

Roadmap for Improvement

TISCH MS RESEARCH CENTER OF NEW YORK 2019 PATIENT SYMPOSIUM

Armistead Williams III, MD

Approaching Challenges

Michelle “I’m on a very powerful immune therapy. It’s not working.”

Frank “I have stopped responding to my medication.”

Shelly “Before MS, I was never this tired.”

John “I’m 72 and slowing progressing. Its harder to do the things I enjoy.”

Susan “I’ve tried 7 medications.”

These are all opening lines to success stories!



My MS is gett

- my ms is getting worse
- signs my ms is getting worse
- i think my ms is getting worse

Google Search I'm Feeling Lucky

Report inappropriate predictions

How NOT to Solve Challenges



My MS is gett

my ms is getting worse

signs my ms is getting worse

i think my ms is getting worse

Google Search

I'm Feeling Lucky

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LEMTRADA
alemtuzumab ^{12mg} iv

MAVENCLAD[®]
(cladribine) tablets 10 mg

OCREVUS[®]
ocrelizumab 300MG/10ML
INJECTION FOR IV



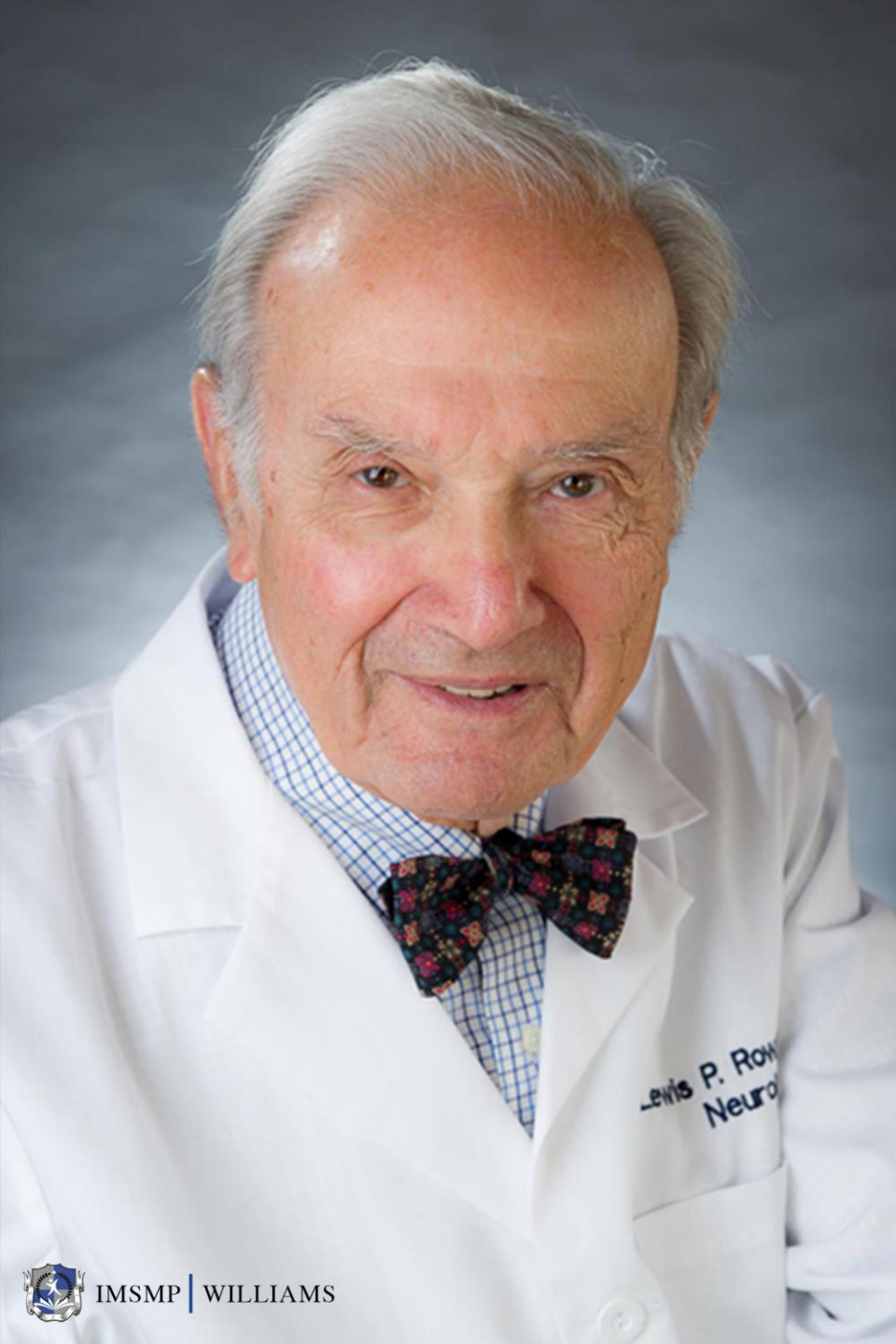
 **MAYZENT**[®]
(siponimod) tablets
0.25 mg • 2 mg

