

What the New MS Disease Course Definitions Mean for You

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

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UPCOMING PROGRAMS

TUESDAY, JANUARY 27

YOUR QUESTIONS ANSWERED

Understanding MS Disease Courses

WEDNESDAY, FEBRUARY 11

WEBINAR

What To Do About MS Fatigue

THURSDAY, FEBRUARY 19

JUMPSTART

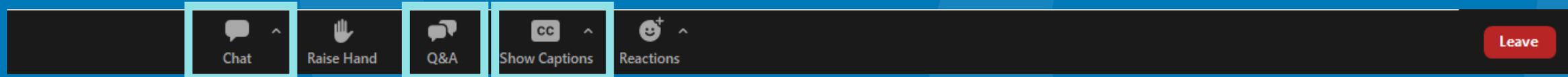
Strategies for Recharging Your Battery



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YOUR SPEAKERS



Roberto Alejandro Cruz
Neurologist

Texas



Magdelene Rodriguez
Nurse Practitioner

Texas

LEARNING OBJECTIVES



- 1 Become familiar with the new disease course definitions
- 2 Learn how the new definitions will facilitate diagnosis and improve personalized treatment
- 3 Learn how the new definitions will highlight invisible symptoms

Traditional MS Classifications

These are the familiar categories that have been used historically to classify multiple sclerosis.



Relapsing-Relmitting MS (RRMS)

Clearly defined relapses with partial or full recovery, with periods of remission between attacks.



Secondary Progressive MS (SPMS)

Initially starts as RRMS but transitions to steady progression with or without occasional relapses.



Primary Progressive MS (PPMS)

Steady worsening of neurological function from onset, without distinct relapses.



Clinically Isolated Syndrome (CIS)

First neurological episode caused by inflammation and demyelination in the CNS, lasting at least 24 hours. May or may not develop into MS.

The New MS Definitions: Activity and Progression

New framework moves beyond traditional categories to describe MS more precisely using two key dimensions:
disease activity and **progression status**.

All MS Types (RRMS, SPMS, PPMS) Can Now Be Further Classified As:

Active v. Not Active

Active: Evidence of clinical relapses and/or new or enlarging MRI lesions

Not Active: No clinical relapses and no new or enlarging MRI lesions

With Progression v. Without

With Progression: Gradual worsening of disability over time, independent of relapses

Without Progression: Stable disability level over time

This creates four possible combinations for each MS type:

1 **Active, with progression**

3 **Not active, with progression**

2 **Active, without progression**

4 **Not active, without progression**

Key Terminology Explained

Active Disease

- Clinical relapses occurring
- New or enlarging MRI lesions
- Evidence of ongoing inflammatory activity

Progression

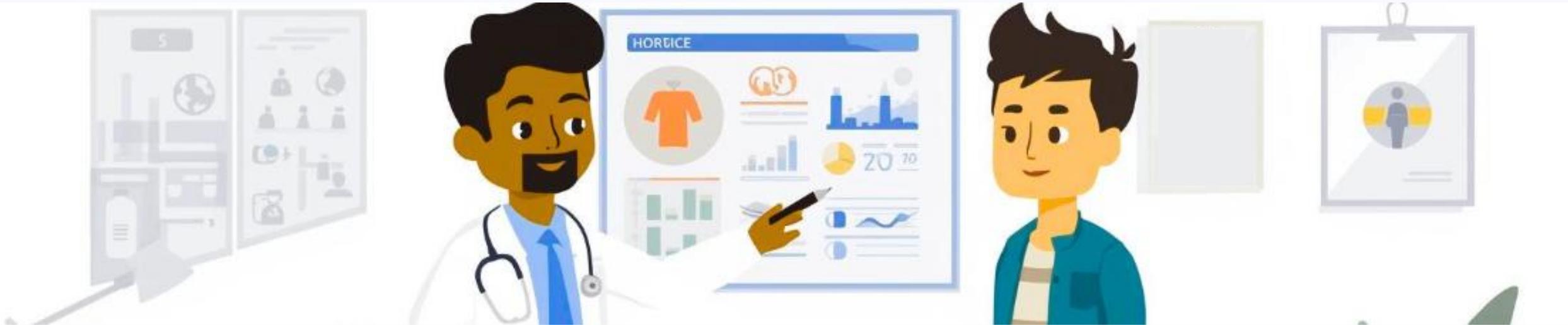
- Gradual worsening of disability
- Independent of relapses
- Measured over time (typically 6-12 months)

Not Active Disease

- No clinical relapses
- No new or enlarging MRI lesions
- Stable inflammatory markers



Understanding these terms empowers you to have more meaningful conversations with your healthcare team about your specific MS journey and treatment goals.



Multiple Sclerosis Isn't Changing - The Way We Understand It Is

What This Means for You

Your MS is the same. New definitions help doctors see disease activity more clearly—like upgrading from a standard camera to high-definition.

