MS

# Escalation vs. Induction Treatment Strategies



# Why Treatment Choices Matter



- MS is an unpredictable disease & is different for everyone
- Treatments aim to:
  - Reduce relapses
  - Slow disability progression
  - Protect brain health
- “Treatment strategy” often guides which medication doctors recommend first.

# Escalation Strategies



Starts with a low risk of serious side effects with the option/ability to “step up” to a stronger treatment if there is progression (either increase in disability or accumulation of new lesions).

- Benefits:
  - Lower risk of side effects
  - Milder medication may be enough
- Drawbacks:
  - Irreversible damage may occur
  - Accumulation of disease and disability “what we lose we can’t regain back”.

# Induction Strategy



Start with a high efficacious medication right away, even if it has more risk.

- Benefits:
  - Maximizes chances of controlling MS early
  - Slows the disease activity fast
  - Decrease disability
  - Improve quality of life
- Drawbacks
  - Increase risk of infections or malignancies
  - Insurance coverage & cost
  - Monitoring, pre-screens

# Debate On Strategy Use & Considerations



## Debate:

Early aggressive treatment to protect the brain and improve outcomes

Start low and slow to avoid unnecessary risks



## Considerations:

MRI lesion burden

Disability signs

Life factors (age, pregnancy, other medical conditions)

Risk tolerance

# Take Away Message



Both strategies have pro's and con's



Best choice depends on you



Shared decision

# DMT Choices Over the Lifespan



# Low/Moderate Efficacy Injectable DMTs

## Safety Profiles

Safety Profiles		
<b>Type of DMT</b>	<b>Interferons:</b> Avonex, Betaseron, Rebif, Extavia, Plegridy	<b>Glatiramer acetate:</b> Copaxone, Glatopa
<b>Risk/Side Effects</b>	Injection-site reactions Flu-like symptoms Mood changes	Injection-site reactions Rash Chest pain Shortness of breath Low blood pressure

# Low/Moderate Efficacy Oral DMTs

## Safety Profiles

Safety Profiles		
<b>Type of DMT</b>	<b>Teriflunomide:</b> Aubagio	<b>Fumarate:</b> Dimethyl/diroximel/monomethyl fumarate, Tecfidera, Vumerity/Bafiertam
<b>Risk/Side Effects</b>	Hair thinning Diarrhea Nausea Elevated liver enzymes Tingling Small increase infection risk	Flushing Abdominal pain Diarrhea Nausea Small risk for low white blood cells and increase infection risk

# Moderate/High Oral DMTs

## Safety Profiles

Safety Profiles		
Type of DMT	<b>S1P modulators (Moderate Efficacy):</b> Fingolimod (Gilenya), Siponimod (Mayzent), Ozanimod (Zeposia), Ponesimod (Ponvory)	<b>Cladribine (High Efficacy):</b> Mavenclad
Risk/Side Effects	Headache Liver problems Low blood pressure High blood pressure Back pain Upper respiratory infection Urinary tract infection	Headache