EVERY
4 WEEKS
300mg IV

TYSABRI[®]
(natalizumab)



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Getting Advice

Lewis P. Rowland, MD

Make a comprehensive assessment.

Examine the details of the case.

Know the results you want.

Take action.

Don't give up, knowledge is incomplete
and there are always opportunities to win.



Getting Advice

Yogi Berra

You can observe a lot just by watching.

Little things are big.

If you don't know where you're going,
you probably won't get there.

When you see a fork in the road, take it.

It ain't over till it's over.



“When you come to a fork in the road,
take it!”



“If you don’t know where you are going,
you might not get there.”

Define Your Goals.

MS.

Symptoms.

General Health.

Lifestyle and Self Care.

Michelle

“I’m on a very powerful immune therapy. It’s not helping.”

First Observations

Progressive decline without relapses or new MRI.

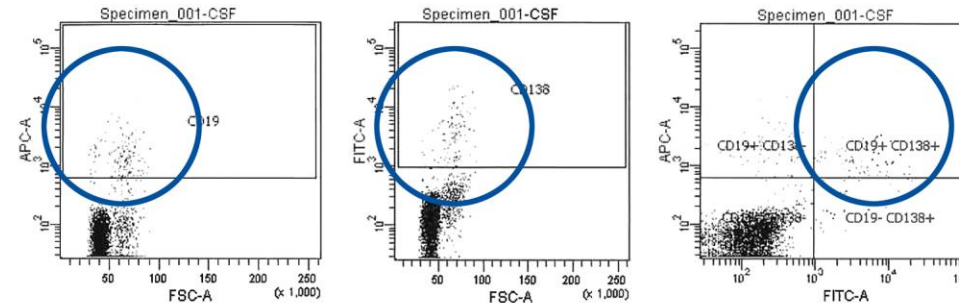
Two Questions

Does Lemtrada stop all inflammation?

Can we see all inflammation by measuring relapses and MRI?

More Observations

CSF shows B cells.



Plan

B cell therapy.



Look and ask questions.