Better Precision

More accurate descriptions of disease activity and progression patterns

Clearer Communication

Standardized language between patients, doctors, and researchers worldwide

Improved Monitoring

Enhanced ability to track changes and adjust treatment strategies

How New Definitions Impact Treatment Options

Updated definitions help your care team identify MS activity and progression, allowing for more personalized treatment.



Enhanced Assessment

More detailed evaluation of disease activity through MRI findings and clinical relapses



Targeted Therapy

Treatment selection based on specific activity and progression patterns



Dynamic Adjustments

Ability to modify treatment strategies as your disease status changes over time

"These definitions help us match the right treatment to the right patient at the right time, improving outcomes and quality of life."

Real Patient Examples Using New Definitions



SARAH

RRMS, Active, With Worsening

Recent relapse with new MRI lesions. Worsening of walking ability related to relapse or incomplete recovery. Treatment plan being reassessed for more aggressive therapy.



LINDA

RRMS, Not Active, No Progression

No new relapses or MRI lesions in the past year. Stable disability level. Treatment is effectively controlling disease activity.



MICHAEL

SPMS, Not Active, With Progression

No recent relapses or new lesions, however experiencing gradual decline in function. Focus on managing progression and maintaining quality of life.

If I Have RRMS, Shouldn't I Have No Progression?

The Common Misconception

Relapsing-remitting MS means complete recovery between relapses with no progression. However, the new definitions reveal a more nuanced reality.

The Reality

Even RRMS may experience subtle progression between relapses but it is important to identify progression versus worsening. This doesn't mean your diagnosis was wrong – it means we now have better tools to identify and describe these patterns.

RRMS Active, Without Worsening

Relapses occur, but full recovery between episodes with no gradual worsening

RRMS Active, With Worsening

Relapses occur and there is incomplete recovery

RRMS, Not Active

No relapses and Therefore No Worsening– the goal of treatment

MS Exists on a Spectrum

MS doesn't fit into separate boxes. It's a spectrum that can shift over time, and the new, flexible definitions reflect that.

Not Active, No Progression

Stable disease with no new activity or worsening

Not Active, With Progression

No new activity, but gradual worsening occurs

Active, No Progression

New lesions or relapses, but no gradual decline

Active, With Progression

Both new activity and gradual worsening present

Important: Your position on this spectrum can change over time. Regular monitoring helps your healthcare team track these changes and adjust your treatment accordingly.

Questions To Ask Your Doctor



- How would you classify my *MS* using the new definitions?
- Has my disease status changed since my last visit?
- What does my current classification mean for my treatment options?
- How often should we reassess my disease activity and progression?
- What signs should I watch for that might indicate a change in my disease status?

Remember: You are an active partner in your *MS* care. Understanding these definitions helps you make informed decisions about your health.

Moving Forward with Confidence

New MS definitions help your care team better understand your MS, guide treatment options, and improve communication

Stay Informed

Learn how the new definitions apply to your specific situation

Communicate Openly

Discuss your disease status and treatment options regularly with your provider

Monitor Changes

Track your symptoms and attend regular follow-up appointments

Stay Hopeful

These advances in understanding MS lead to better treatments/improved outcomes

Your MS is unique -- these definitions help guide specific care. Together with your healthcare team, you can move forward with greater clarity and confidence.

Q+A



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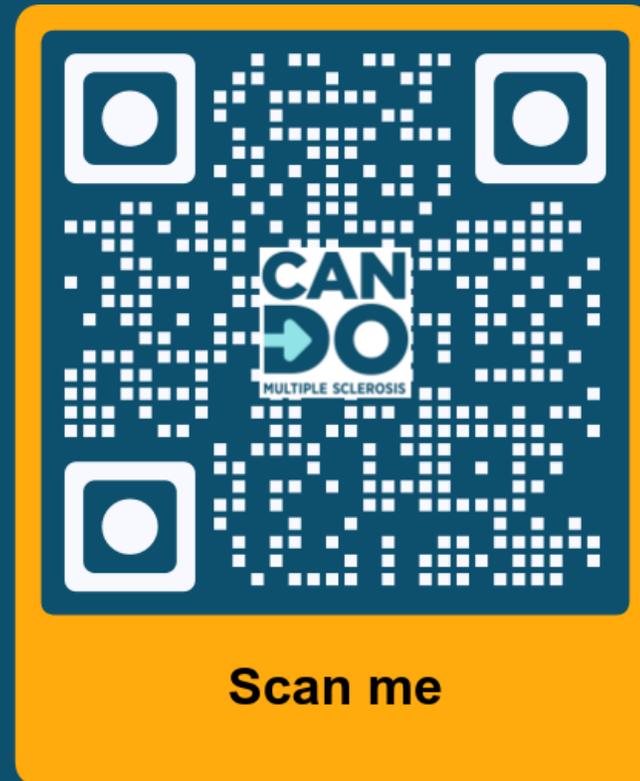


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