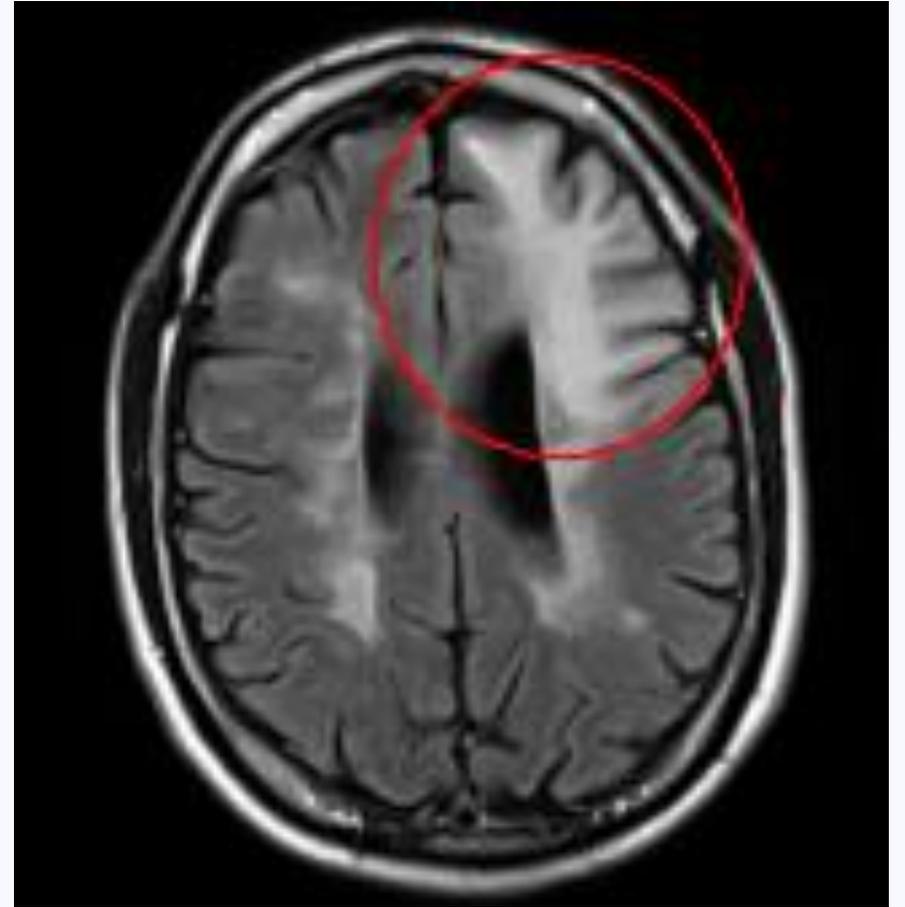
# Infusable/Injectable DMTs (High Efficacy)

## Safety Profiles

Type of DMT	<b>B cell monoclonal antibody therapies:</b> Ocrelizumab (Ocrevus), Ofatumumab (Kesimpta), Ublituximab (Briumvi)	<b>Anti-CD52 monoclonal antibody therapy:</b> Alemtuzumab (Lemtrada)
Risk/Side Effects	Pneumonia Cough Diarrhea Rash Nausea Bronchitis Upper respiratory tract infections Shortness of breath Anemia Fever	Headache Fatigue Upper respiratory tract infection Herpes infection Fungal infections Back pain Diarrhea Sinusitis Abdominal pain Flushing Vomiting Upper respiratory pain Dizziness

# Progressive Multifocal Leukoencephalopathy (PML)

- Caused by widespread infection by the John Cunningham virus (JC virus)
- Affects oligodendrocyte cells and leads to widespread demyelination
- Also seen in other immunocompromising conditions (cancer patients) and with use of some of our MS medications including **natalizumab (Tysabri) highest concern**, fumarates, S1P therapies, B cell monoclonal antibodies



# Pregnancy & Family Planning

Consideration factor of provider when making recommendations on treatment (more significant with female's vs male's)

