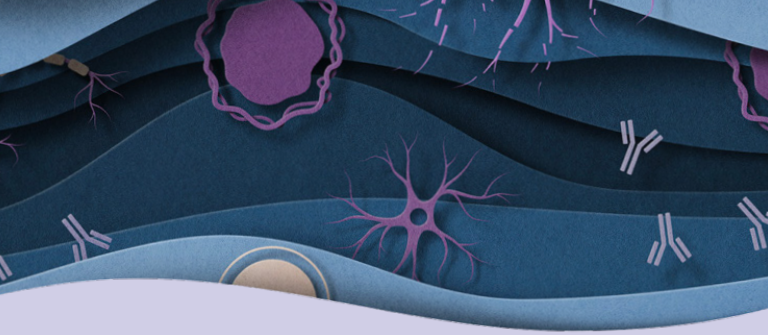
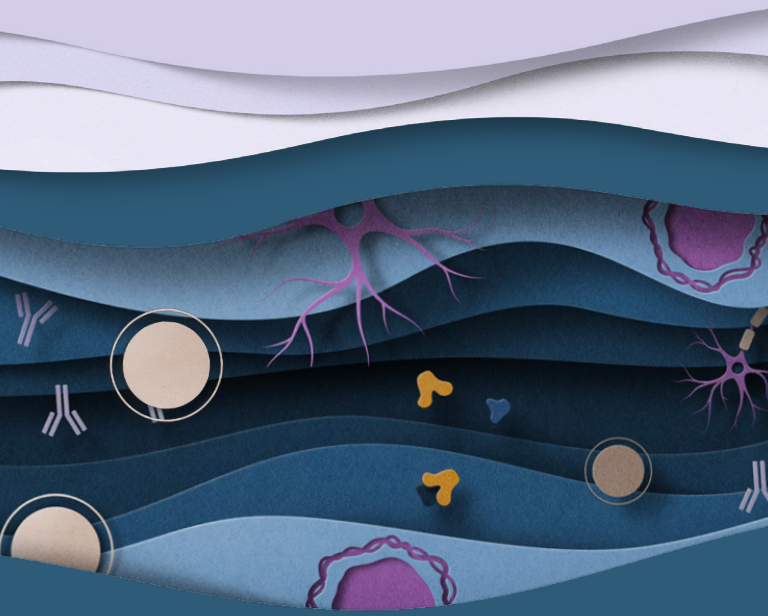


NAVIGATING NMOSD

No matter where you are on your journey with **neuromyelitis optica spectrum disorder (NMOSD)**, there's a lot to understand. The more you know, the better you can help manage your condition.



An overview of NMOSD

What is NMOSD?

Neuromyelitis optica spectrum disorder (NMOSD) is a chronic, rare autoimmune disease that impacts the central nervous system (CNS).

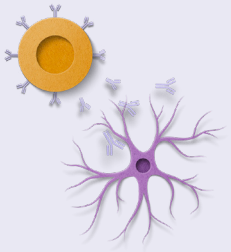
The CNS consists of your brain, spinal cord, and optic nerve. As an autoimmune disease, the body's defense system cannot tell the difference between its own cells and foreign cells, causing the body to mistakenly attack healthy cells.

NMOSD is typically identified by **antibodies associated with a protein called aquaporin-4 (AQP4)**, although some people with NMOSD may not have these autoantibodies.

Signs and symptoms of NMOSD can include:

- **Blurry vision or blindness in one or both eyes**
- **Painful spasms**
- **Bladder or bowel dysfunction**
- **Weakness or paralysis in the legs or arms**
- **Numbness or loss of sensation throughout the body**
- **Persistent nausea/ uncontrollable vomiting**
- **Sleeping problems**
- **Persistent hiccups**

Understanding the severity of NMOSD attacks

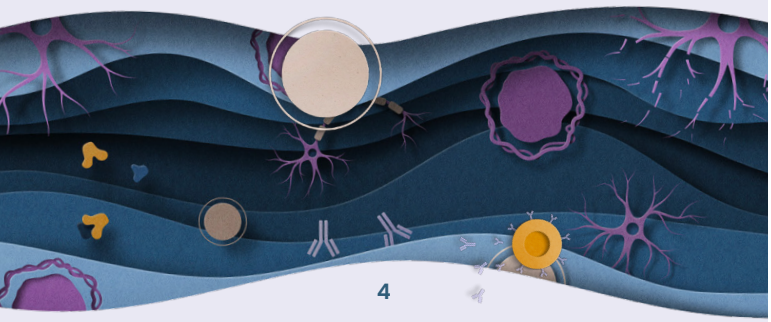


NMOSD is characterized by **unpredictable attacks** that can result in various disabilities, including **blindness, paralysis, and, less frequently, death.**

When you have NMOSD, **your body attacks its own healthy cells.** In anti-AQP4 antibody-positive NMOSD, part of your immune system called "complement" damages your central nervous system, which consists of your **brain, spinal cord**, and **optic nerve**.

At first, anti-AQP4 antibody-positive NMOSD attacks usually affect the **spinal cord** or the **optic nerve,** so it's important to let your doctor know if you think you've had an attack.

