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## Ottava Giornata della Ricerca della Svizzera Italiana

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### Modulo per la sottomissione abstract di ricerca CLINICA

**Titolo** (massimo **15 parole**)

Pre-diagnostic symptoms of multiple sclerosis in primary care: a large nested case-control study.

**Autori** (cognome e iniziali, es: Grassi L.)

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**Affiliazioni** (ospedale o istituto, servizio o reparto, indirizzo, es: Ospedale Regionale di Lugano, Servizio di angiologia, Lugano)

- 1) Centro Sclerosi Multipla, Neurocentro Svizzera Italiana, Ospedale Civico, Lugano, Svizzera.
- 2) Evidera, London, United Kingdom.
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**Testo** (massimo **250 parole**, preferibilmente in italiano (accettato anche in inglese), suddiviso in Introduzione, **Metodi**, **Risultati**, **Conclusioni** e **Finanziamento**)

**Introduction:** Early diagnosis and treatment initiation significantly influence long term outcome in multiple sclerosis (MS). Data regarding prodromal symptoms of MS are lacking and mainly limited to retrospective studies. We aimed at identifying prodromal symptoms of MS in a large prospective database of primary care data.

**Methods:** This was a nested case-control study comparing the occurrence of a variety of symptoms in MS patients as compared to matched controls at 0-2, 2-5 and 5-10 years before index date (first MS record). A total of 10,204 incident MS cases were identified within the UK Clinical Practice Research Datalink (CPRD) between 1987 and 2015 (age=47 (39-57) years, females=7,308 (71.6%)). Each patient was matched to up to 4 controls with no MS record by sex, year of birth, general practitioner and year of registration (n=39,448, age=47 (39-56), females=28,248 (71.6%)). Odds ratios with 95%CI were calculated using conditional logistic regression.

**Results:** MS patients had significantly higher risk of presenting at 0-2, 2-5 and 5-10 years prior to index date with gastric and intestinal disturbances, urinary and anorectal dysfunction, anxiety, depression, fatigue, headache and various types of pain. Sensitivity analyses were conducted in patients with age at index below 40 years and with no evidence of neurological disturbances prior to the symptoms of interest, showing consistent results.

**Conclusion:** Various clinical disturbances precede MS diagnosis by several years, clearly supporting a specific prodromal phase to the disease. Individuals presenting with such symptoms should have the consideration of MS as a potential future diagnosis, allowing for earlier disease identification and treatment.

**Funding:** Swiss Multiple Sclerosis Society

**Visto superiore** (prego indicare Nome e Cognome del superiore)

PD Dr med Claudio Gobbi

**Criteria per sottomissione Abstract:**  
NO Case report  
NO Abstract senza nessun risultato  
VISTO da un superiore

**Invio Abstract**