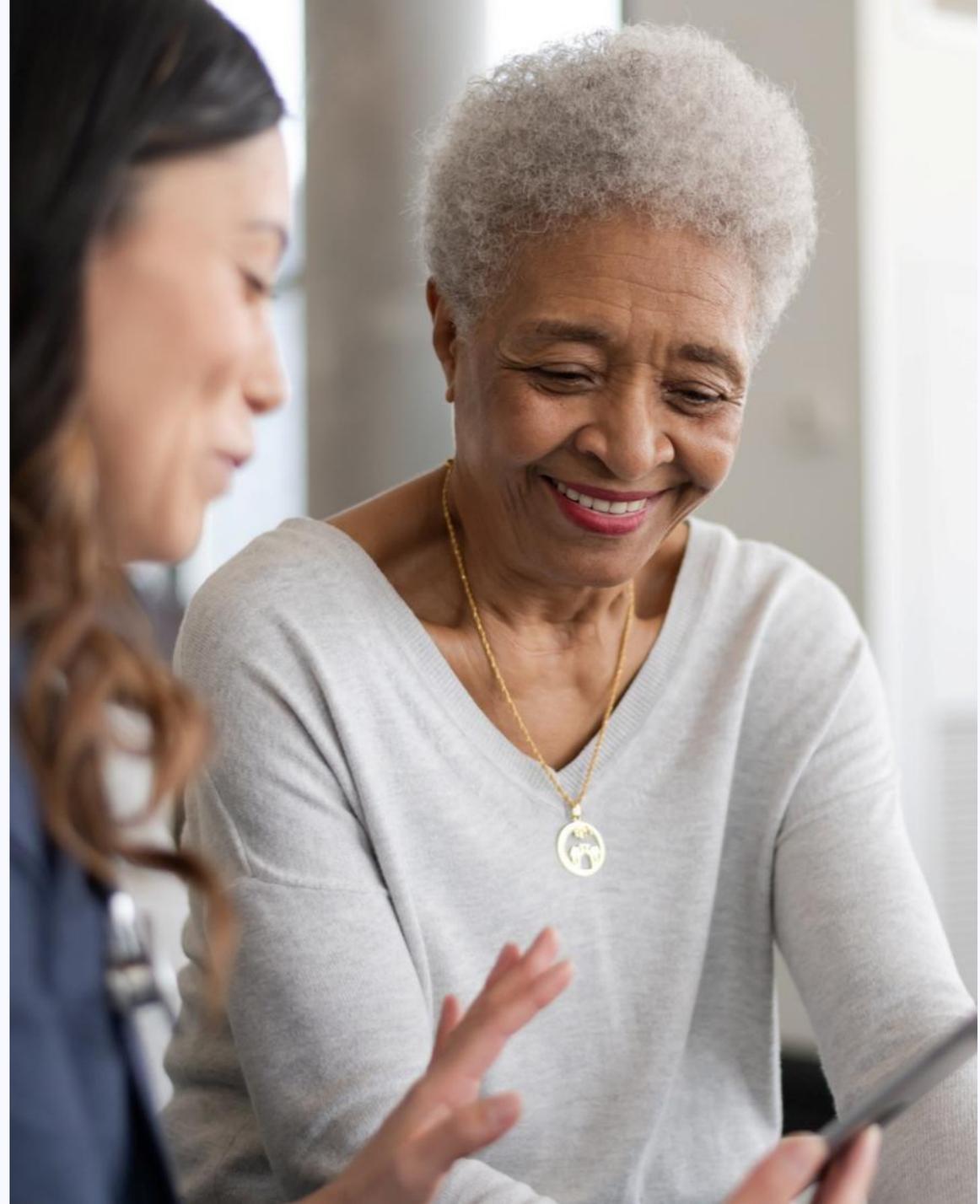
How soon are you planning to start a family? Or are you currently pregnant?

Medication safety with pregnancy or breastfeeding

How active is your disease?

