



Santiago, Chile, October 31 - November 5, 2015

# Modern Management of Multiple Sclerosis

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**WCN** 2015

#### **Faculty Disclosure**

	No, nothing to disclose
$\checkmark$	Yes, please specify:

Company Name	Honoraria/ Expenses	Consulting/ Advisory Board	Funded Research	Royalties/ Patent	Stock Options	Ownership/ Equity Position	Employee	Other (please specify)
MedDay	X	X						
Biogen Idec (Optum Insight)	Х	X						
Eisai	Х	X						
Novartis	Х	Х						Lecturing
Теvа	Х							Lecturing
EXCEMED	Х							Lecturing
SAGE Publications	×							Editor-in-Chief, Multiple Sclerosis Journal

### **Prevalence of MS**

#### 2013 : 2.3 million



### **MS Is a Disabling Condition**

**QOL** EDSS and utility<sup>a</sup> have shown a significant inverse relationship<sup>1</sup> Mortality

Mortality ratio of MS exceeds CV disease,<sup>2,b</sup> stroke,<sup>3,c</sup> and early breast cancer<sup>4</sup>

MS has a negative impact on...

Healthcare costs Bulk of cost attributed to services (29%) and long-term sick leave and early retirement (30%)<sup>6,d</sup>

#### Employment

50% of patients with MS are unemployed 10 years after diagnosis<sup>5</sup>

#### Relationships

Compared with general population, patients with MS have a higher probability of separating/divorcing and doing so sooner<sup>5</sup>

CV=cardiovascular; EQ-5D=EQ-5D=EuroQol 5-Dimension questionnaire.

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- a. Utility measures derived from EQ-5D
- b. In patients with type 2 diabetes
- c. In patients with valvular heart disease in Olmsted County. Minnesota
- MS patients with EDOOLSO
- d. MS patients with EDSS ≥6.0

# **Natural History of MS**







#### Recommended Diagnostic Criteria for Multiple Sclerosis: Guidelines from the International Panel on the Diagnosis of Multiple Sclerosis

W. Ian McDonald, FRCP,<sup>1</sup> Alistair Compston, FRCP,<sup>2</sup> Gilles Edan, MD,<sup>3</sup> Donald Goodkin,<sup>4</sup> Hans-Peter Hartung, MD,<sup>5</sup> Fred D. Lublin, MD,<sup>6</sup> Henry F. McFarland, MD,<sup>7</sup> Donald W. Paty, MD,<sup>8</sup> Chris H. Polman, MD,<sup>9</sup> Stephen C. Reingold, PhD,<sup>10</sup> Magnhild Sandberg-Wollheim, MD,<sup>11</sup>
William Sibley, MD,<sup>12</sup> Alan Thompson, MD,<sup>13</sup> Stanley van den Noort, MD,<sup>14</sup> Brian Y. Weinshenker, MD,<sup>15</sup> and Jerry S. Wolinsky, MD<sup>16</sup>



#### Diagnostic Criteria for Multiple Sclerosis: 2005 Revisions to the "McDonald Criteria"

Chris H. Polman, MD, PhD,<sup>1</sup> Stephen C. Reingold, PhD,<sup>2</sup> Gilles Edan, MD,<sup>3</sup> Massimo Filippi, MD,<sup>4</sup> Hans-Peter Hartung, MD,<sup>5</sup> Ludwig Kappos, MD,<sup>6</sup> Fred D. Lublin, MD,<sup>7</sup> Luanne M. Metz, MD,<sup>8</sup> Henry F. McFarland, MD,<sup>9</sup> Paul W. O'Connor, MD,<sup>10</sup> Magnhild Sandberg-Wollheim, MD,<sup>11</sup> Alan J. Thompson, MD,<sup>12</sup> Brian G. Weinshenker, MD,<sup>13</sup> and Jerry S. Wolinsky, MD<sup>14</sup>



# Diagnostic Criteria for Multiple Sclerosis: 2010 Revisions to the McDonald Criteria

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### MS Survey of 1,500 people with MS in 2015