Whether you're newly diagnosed or being treated, it is important to talk to your doctor about long-term management that can reduce the risk of future attacks.



~3 out of 4
people with NMOSD
never fully recover from their first attack and disabilities can accumulate over time with additional attacks

Sudden, unpredictable attacks can happen at any moment and can cause irreversible disability

For a person living with uncontrolled NMOSD, it's not about if, but **when the next attack will happen**

In one study, more than 40% of people with NMOSD became blind in at least one eye within 5 years of their first attack*

Almost all people (~90%) who have had an NMOSD attack will have another **within 5 years**

Don't wait until your next attack to talk to your doctor about a treatment that may help reduce the risk of an attack.

*In a study of 163 people who have anti-AQP4 antibody positive NMOSD.

NMOSD in numbers

~15,000
people in the US
are estimated to be living with NMOSD

39
years of age
median age of onset of NMOSD

Some people are at greater risk than others for developing NMOSD

Women are about 5 times more likely to develop NMOSD than men

People of **African and Asian descent** have severe attacks at onset more frequently compared to those of Caucasian descent

People of African ancestry may be at **increased risk for disabilities** due to severe attacks as well as a higher likelihood of brain abnormalities on MRI compared to Asian and Caucasian descent

NMOSD vs MS

Multiple sclerosis (MS) and NMOSD have many of the same clinical features. As a result, NMOSD is often misdiagnosed as MS. **NMOSD and MS can have similar symptoms, but NMOSD is far less common.**

NMOSD Symptoms

- Blindness
- Persistent hiccups and nausea
- Uncontrollable vomiting

Shared Symptoms with MS

- Vision change
- Spasms
- Weakness
- Bowel dysfunction
- Pain
- Fatigue
- Paralysis
- Numbness

43%
of people with NMOSD
in one study were initially misdiagnosed with MS*†

*The wrong initial diagnosis of MS became less common after anti-AQP4 antibody testing was made commercially available in 2005 (20% of patients were misdiagnosed after 2005 vs 54.2% of patients before 2005).

†In a study of 73 patients with NMOSD, 43% were initially misdiagnosed with MS.

The Importance of Receiving the Proper Diagnosis

When diagnosing NMOSD, time is of the essence. It's crucial to receive the right diagnosis so your doctor can manage your condition properly.

A misdiagnosis may lead to devastating consequences since just one NMOSD relapse can cause serious disability. An early and accurate diagnosis can help reduce the risk of relapse.

How NMOSD is Diagnosed

A simple blood test, preferably a **cell-based assay (CBA),** is used to detect anti-AQP4 antibodies associated with NMOSD.

Doctors also consider a patient's medical history, physical exam, and a **variety of specialized tests including:**

- Spinal taps examining cerebrospinal fluid
- MRI
- Optical Coherence Tomography (OCT)

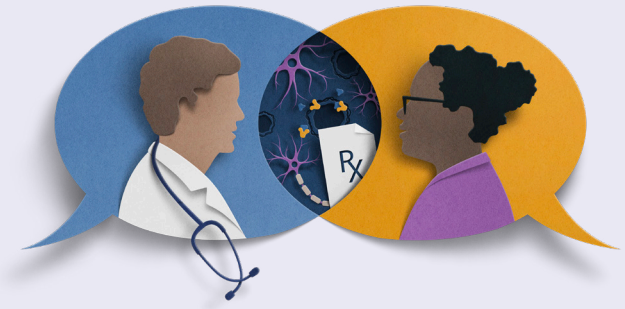
AQP4, aquaporin-4; MRI, magnetic resonance imaging

Managing NMOSD

Since NMOSD is a chronic condition, **long-term management is critical to help reduce your risk** of an NMOSD attack.

Every anti-AQP4 antibody-positive NMOSD attack puts you at risk for further damage and may result in additional disability over time.

Choosing an appropriate treatment that fights anti-AQP4 antibody-positive NMOSD where the damage happens **may help reduce the risk of future attacks.**



Treatment in NMOSD

Treatment in NMOSD is essential to help reduce the risk of future attacks and further damage, but not all treatments work the same way.

Talking to your doctor is an essential step toward getting appropriate treatment.

Scan the QR code to download a helpful guide for tips on talking to your doctor about NMOSD.

NMOSD Resources

Connecting with a community and utilizing resources can provide invaluable support throughout your journey.

ONESOURCE® Personalized Patient Support from Alexion

OneSource™ is Alexion's free, personalized patient support program that provides: NMOSD education, help navigating health insurance and community connections. **Patient Education Managers (PEMs)** are part of the OneSource program.

Find your local PEM

PEMs can offer personalized support, provide resources tailored to your individual needs, and guide you to local events.

Register for an NMOSD event

Our virtual and in-person events cover a range of topics surrounding NMOSD. These events are open to patients and their caregivers in the United States.

NAVIGATING

NMOSD

Don't wait until you experience your next relapse to discuss possible NMOSD treatment options with your doctor.

Visit nmosd.com for more information and resources.

Find support from others around the country and reach out to patient advocacy groups that stand up for the NMOSD community.

THE Sumaira FOUNDATION

SRNA connect. care. cure. | Siegel Rare Neuroimmune Association

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