

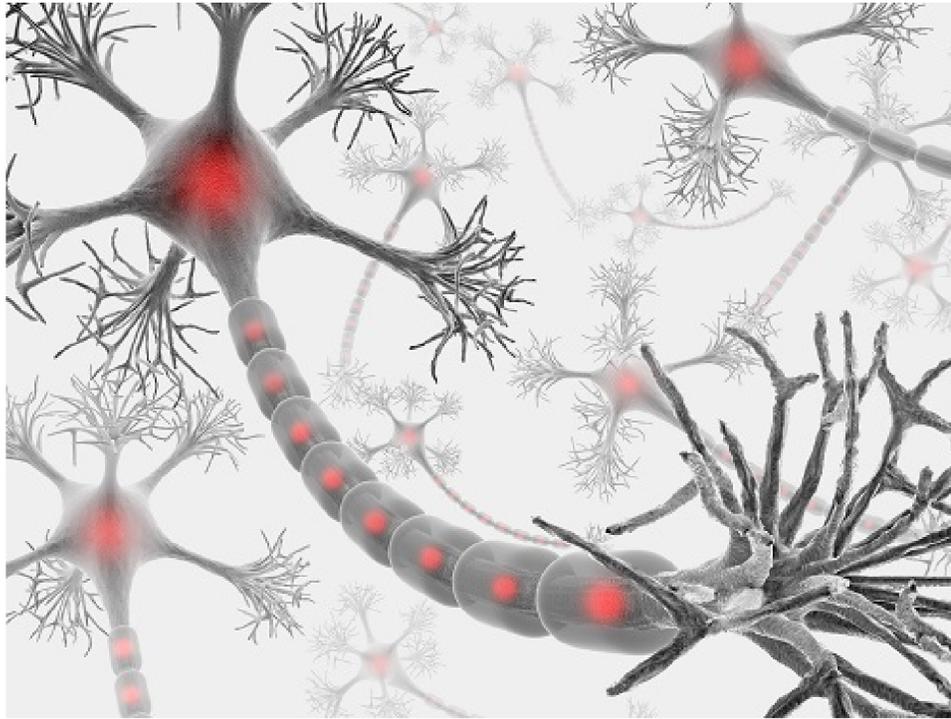
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QUIZZES

# Test Your Knowledge on Multiple Sclerosis (MS)



Editor  
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**According to a recent survey conducted by the Multiple Sclerosis Association of America and presented at ECTRIMS 2018, what percent of respondents said maintaining cognitive function is the most important consideration in management of their MS?**

- 10 percent
- 75 percent
- 27 percent

**Correct!**

The correct answer is C. Although, 78 percent of respondents are very or extremely concerned about MS-related cognitive loss. According to 45 percent of survey respondents, physical disability progression is concern #1.

**What percent of those with multiple sclerosis recall discussing “brain atrophy” with a doctor while reviewing MRI results?**

- 87 percent
- 20 percent
- 42 percent

**Correct!**

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The correct answer is B, according to a recent survey conducted by the Multiple Sclerosis Association of America. In addition, only 20 percent of respondents reported being moderately or very satisfied with the amount of information available on potential ways to prevent brain atrophy.

### What disorder is most frequently mistaken for multiple sclerosis?

Migraine (alone or in combination with other diagnoses)

Fibromyalgia

Neuromyelitis optica spectrum disorder

#### Correct!

The correct answer is A. A 2016 study (The Contemporary Spectrum Of Multiple Sclerosis Misdiagnosis) looked at 110 patients misdiagnosed with MS. The most common correct diagnosis was migraine, either alone or in combination with other diagnoses, which accounted for 22 percent of misdiagnosed MS patients.

### Following a retrospective study involving two academic MS referral centers, what percent of patients were later determined as incorrectly diagnosed with MS?

75 percent

18 percent

2 percent

#### Correct!

The correct answer is B. The study (Incidence of multiple sclerosis misdiagnosis in referrals to two academic centers) found that almost one in five people – or 18 percent – diagnosed with MS did not fulfill contemporary McDonald Criteria and more likely had an alternate diagnosis. Study researchers suggest that misdiagnoses are often due to “misapplication of MS diagnostic criteria, specifically overreliance on – or misinterpretation of – radiographic findings in patients with syndromes atypical for MS.”

### Multiple sclerosis is less common in what geographic area:

High-altitude cities

Warm, sunny areas near the equator

Temperate climates that include periods of colder, shorter days, as in Canada and the northern United States.

#### Correct!

The correct answer is B. No one knows why MS is less common in areas closest to the equator, although some researchers believe the answer is based on sunlight exposure, which allows the body to naturally produce greater amounts of vitamin D – the vitamin thought to support immune function.

### According to the National Multiple Sclerosis Society, recent studies suggest that the female-to-male ratio of MS diagnoses may be as high as:

6-to-1

20-to-1

4-to-1

#### Correct!

The correct answer is C. Put another way, MS may be three times more common in women than in men. This, the National MS Society adds, suggests that hormones may play a significant role in determining risk for MS.

**As grey matter continues to be attacked, causing new lesions to develop, what symptoms tend to increase?**

Memory loss and cognitive impairment

Muscle control and sensory perception

Fatigue

All of the above

**Correct!**

The correct answer is D. According to Dr. Robert Zivadinov, professor of Neurology and director of the Buffalo Neuroimaging Analysis Center and Center for Biomedical Imaging at Clinical Translational Science Institute at the University of Buffalo, "Many studies have found links between grey matter damage with both physical and cognitive impairment in patients with MS."

**True or False: The McDonald Criteria 2017 reboot proved to be a rehash of old benchmarks and definitions.**

True

False

**Correct!**

False. In fact, multiple key changes have spurred heated debates around the world. Some experts agree that the updated criteria speed up the diagnostic process and reduce chance of misdiagnosis. Some experts believe the updates result in over-diagnosis or misdiagnosis.

**True or False: Continuous, long-term exercise appears to decrease symptoms of depression, fatigue, and sleep disturbances for those with MS.**

True

False

**Correct!**

True: Many studies support long-term benefits of regular exercise to manage physical symptoms associated with multiple sclerosis. Now, for the first time, a study suggests that physical activity "dramatically" improves psychological functioning and sleep for those with MS – although regular, ongoing physical activity is key to sustaining the psychological benefits.

**True or False: A recent study further cements suspicions that contracting the Epstein-Barr virus (EBV) increases risk of developing multiple sclerosis (MS).**

True

False

**Correct!**

True. The study, published in the journal *Nature Genetics*, reports that EBV may increase risk for MS as well as systemic lupus erythematosus, rheumatoid arthritis, juvenile idiopathic arthritis, celiac disease, inflammatory bowel disease, and type 1 diabetes. Specifically, the study reports that the virus-derived EBNA2

transcription factor binds to several spots in the human genome that are associated with these seven diseases.

## A study conducted at Tel Aviv University confirms that environmental conditions can trigger the onset of multiple sclerosis (MS).

True

False

### Correct!

False. The study exists but it only demonstrates that certain environmental conditions, such as elevated salinity and temperature, can cause myelin sheaths to undergo structural transitions. These transitions, the study suggests, may render the body vulnerable to autoimmune attacks that can lead to MS.

Test Your Knowledge on Multiple Sclerosis (MS)

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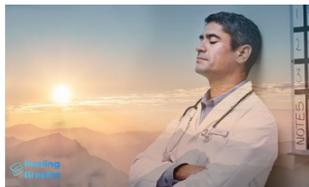
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