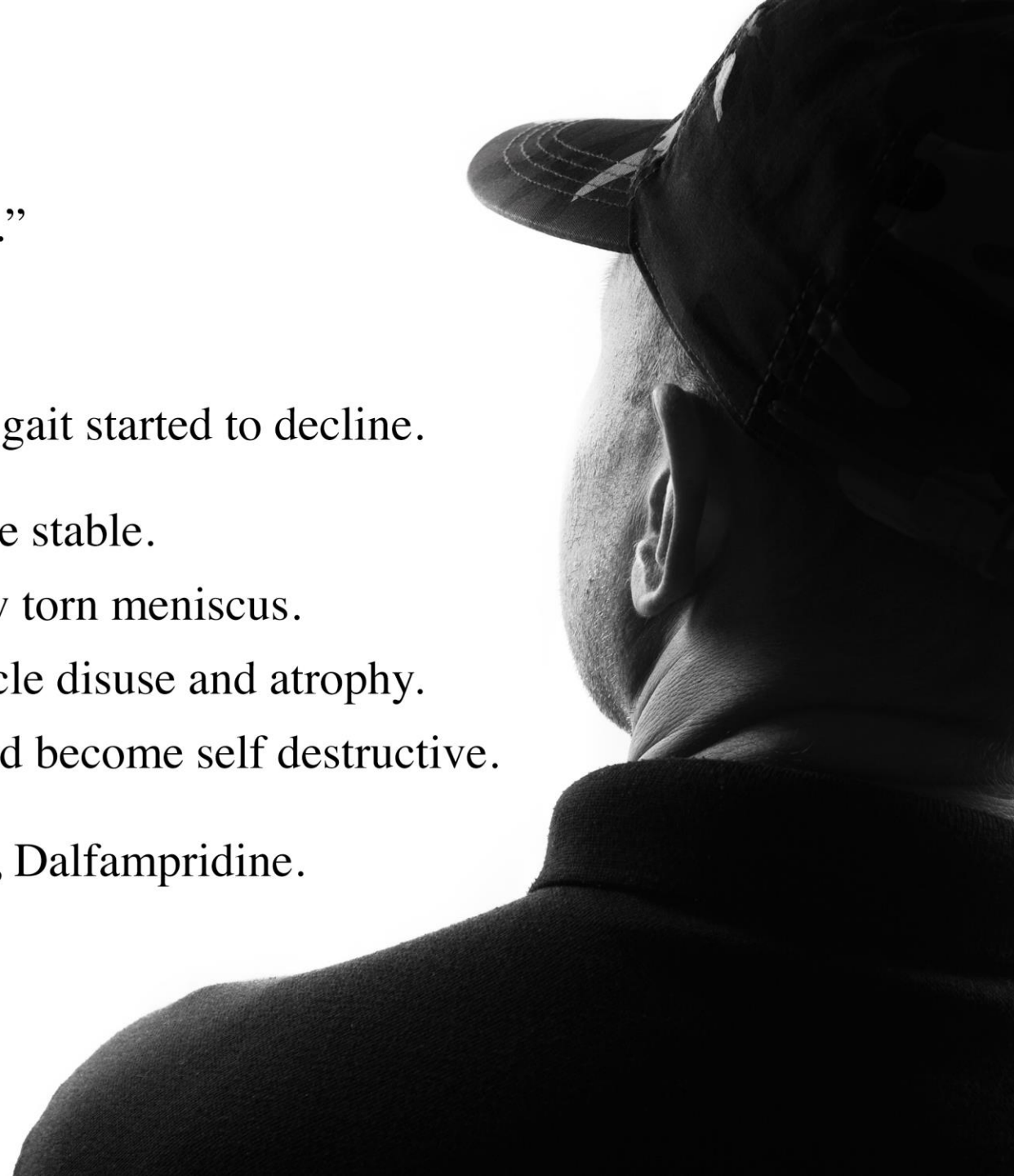
“You can observe a lot just by watching.”



Frank

“I have stopped responding to my medication.”

Problem	After 3 years of NEDA, his gait started to decline.
Observation	My measures of his MS were stable. Chronic mild weakness, new torn meniscus. Knee pain was causing muscle disuse and atrophy. His beliefs and behaviors had become self destructive.
Action	Surgery, PT, E-Stim Device, Dalfampridine.
Results	Gait improved ... so it was not progression.



The knee pain.

“Little things are big.”





Shelly

“Before MS I was never this tired.”

Problem Severe fatigue for 5 years and nothing seemed to help.

Strategy Prioritize the fatigue, make a list of possible causes and treat each.

After symptom therapies failed, I suspected it was active MS.

Action We changed immune therapies, and again.

Results With her third medication, the fatigue stopped.



We prioritized fatigue.

“If you don’t know where you’re going,
you might not get there.”

John

“I’m 72 and slowly progressing. It’s harder to do the things I enjoy.”

