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Management of Multiple Sclerosis, Part 2 of 2: MRI Abnormalities—The Radiologically Isolated Syndrome

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STATEMENT OF NEED

Multiple sclerosis (MS) affects 400,000 Americans and is the leading nontraumatic cause of neurological disability in young adults.¹ Although MS is progressive, it is not fatal, and patients generally have a normal lifespan. However, progressive disability imposes increasing limitations and reduced quality of life for these patients. Newly released consensus guidelines offer neurologists and primary care physicians direction to improve the differential diagnosis and develop strategies to facilitate early and accurate diagnosis of MS. A number of factors must be considered when selecting a treatment regimen for patients with MS, including variations in clinical and MRI evidence of disease. The discovery and broad application of MRI in medicine has led to an increased awareness of the number of patients with incidental white matter pathology in the CNS. The natural history or evolution of such individuals with respect to their risk of developing MS is unclear,² but a need for further studies on this subject and physician awareness is essential for progression of disease therapy in MS. In this neuroscienceCME Journal Club activity, the authors will translate their research and provide insights and application to clinical practice.

¹ Bermel RA, Rudick RA. Interferon-based treatment for multiple sclerosis. *Neurotherapeutics* 2007;4:633-646.
² Okuda DT, Mowry EM, Beheshtian A, et al. Incidental MRI anomalies suggestive of multiple sclerosis: the radiologically isolated syndrome. *Neurology* 2009;72:800-805.

ACTIVITY GOAL

To translate consensus recommendations on differential diagnosis into effective management of patients with MS, and to increase awareness surrounding the potential risk factor of white matter pathology for the development of MS.

LEARNING OBJECTIVES

- At the end of this CE activity, participants should be able to:
- Identify the objectives and methods of the clinical study.
 - List the diagnostic criteria for Radiologically Isolated Syndrome (RIS).
 - Evaluate the results of the study and consider the implications in clinical practice.

TARGET AUDIENCE

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals interested in the management of multiple sclerosis.

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FACULTY INFORMATION

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Okuda DT, Mowry EM, Beheshtian A, et al. Incidental MRI anomalies suggestive of multiple sclerosis: the radiologically isolated syndrome. *Neurology* 2009;72:800-805.

MODERATOR

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Activity type: Knowledge-based

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