

# Have you diagnosed a patient with NMOSD or gMG?

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**Primary treatment goal for gMG:**  
Reduce/eliminate symptoms, while minimising side effects from medications



**Primary treatment goal for NMOSD:**  
Relapse prevention, as each relapse can result in cumulative neurological disability, remission of symptoms, and long-term stabilisation of the disease.



**Common goal gMG and NMOSD:**  
Ensuring an early and accurate diagnosis to optimise treatment outcomes

## Have you heard of myasthenia gravis?



**Rare, chronic autoimmune disease**



**Impairs neuromuscular transmission**



**Prevalence: 200-400 per million**

## Have you heard of neuromyelitis optica spectrum disorder?



**Rare, severely disabling, complement-mediated autoimmune neuroinflammatory disease**



**Affects the optic nerves, spinal cord, and other parts of the CNS**



**Prevalence: 0.5-10 people per 100,000**

## What are the symptoms of gMG?



**Extraocular muscles**  
Ptosis  
Asymmetric ptosis and diplopia



**Axial muscles**  
Neck flexion  
Neck extension/head drop



**Proximal symmetric weakness**  
Arms  
Legs



**Facial muscles**  
Eyelid closure  
Lower face weakness



**Bulbar muscles**  
Jaw fatigue  
Dysphagia  
Dysarthria  
Dysphonia



**Respiratory muscles**  
Exertional dyspnoea, orthopnoea, tachypnoea, respiratory failure

\*Women are affected nearly three times more often than men during early adulthood, then after 50 years of age, incidence is higher in men.

## What are the symptoms of NMOSD?



**Optic neuritis**  
Reduced visual acuity  
Scotoma  
Ocular pain  
Blindness



**Transverse myelitis**  
Motor and sensory deficits (paraesthesia to paresis)  
Bladder, bowel, or erectile dysfunction  
Neuropathic pain



**Cerebral involvement**  
Intractable nausea  
Vomiting and hiccups  
Brainstem syndromes  
Encephalopathy with seizures  
Hypothalamic/thalamic syndromes



**Extra-CNS Symptoms (AQP4-positive NMO only)**  
Myositis  
Comorbid autoimmune disorder

## What are the challenges associated with gMG?



**Fluctuating muscle weakness and fatigue on exertion impacts on patient QoL**

**Key characteristic distinguishing gMG from other disorders**



**Mortality is significantly associated with ≥3 comorbidities or other complications**

**Myasthenic crisis with respiratory failure is the leading cause of death in gMG**

## What are the challenges associated with NMOSD?



**Every relapse can result in cumulative neurological disability (e.g., blindness, paralysis) and increases overall mortality**



**Reduction for risk of relapse is currently the primary management goal in patients with NMOSD**

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