72 man who has progressed over 10 years despite 2 medications.
No new MRI lesions, no exacerbations.



John

“I’m 72 and slowly progressing. It’s harder to do the things I enjoy.”

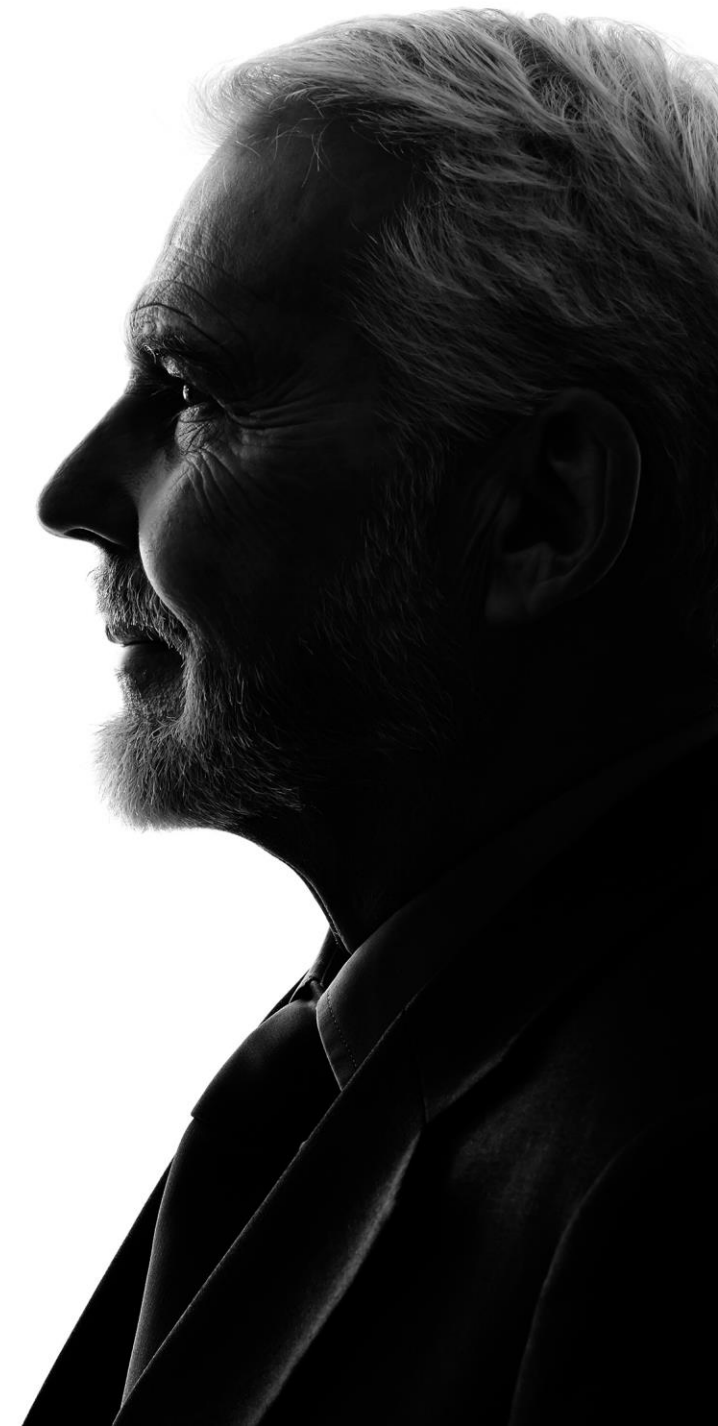
72 man who has progressed over 10 years despite 2 medications.
No new MRI lesions, no exacerbations.

Problem Was his MS progression treatable?

Observation Never took a highly effective therapy.

