



AN NMOSD FACTSHEET FOR FRIENDS, FAMILY, CO-WORKERS, EMPLOYERS OR OTHERS

You have been given this factsheet because you know someone who has been diagnosed with **Neuromyelitis Optica Spectrum Disorder (NMOSD)**.

This factsheet has been designed to help you better understand NMOSD.

WHAT IS NMOSD?

NMOSD is a rare autoimmune, inflammatory disease that affects the central nervous system (CNS), which consists of the brain, spinal cord, and eyes.

NEURO

(relating to the nerves)

MYELITIS

(inflammation of the spinal cord)

OPTICA

(relating to the eyes)

SPECTRUM

(a range)

DISORDER

(a disrupted physical or mental state)

Most people with NMOSD have relapsing attacks of damage that lead to loss of function of the optic nerves and spinal cord, which can result in a range of symptoms that affect daily living.

NMOSD attacks can be sudden and potentially life-threatening, and they can have serious effects, such as sudden vision loss or partial paralysis.

nmosd

affects between

1 and 4 people

in **100,000**

WHAT CAUSES NMOSD?

In NMOSD, a part of the immune system, called the complement, mistakenly attacks the nervous system.

The complement system usually destroys harmful invading cells, such as bacteria and viruses.

However, in NMOSD it destroys healthy cells in the nerves, resulting in relapses or attacks and the associated symptoms.

WHAT IS AN NMOSD ATTACK/RELAPSE?

NMOSD relapses are defined as the onset of new symptoms, or the worsening of original symptoms, lasting more than 24 hours, in the absence of other recognized causes such as fever and infection.

SYMPTOMS OF NMOSD

NMOSD is associated with a wide range of symptoms depending on where the nerve damage occurs.



SYMPTOMS OF NMOSD AS REPORTED BY PATIENTS



55% (241) of patients report fatigue



53% (240) of patients report pain



52% (233) of patients report stiffness/spasticity



40% (232) of patients report bladder problems



35% (230) of patients report sexual dysfunction



35% (118) of patients report insomnia



31% (232) of patients report bowel problems



28% (233) of patients report excessive daytime sleepiness



22% (233) of patients report brain fog



22% (236) of patients report anxious mood



20% (233) of patients report mood swings



20% (239) of patients report depressed mood

Proportion of NMOSD patients reporting moderate to severe symptoms to PLM (PatientsLikeMe), an online patient community (www.patientslikeme.com). Numbers in parentheses signify total number of patients reporting each symptom at any level of severity. Symptoms depicted are those affecting 20% or more of patients.

NMOSD TREATMENT GOAL

NMOSD is a chronic condition, so it is crucial to treat it even when you're not having an attack. The goal of long-term treatment is to reduce the risk of subsequent attacks.

NMOSD CAN RESULT IN A MEDICAL EMERGENCY

The outcomes of an attack or relapse in NMOSD depend on how severe the event is, the patient's age and how quickly they receive emergency treatment. Prompt treatment of attacks is crucial to prevent the physical impairment in NMOSD patients that accumulates with each relapse.

If you become aware of any signs and symptoms of an NMOSD attack, you should seek immediate medical care as quickly as possible.

Visit nmosd.com for more information and resources.