

MULTIPLE SYSTEM ATROPHY

What is Multiple System Atrophy (MSA)?

Multiple System Atrophy is a rare, degenerative neurological disease that causes autonomic dysfunction and other neurological symptoms.¹

The criteria for diagnosis of MSA is as follows:²

- Autonomic failure involving urinary incontinence or an orthostatic decrease of blood pressure within 3 mins of standing by at least 30 mm HG systolic or 15 mm HG diagnosis **and**
- Poor symptom response to the medication levodopa or a cerebellar syndrome including gait ataxia with cerebellar dysarthria, limb ataxia, or cerebellar oculomotor dysfunction

Types of MSA

There are two subtypes of MSA based on the most predominant symptoms: **MSA-P** (predominant Parkinsonism) and **MSA-C** (predominant cerebellar ataxia).¹ MSA-P is more common than MSA-C.³

About 75% of those with MSA experience neurogenic orthostatic hypotension (nOH).⁴

In **MSA-P**, the most common signs and symptoms include:⁵

- Rigid muscles
- Resting tremor
- Difficulty swallowing
- Slow movement
- Difficulty with balance and posture

In **MSA-C**, the most common signs and symptoms include:⁵

- Difficulty coordinating walking
- Poor hand coordination
- Slurred speech
- tremors

Incidence & Diagnosis

It is estimated that only 6/100,000 people have MSA.⁶

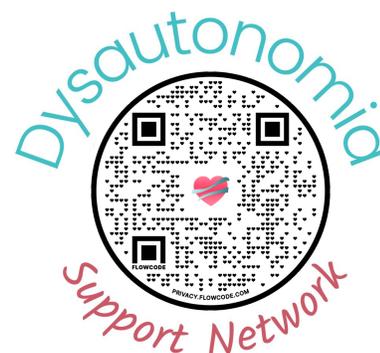
MSA is diagnosed by eliminating other diagnoses and is based on symptoms.²

Treatment⁷

Treatment for MSA is focused on symptom management. Non-pharmacological treatment of autonomic symptoms is similar to other types of dysautonomia and includes compression stockings, adequate salt and water intake, head up tilt at night, and eating small meals throughout the day.

For Parkinsonism, medications may include Levodopa or Amantadine. For orthostatic hypotension, Fludrocortisone or Midodrine may be used. For urge incontinence, oxybutynin may be used. For frequent urination at night, desmopressin may be used.⁷

[The Multiple Systems Atrophy Coalition](#) is a non-profit dedicated to the MSA community. Please see their website for additional MSA-specific information and content.



For references, please scan the QR code. (C) 2022



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