### 'Survey reveals many people are misdiagnosed and live in uncertainty for years before MS diagnosis'

- 1 in 4 people with MS misdiagnosed with a trapped nerve
- 1 in 10 people with MS told they'd had a stroke
- 39% of people with MS waited over a year for diagnosis
- 25% visit GP four or more times before referred

### The unmet need is massive

#### **Disease modification**

MRI, relapse reduction, delayed onset of CDMS, delayed disease progression, disease activity free, delayed onset of SPMS, prevention of SPMS

Anti-inflammatory	Neuroprotective	Neurorestorativ
-		e strategies

#### Symptomatic therapies

Cognition	Fatigue	Spasticity
Bladder/Bowel	Mobility	Mood

MS prevention						
Vitamin D	Smoking	EBV				



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Honcary Consultant Neurologis National Hospital for Neurology and Neurosurgery, Queen Square, London, UK FIGURE 1 Axial FLAIR Image that shows typical MS lesions: small and ovoid hyperintensities in T2-weighted secuences. Here

they are located in the periventricular white matter and juxtacortical white matter

Garfield Weston Professor of Clinical

Neurology & Neurorehabilitation, Dean of the Faculty of Brain Sciences, School of Life & Medical Sciences.

# Guidelines in MS 2014 -15

- NICE guidelines
  - NHS England
- Association of British Neurologists

# Early accurate diagnosis crucial in multiple sclerosis





It is the most frequent disabling neurological disease among young adults, affecting around 2.3 million people worldwide.<sup>1</sup> Around 100,000 people<sup>2</sup> in the UK have MS, giving an average prevalence of 1.5/1,000 (varying from 1.2/1,000 in England and Wales to 1.9/1,000 in Scotland).<sup>3</sup>

In about 85% of cases, MS starts with an acute neurological episode, a clinically isolated syndrome (CIS), considered to be the first clinical episode of relapsing-remitting MS (RMS), It is characterised by the presence of acute relapses, after which there is normally a good functional recovery.<sup>4</sup> About 15-20 years after symptom onset, most patients develop secondary progressive MS (SPMS), characterised by a gradual and irreversible neurological decline.<sup>5</sup> Although relapses can still be present in SPMS, the accrual of disability is typically independent of any relapses. In about 15% of cases, MS starts with progressive neurological deterioration, i.e. primary progressive

MS (PPMS).<sup>6</sup> MS affects women more frequently than men, with a ratio of 2-31.<sup>78</sup> Age at disease onset varies depending on the type of MS. In RRMS the disease generally starts in the late 20s. Symptom onset in those with PPMS occurs around the age of 40.<sup>58</sup> Once progression starts, the overall rate of neurological decline is similar for both SPMS and PPMS. Yet this progression rate may vary greatly between individuals and predicting What are the different types of MS?

**How** should MS be diagnosed?

What are the management approaches?

which patients will follow a more rapid accrual of disability is still a challenge.

Recently, the International Advisory Committee on Clinical Trials of MS has re-examined the MS disease phenotypes.<sup>9</sup> Although the main phenotype categories have not changed, these are now described in terms of the amount of disease activity observed, either inflammatory activity, i.e. presence of relapses and/or active lesions on MRI or neurodegenerative activity, i.e. disease progression. The goal of treatment in MS should be to prevent all disease activity.

The cause of MS is unknown. It is believed that a combination of risk factors can trigger an autoimmune response against the CNS leading to the development of MS. Risk factors can be either genetic or environmental and»

# Management

### Education

#### **Treatment & monitoring**

- Disease-modifying treatments (DMD)
  - Treatment of relapses
  - Symptomatic treatment

### **Multidisciplinary approach**

### Self-management

## Management : Education

Education should **<u>aim</u>** at:

