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support group  
or treatment summary?

Email us with your request!  
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Support Research  
and those suffering  
with MSA now!

MSA Partnership Ireland  
Limited

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## VOLUNTEER TO HELP!

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## Our Mission

MSA Ireland Partnership intends to be an inclusive based charity which aspires to support patients, educate medical professionals, raise public awareness, advocate for the community and nurture promising research.

The Partnership invites all other like-minded individuals, north and south and people around the world, to unite with us in this noble task: to speak for those who cannot, with one mind, one heart and one voice: to cure MSA forever!

## Disclaimer

This brochure is published by MSA Ireland Partnership for informational and support purposes only. The information presented should not be used for suggesting any diagnosis or understood as recommending any medicines, tests or treatments. Every reader should consult with his/her doctor or other health care provider for any medical condition.

## What is MSA?

Multiple System Atrophy (MSA) is a rare, rapidly progressing neurodegenerative disorder that affects the brain. MSA impairs the 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 dangerously low blood pressure, speech and swallowing difficulties, sleep disturbances, breathing problems, rigidity and tremors. The life expectancy for those with MSA is typically 5 to 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. Rate of progression and the speed of decline may vary widely from case to case.

At present, there is no cure for MSA, no genetic tests to detect it, no therapy to slow it and very few treatments to manage its debilitating effects.

## What is MSA Shoe?



The sole mission of the Defeat MSA Awareness Shoe is to raise awareness about Multiple System Atrophy by its symbolic world marathon. Learn more at [msashoe.org](http://msashoe.org) or find us on Facebook "Where is the MSA Shoe?"

## Managing MSA

The cause of multiple system atrophy (MSA) remains unknown, and no current therapy can reverse or halt progression of the disease. The extra-pyramidal and cerebellar aspects of the disease are debilitating and difficult to treat.

### Nonpharmacologic Treatment

Constipation – A high-fiber diet, bulk laxative, lactulose, and suppositories can prevent constipation;

Stridor – Speech therapy is often useful to improve swallowing and communication;

Deconditioning – Physical therapy and an aquatic exercise program (hypotension does not occur while patients are in water) prevent physical deconditioning of the patient unless the movement disorder aspect of the illness so impairs balance that this is not advisable;

Urinary incontinence – Intermittent self catheterization or suprapubic or urethral catheterization can improve symptoms of urinary incontinence;

Falls – As the disease progresses, the risk of falls increases; proper gait instruction and precautions are critical to prevent falls and resultant injury;

### Pharmacologic Treatment

Drug therapy is directed mainly toward alleviation of symptoms of the movement disorder and orthostatic hypotension. Urinary incontinence, constipation, erectile dysfunction, and supine hypertension can also be addressed through pharmacologic therapy.

### Consultations

Physical therapists, occupational therapists, speech therapists, psychologists, nutritionists and social workers can offer considerable practical help.

## Research Advisors

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\*Volunteer experts provide additional help reviewing research proposals.