



# MS Around the World

by NEWLIFEOUTLOOK TEAM

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## MS Around the World

In addition to the estimated 400,000 people in the USA who have MS, there are more than 600,000 in Europe, more than 120,000 of them in Germany. As many as 75,000 Canadians are thought to be diagnosed with MS.

Worldwide, there are about 2.5 million people living with this condition.

MS is significantly more prevalent in western countries than it is in eastern countries, and northern regions have particularly high rates. It is not 100% clear why this is the case, but as MS has been linked to vitamin D deficiency, it is thought the long winters and fewer sunlight hours in northern areas of, western hemisphere countries like Canada, Scotland and Sweden may have something to do with it.

Differences in diet may also be a contributing factor, as well as different viruses and bacteria being present in different regions.

From  
Life and MS

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## Living with Multiple Sclerosis (MS)

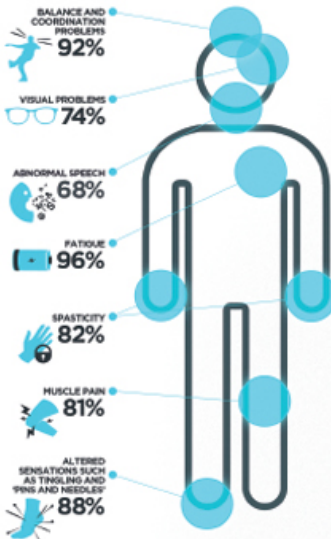
MS is an inflammatory disease that damages the nerves and affects the transfer of messages from the central nervous system to the rest of the body. It is progressively disabling and often leaves people with limited mobility.

### MS is more common than you think<sup>1</sup>

MS affects more than 600,000 people in Europe<sup>2</sup>

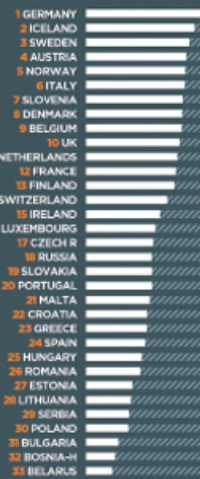


### What are the symptoms of MS?<sup>3</sup>



### MS management & quality of life ranking across countries<sup>2</sup>

This is not always related to a country's wealth and there is large room for improvement

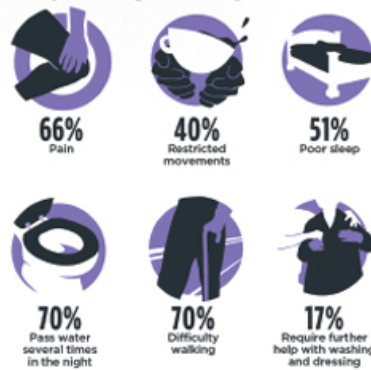


UP TO **80%** OF PEOPLE WITH MS SUFFER FROM MODERATE OR SEVERE SPASTICITY (RIGIDITY AND SPASMS)<sup>4</sup>

### Spasticity is one of the more neglected MS symptoms

Over **50%** of people with moderate to severe MS do not receive treatment to control their spasticity<sup>4</sup>

### What are the consequences of spasticity for MS patients?<sup>5</sup>



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2. European Multiple Sclerosis Platform, IMS, November 2011, [www.EMSPlatform.com](http://www.EMSPlatform.com), Last accessed 08/05/12  
3. Kornek G, et al. What drives quality of life in multiple sclerosis? J. Neurol. 2006; 253: 431-435  
4. Ricci ML, Hughes J, et al. Prevalence and management of spasticity reported by multiple sclerosis patients. Mult. Scler. 2004; 10: 1000-1005  
5. Dineen J, et al. Quality of Life in MS: A Review of the Literature. Presented at the 10th Annual Meeting of the European and American Committees for Treatment and Research in Multiple Sclerosis (ECTRIMS), Multiple Sclerosis Journal 2011; 17: 1588  
6. Pacher P, et al. Pacher P, Hargreaves M, et al. Spasticity in Multiple Sclerosis: A cross-sectional survey in Germany. Presented at ECTRIMS 2012, May 2012

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For further information on Multiple Sclerosis please visit [www.LifeandMS.com](http://www.LifeandMS.com)

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