•Improving the <u>understanding of the</u> <u>disease</u>

 Increasing the knowledge about <u>healthy lifestyles</u> and their consequences

 Increasing awareness of <u>noxious</u> <u>factors</u> such as smoking

•Promoting patients' empowerment



## Management: Multidisciplinary approach

- Comprehensive annual assessments
- Focused on:
  - Mobility, balance, and falls
  - Mobility aids including wheelchair assessments
  - Use of arms and hands
  - Muscle spams and stiffness
- Healthcare professionals involved
  - Consultant neurologists
  - MS nurses
  - Physiotherapists, occupational therapists, speech and language therapists, and continent nurses
  - Psychologists and social care specialists
  - Dieticians

### Management: Self-management

- Patients are <u>aware</u> of their condition and their symptoms
- Patients can adopt <u>self-management strategies</u> to solve day-to-day issues and gain <u>independence</u>
- Patients are at the <u>centre of all decision-making</u> processes
- Important decisions include
  - Healthy lifestyle
  - Start of treatment and compliance
  - Stop of treatment
  - Pregnancy and other family-related decisions

### **Dimensions of Wellness**



The dimensions of wellness act and interact in ways that contribute to well-being. They are influenced by health and other factors and involve lifestyle behaviors and activities

### **Top Traditional & Social Media Topics** July 2014- June 2015







95,905 mentions

medication

44.881 mentions

6.9%



30.4%

wellness

197.051 mentions

22,794 mentions

### **Social Media Wellness Themes**



### **Current Wellness Evidence** Diet, Exercise and Mood Interventions

- Insufficient evidence to establish efficacy or effectiveness in MS
  - Specific diets
  - Dietary supplements
    - Vitamin D
    - PUFA's
  - Specific exercise program
  - Mindfulness or other practices to reduce stress or depressive symptoms.
- Poor identification of depressive symptoms and major depressive disorder









#### NeuroDirect



#### HEALTHCARE WITHOUT WALLS



#### NeuroView





#### NeuroMail



## Integrated Care Pathway



# **Key Elements of Self Management**

#### **1. Electronic Health Records**



#### 2. Goal Orientated Care Plan



#### 3. Motivational coaching





# **OptiMiSe Vision**

- •Own electronic records
- •Goal orientated care plan
- Information & Evidence
- •Ability to self-assess
- Ability to Benchmark to Peers
- Access to Motivational Coach

### **Therapeutic era of Multiple Sclerosis**

- 1993 First positive trial of therapeutic agent
- 1998 Four agents available reduce relapse rate
- 2004 Second line agent licensed for more aggressive MS
- 2005 Withdrawn because of serious side-effect
- 2006 Reintroduced
- 2010 First oral agent licensed
- 2015 12 treatments

### Early treatment seems to be desirable



Figure: http://multiple-sclerosis-research.blogspot.co.uk/2012/06/research-dmt-slow-onset-of-progression.html Accessed 4 June 2013. Based on a review of Bergamaschi R *et al. Mult Scler* 2012

### **Brain health** Time matters in multiple sclerosis

Gavin Giovannoni Helmut Butzkueven Suhayl Dhib-Jalbut Jeremy Hobart Gisela Kobelt George Pepper Maria Pia Sormani Christoph Thalheim Anthony Traboulsee Timothy Vollmer

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#### DRUGS LICENCED TO TREAT RELAPSING MS

#### ON THE WAY.....

- ✓ Interferon beta 1a s.c.
- $\checkmark$  Interferon beta 1 a pegylated
- ✓ Interferon beta 1b s.c.
- ✓ Interferon beta 1a i.m.
- ✓ Glatiramer acetate 40 tiw
- ✓ Mitoxantrone
- ✓ Natalizumab
- ✓ Fingolimod
- ✓ Teriflunomide
- ✓ DMF
- ✓ Alemtuzumab
- ✓ Daclizumab