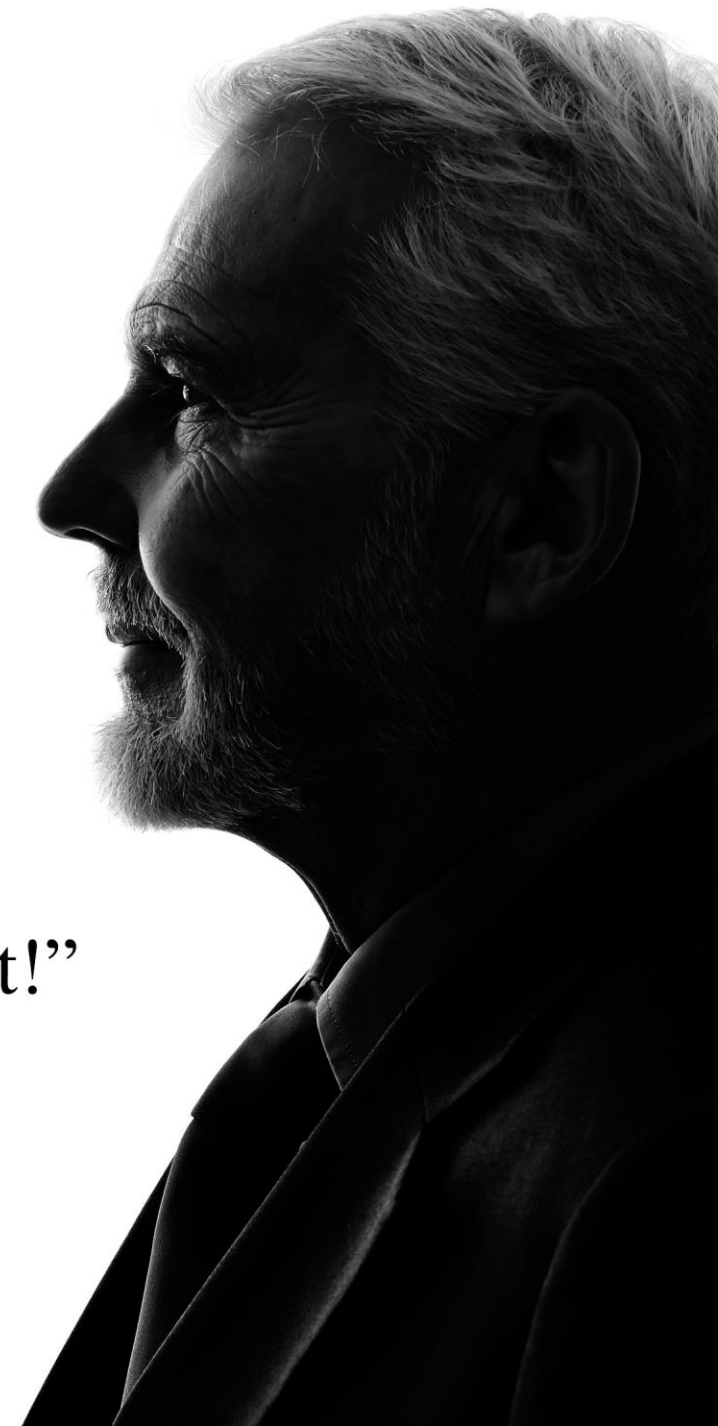
Action Ampyra and B cell suppression.

Results Fatigue, speech, golf game improved.



John would never have known
his potential to improve if he hadn't
taken action.

“When you come to a fork in the road, take it!”



