

GOALS OF DEFEAT MSA ALLIANCE

- To build a community that truly serves those that suffer from MSA
- To cultivate promising research into treatments that will slow MSA
- To promote better education among physicians who treat MSA
- To raise greater public awareness about living with MSA

Did you know?

March is MSA Awareness Month

February 28th is Rare Disease Day

May is Our Fundraiser Month

Visit Our Sister Charity,



What is Multiple System Atrophy?

Multiple System Atrophy, or MSA, is a rare, degenerative neurological condition that affects both men and women, usually starting in the 50's or 60's. MSA is likened to Parkinson's Disease but its impact on one's physical health is more profound.

MSA is often confused with Parkinson's Disease

Both MSA and Parkinson's (PD) exhibit many of the same features. What we know so far is that like PD, MSA is associated with an accumulation of the alpha-synuclein protein in the brain. Both disorders exhibit motor and autonomic symptoms, and in particular these two diseases affect the cells that produce dopamine. In MSA, the effect on motor and autonomic functions are more intense.

Diagnosis

At present, there are no labs or imaging studies to definitively diagnose or detect MSA. Doctors, usually movement neurologists, utilize a combination of symptoms to reach a probable conclusion. The MSA diagnosis results from a number of factors that contribute to the overall clinical picture, such as balance, coordination, blood pressure, temperature, heart rate, digestion and a number of other symptoms.

How Does MSA Affect the Body?

MSA impairs the body systems that regulate blood pressure, heart rate and the bladder - many of the basic bodily functions that people take for granted every day. People with MSA suffer from low blood pressure, speech and swallowing difficulties, sleep disturbances, breathing problems, rigidity and tremors.

What is the prognosis for someone with MSA?

Tragically, the life expectancy for those diagnosed with MSA is typically only 5-10 years. There is no remission of the disease. Almost 80% of patients are disabled within five years of the onset of the motor symptoms, and less than 20% of the cases survive beyond 10 years. However, the rate of progression and the speed of decline varies widely from case to case.

Please help us on this great quest!

**[www.defeatMSA.org/
Donate-to-US/](http://www.defeatMSA.org/Donate-to-US/)**

**[www.MSAcanada.ca/
Donate-to-US/](http://www.MSAcanada.ca/Donate-to-US/)**

Visit Us For Our Privacy Policy

©2019

This brochure is for promotional purposes only and should not be used for diagnosis or treatment.

Anyone with questions about MSA should consult with their doctor or other health care professional for diagnosis or possible treatments.



Donate Now!

**[www.defeatMSA.org/
Donate-to-US/](http://www.defeatMSA.org/Donate-to-US/)**

**[www.MSAcanada.ca/
Donate-to-US/](http://www.MSAcanada.ca/Donate-to-US/)**

Defeat MSA (US)
29924 Jefferson Ave.
St. Clair Shores, MI
48082

Defeat MSA (CA)
3041 Dougall Ave.,
Ste. 208
Windsor, ON
N9E 1S3



Toll Free Help Line:
1 (855) KICK-MSA
1 (855) 542-5672

Looking for a
support group?

Email us and we will send
you a comprehensive list for
groups in US and Canada:

support@defeatmsa.org



BRAIN HUB
brainpatient.org

Global Online Support & Research Hub
A Community Resource

People with many diseases, especially
rare conditions, need help finding
resources. This Brain Hub is designed to
help those patients and their caregivers
build support groups and to connect
with vital research opportunities. Users
can access the HUB via website
or one of two free mobile applications,
Android or Apple.

www.brainpatient.org

©2019

Dysautonomia

MSA is characterized as both a move-
ment and an autonomic brain disorder.
The most suitable specialist to diagnose
it is a movement disorder neurologist.
In addition to what has already been
mentioned here, people with MSA
may experience a loss of bladder or
bowel control, abnormal sweating, sexual
impotence in men, sleep apnea and REM
Behavior Disorder (RBD), which involves
movements during sleep, that may seem
as if the person is “acting out” their
dreams. In fact, some researchers have
suggested that RBD may possibly
provide an early indication of an
eventual MSA diagnosis.

Types of Treatment

Since MSA's main features involve
symptoms on “multiple” levels, the
known treatments are usually the same
treatments used for similar diseases,
such as PD. Since MSA is characterized
as both autonomic and movement
related, physicians in those fields would
be the most appropriate specialists. Drugs
such as those to treat muscle rigidity,
slowness and tremor may also help
someone with MSA. Blood pressure
enhancing meds, increasing salt in one's
diet, changing one's position during sleep
or the use of a CPAP or BiPAP for sleep
apnea may help as well. Some researchers
have also speculated that different forms
of physical therapy and increased exer-
cise may act as neuroprotectors, thereby
slowing the disease.

There is currently no cure for MSA.

However, there are medications and
therapies that can alleviate some of the
more disabling effects, thus, greatly
assisting in maintaining or improving the
quality of one's life. In recent years, new
research has given us hope that we will
soon, “turn the corner” in our quest to
find reliable biomarkers, more definitive
ways to diagnose MSA and distinguish it
from similar diseases, such as Parkinson's,
Lewy Body Dementia and Pure
Autonomic Failure (PAF).

*Great strides have also been made
in developing new medications that
will help treat, and possibly slow the
disease.* Although, some people
suffering with MSA succumb after 10 years,
other patients do not. Some MSA patients
have been known to live up to 20 years,
after their initial diagnosis. As research
into the origins of the disease continue,
*there is increased confidence among
researchers and advocates today
that very soon, we will discover new
therapies to treat and slow the
disease. We believe that a cure to
this devastating neurological disease
is on the horizon.*

**Is It
All In Your
Head?**

On Multiple System Atrophy



www.defeatmsa.org | www.msacanada.org

Take the first step
toward a diagnosis.
support@defeatmsa.org

Toll Free Help Line:
1 (855) KICK-MSA
1 (855) 542-5672

Defeat MSA (US)™
Defeat MSA (CA)™

Both are government registered,
non-profit charitable organizations.