### **Timeline of MS Treatment Approvals**



### Treatment

#### **Treatment & monitoring – DMD: First-line treatments**

Drug, administration	Reduction (%) in clinical activity (relapses) in clinical trials		Main side effects	Recommended safety monitoring
route	Vs. placebo Vs. first-line DMD			
Beta-interferon, 30% NA SC or IM		NA	-Flu-like symptoms -Mild-moderate lymphopenia -Elevated liver enzymes -Hypersensitivity	-Regular blood tests -Regular brain MRI scans
Glatiramer acetate, SC	30%	NA	-Immediate post-injection reaction -Local injection-site skin reaction -Hypersensitivity	-Regular brain MRI scans
Dimethyl fumarate, oral	45-50%	22%	-Flushing -Gastrointestinal events -Lymphopenia -Elevated liver enzymes	-Regular blood tests -Regular brain MRI scans
Teriflunomide, oral	40-50%	No proved superiority of teriflunomide vs. SC beta- interferon	-Hair loss -Elevated liver enzymes -Leukopenia -Peripheral neuropathy -Elevated blood pressure	-Regular blood tests -Regular brain MRI scans

### **Oral fingolimod – mechanism of action**



CNS, central nervous system; MS, multiple sclerosis; S1P, sphingosine 1-phosphate

### Natalizumab: A Humanized, Monoclonal Antibody (mAb) Against α4 Integrins

# Complementarity-Determining Regions



- CDR grafted from murine Ab
- Human IgG4 framework
- Retains full potency

#### Framework

### NATALIZUMAB



### Alemtuzumab



## **Treatment**

#### **Treatment & monitoring – DMD: Second-line treatments**

Drug, administration	Reduction (% activity (relaj trials	oses) in clinical	Main side effects	Recommended safety monitoring	
route	Vs. placebo	Vs. first-line DMD		monitoring	
Fingolimod, oral	55-60%	51-52%	-Bradycardia and other heart conduction abnormalities -Lymphopenia -Macular oedema -Elevated liver enzymes -Elevated blood pressure	<ul> <li>-Regular blood tests</li> <li>-Regular brain MRI scans</li> <li>-Continuous ECG monitoring during first 6 hours after first dose</li> <li>-OCT exam</li> <li>-Vaccination against VVZ is recommended before starting fingolimod treatment</li> </ul>	
Natalizumab, IV	68%	NA	<ul> <li>-Perfusion reaction (nausea, vomiting, generally mild)</li> <li>-Hypersensitivity</li> <li>-Immunogenicity (antibodies against natalizumab)</li> <li>-Infections, including PML</li> <li>-Elevated lymphocyte count in peripheral blood</li> </ul>	-Regular blood tests -Regular brain MRI scans (i.e. every year or more frequently, every 6 or 3 months, if high risk of PML)	
Alemtuzumab, IV	NA	55%	-Perfusion reaction (marked) -Marked lymphopenia -Infections -Secondary autoimmunity	-Regular blood tests -Regular urine tests -Regular brain MRI scans	

### **PML in association with Natalizumab**

# Cells with inclusions have positive nuclear signal for JC virus





### **Visual Map of MS Clinical Trials**


## **MS Trials by Patient Population**





Despite the identified need for more clinical trials in PPMS and SPMS, RRMS remains the main focus for the Pharma industry.



Other

## Urgent need to find solutions for people with Progressive MS

- Large worldwide impact: at least half of all (2.3million) MS patients
- Currently no effective treatment for progressive MS
- Onset of progression is the main determinant of disability
- Finding treatments for progressive MS is one of the top priorities for patients
- Every time another therapy is approved for RRMS, a large proportion of our constituents feel left out





Onset of progressive phase determines disability Scalfari et al Neurology 2011

# Challenges

- Defining phenotype
- Clarifying pathological mechanisms underpinning progression
- Identifying treatment targets
- Outcomes/Biomarkers
- Trial design

**VIEWS & REVIEWS** 

Defining the clinical course of multiple sclerosis The 2013 revisions

Fred D. Lublin, MD Stephen C. Reingold, PhD Jeffrey A. Cohen, MD Gary R. Cutter, PhD Per Soelberg Sørensen, MD, DMSc Alan J. Thompson, MD

Neurology® 2014;83:278-286

## **MS Clinical Forms: revised classification**

Figure 2 The 1996 vs 2013 multiple sclerosis phenotype descriptions for progressive disease



Lublin FD et al. Neurology. 2014;83:1-9.