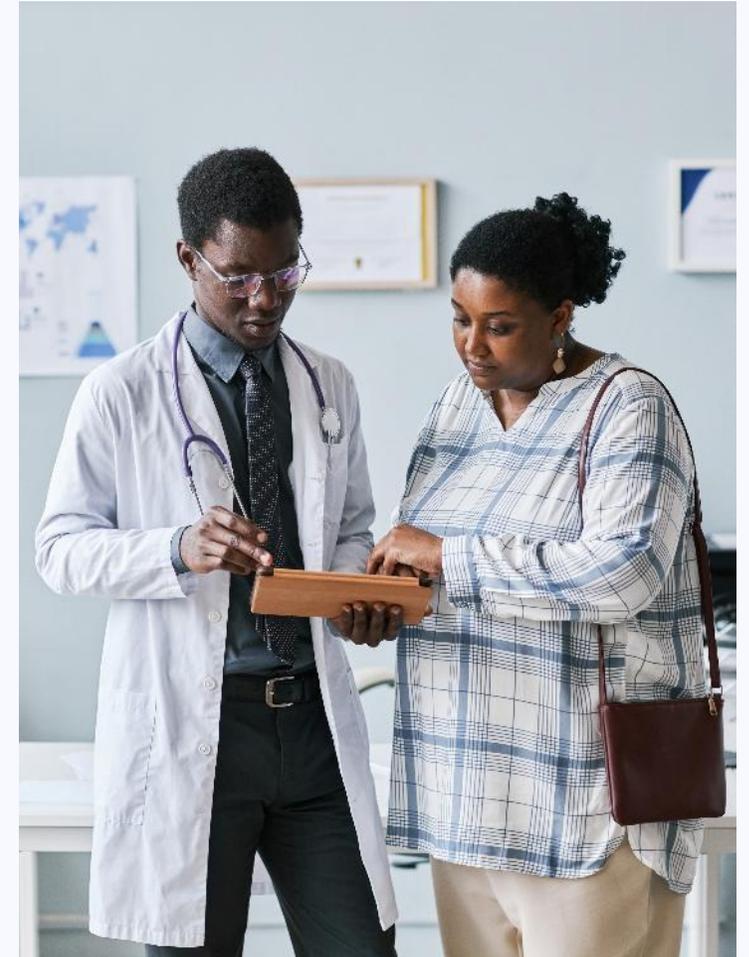
# Aging

- Immunosenescence
  - MS activity often decreases with age
  - Small study “DISCOMS”
    - Age >55 y/o
    - No MRI activity in the last 5 yrs
    - No disease progression in the last 3 yrs
- Side effects and risk increase
- Other conditions that may influence if therapy is still safe.



# Shared-Decision Making: What is it?

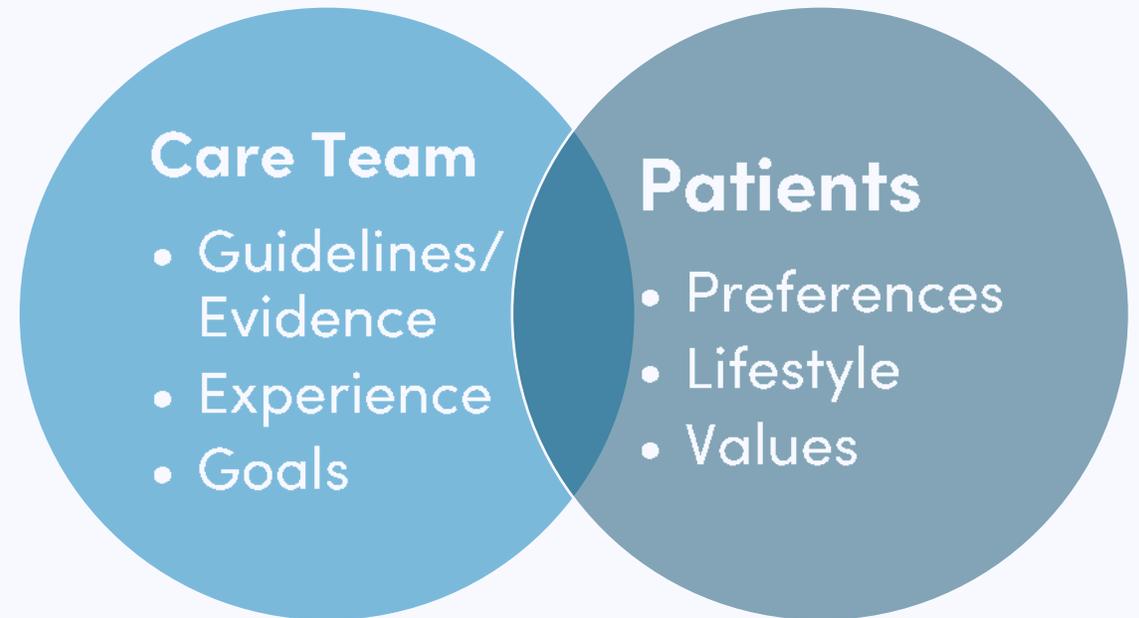
- Shared decision-making is the process wherein both patients and their healthcare provider work together to decide on the best treatment option
- This includes treatment options both medication and non-medication approaches
- Establishing good communication with your care team is critical to effective management of your MS



# Shared Decision-Making: Why is it important?

## Shared-decision making can help you:

- Learn more about your MS
- Understand the pros and cons of each therapy
- Weigh your options to make a decision that fits you
- Share your preferences and concerns
- Adhere to your therapy and achieve your goals
- Gain awareness of and monitor for side-effects
- Have a trusting relationship with your care team



# Your MS Care Team



**Q+A**



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