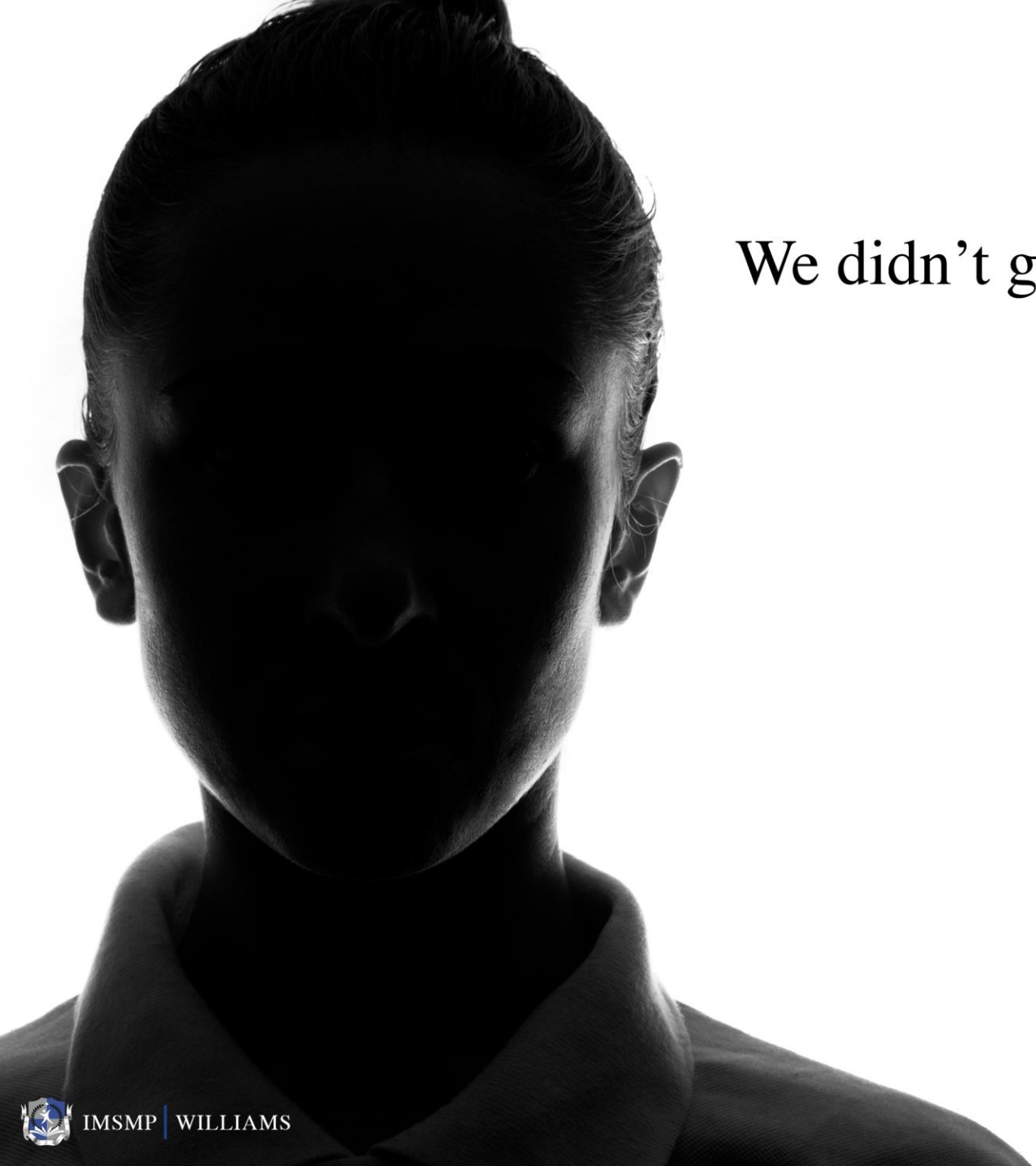


Susan

“I’ve tried 7 medications and I’m getting worse.”

- Observation** Could no longer stand from a wheelchair.
Mitoxantrone helped 15 years ago.
6 other MS drugs did not help.
- Action** Immunosuppressant pill mycophenolate.
- Results** Started to stand again.



A high-contrast, black and white silhouette of a person's head and shoulders. The person's face is mostly in shadow, with only the edges of their ears and the top of their head catching some light. They are wearing a collared shirt. The background is a solid, bright white.

We didn't give up.

“It ain't over till it's over.”



The Yogi Approach

Look and Ask Questions

“You can observe a lot just by watching.”

Details Matter

“Little things are big.”

Prioritize

“If you don’t know where you are going,
you might not get there.”

Take Action

“When you come to a fork in the road, take it.”

Don’t Give Up

“It ain’t over till it’s over.”



Thank You!

Armistead Williams III, MD