\*Activity determined by clinical relapses assessed at least annually and/or MRI activity (contrast-enhancing lesions; new and unequivocally enlarging T2 lesions). \*\*Progression measured by clinical evaluation, assessed at least annually. If assessments are not available, activity and progression are "indeterminate." MS = multiple sclerosis; PP = primary progressive; PR = progressive relapsing; SP = secondary progressive.

# **Trials in Progressive MS**

Phase II

- –MS STAT high dose simvastatin
- -PROXIMUS Trial oxcarbazepine in SPMS
- -MS Smart Trial riluzole, amiloride, fluoxetine in SPMS
- -SPRINT-MS ibudilast in PPMS/SPMS
- -Biotin in SP/PP MS

Phase III

- -INFORMS fingolimod in PPMS
- -ASCEND natalizumab in SPMS
- -ORATORIO ocrelizumab (related to rituximab) in PPMS
- -EXPAND siponimod (related to fingolmod) in SPMS
- -ARPEGIO laquinimod in PPMS

#### Others

Rituximab, mesenchymal stem cells, mastitinib, lipoic acid, erythropoietin, hydroxyurea, idebenone, minocycline, anti-nogo, anti-lingo

## Simvastatin trial in secondary progressive MS

- Placebo-controlled, 2-year trial
- 70 patients/arm (simvastatin 80mg/day or placebo)
- 42% ↓rate of brain atrophy in simvastatin-treated patients (0.30% vs. 0.59% per year)
- No effect on relapses or new T2 lesions



# **Key PPMS clinical trials**

Completed, ongoing and planned trials in primary progressive MS (PPMS)



• PROMiSE (N=943) and OLYMPUS (N=439) are the two largest randomized trials in PPMS patients completed to date



Novartis International AG Novartis Global Communications CH-4002 Basel Switzerland http://www.novartis.com

#### MEDIA RELEASE • COMMUNIQUE AUX MEDIAS • MEDIENMITTEILUNG

# Novartis provides update on fingolimod Phase III trial in primary progressive MS (PPMS)

 Phase III study in primary progressive multiple sclerosis (PPMS) did not meet the primary endpoint

### Ocrelizumab

- Fully humanised anti-CD20 monoclonal antibody
- Targets different epitopes to rituximab
- Stronger Ab-dependent cell-mediated cytotoxicity and less complement dependent cytotoxicity than rituximab



## Genentech's Ocrelizumab First Investigational Medicine to Show Efficacy in People with Primary Progressive Multiple Sclerosis in Large Phase III Study

Genentech, a member of the Roche Group), today announced positive results from a pivotal Phase III study that evaluated the investigational medicine ocrelizumab in people with primary progressive multiple sclerosis (PPMS). The study (ORATORIO) <u>met its primary endpoint</u>, showing treatment with ocrelizumab significantly reduced the progression of clinical disability sustained for at least 12 weeks compared with placebo, as measured by the EDSS.

September 27, 2015

Neuroprotection

**Repair/Remyelination** 

Lifestyle

Rehabilitation

**Enhancing plasticity** 

# **Treatment target Neuroprotection: sodium channel blockers**



#### Phenytoin is neuroprotective in acute optic neuritis: Results of a phase 2 randomized controlled trial

R Kapoor<sup>1, 2</sup>, R Raftopoulos<sup>1,2</sup>, S Hickman<sup>4</sup>, A Toosy<sup>1,2</sup>, B Sharrack<sup>4</sup>, S Mallik<sup>1,2</sup>, D Altmann<sup>2</sup>, P Malladi<sup>1</sup>, M Koltzenburg<sup>1,2</sup>, C Wheeler-Kingshott<sup>2</sup>, K Schmierer<sup>3</sup>, G Giovannoni<sup>3</sup>, and DH Miller<sup>2</sup>

National Hospital for Neurology and Neurosurgery<sup>1</sup>, UCL Institute of Neurology<sup>2</sup>, and Queen Mary University of London<sup>3</sup>, London UK, and Royal Hallamshire Hospital, Sheffield UK<sup>4</sup>

## **Primary outcome: RNFL**



- Active-placebo adjusted difference 7.15 μm (95% CI 1.08, 13.22 p=0.02)
- 30% reduction of atrophy in active group

 PP comparison: Active-placebo adjusted difference 7.40 μm (95% CI 0.76, 14.04 p=0.03)

Bars are standard errors around the unadjusted group means

# Biotin targets two mechanisms that may underpin progressive MS



# **Primary Endpoint results**

	<b>MD1003</b>	Placebo	p-value <sup>1</sup>
	n(%)	n(%)	
ITT population	N=103	N=51	
	13 (12.62%)	0 (0.0%)	0.0051
Per protocol			
population	N=87	N=42	
	13 (14.9%)	0 (0.0%)	0.0093

(1) Fisher's Exact test

- Primary endpoint met with EDSS: 76.9%
- Primary endpoint met with TW25: 38.5%



# <u>Multiple Sclerosis-Secondary</u> Progressive <u>Multi-Arm</u> <u>Randomisation Trial</u>

# **MS-SMART** Trialists

**Dr Jeremy Chataway** 

# MULTI-ARM trials: an effective way of speeding up the therapy evaluation process!



# Interventions

Amiloride 5 mg bd

Riluzole 50mg bd

Fluoxetine 20mg bd

## Autologous mesenchymal stem cells for the treatment of secondary progressive multiple sclerosis: an open-label phase 2a proof-of-concept study

Peter Connick,\* Madhan Kolappan,\* Charles Crawley, Daniel J Webber, Rickie Patani, Andrew W Michell, Ming-Qing Du, Shi-Lu Luan, Daniel R Altmann, Alan J Thompson, Alastair Compston, Michael A Scott, David H Miller, Siddharthan Chandran

Lancet Neurol 2012; 11: 150-56

#### Visual system of 10 patients with secondary progressive MS





↓VEP latency (p=0.016)

↑optic nerve area (p=0.006)

# **Progressive MS Alliance**

# Mission

# To expedite the development of effective disease modifying and symptom management therapies for progressive forms of multiple sclerosis













New Perspectives

#### Setting a research agenda for progressive multiple sclerosis: The International Collaborative on Progressive MS

Robert J. Fox<sup>1</sup>, Alan Thompson<sup>2</sup>, David Baker<sup>3</sup>, Peer Baneke<sup>4</sup>, Doug Brown<sup>5</sup>, Paul Browne<sup>4</sup>, Dhia Chandraratna<sup>4</sup>, Olga Ciccarelli<sup>2</sup>, Timothy Coetzee<sup>6</sup>, Giancarlo Comi<sup>7</sup>, Anthony Feinstein<sup>8</sup>, Raj Kapoor<sup>9</sup>, Karen Lee<sup>10</sup>, Marco Salvetti<sup>11</sup>, Kersten Sharrock<sup>12</sup>, Ahmed Toosy<sup>2</sup>, Paola Zaratin<sup>13</sup> and Kim Zuidwijk<sup>14</sup>









Un mondo Ilbero dalla SM



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MSJ

MULTIPLE Sclerosis

JOURNAL

**CINS** international federation

# **Priority areas :**

- Underlying Mechaniasm/Experimental Models
- Target pathways and drug repurposing
- Proof of concept trials (phase II)
- Phase III clinical trials & outcome measures
- Symptom management and rehabilitation

#### INTERNATIONAL PROGRESSIVE MS ALLIANCE

#### **CONNECT** TO END PROGRESSIVE MS







en bedre hverdag VIVW FILTIO



Nationale Belgische Multiple Sclerose Liga vzw Ligue Nationale Belge de la Sclérose en Plaques asbi







## **Patient Perspective on Valuable functions**

• Gait function, visual function and thinking/memory perceived are the most valuable functions in pwMS with >15 yrs of MS







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