

Treatments and Prevention of Multiple Sclerosis

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DESCRIPTION

Multiple sclerosis (MS) is a central nervous system illness that affects people of all ages (the brain and spinal cord). The immune system destroys nerve fibers and myelin coating (a fatty substance that surrounds and protects healthy nerve fibers) in the brain and spinal cord, resulting in MS. Inflammation occurs as a result of the attack, which affects nerve cell processes and myelin, changing electrical messages in the brain.

Multiple Sclerosis is an International Federation, there are more than 2.3 million people living with MS around the world. MS is classified as an autoimmune illness because myelin is attacked by the body's immune system. This is a fatty material that covers and insulates the central nervous system's nerve fibers. When myelin is destroyed, the brain struggles to communicate messages to the rest of the body as well as within the brain.

Treatment

Multiple sclerosis (MS) has no cure, although medications and lifestyle modifications can help manage the disease. If relapsing-remitting MS and symptoms are developing worse, doctor may prescribe a disease-modifying medicine to help manage your symptoms. These drugs help to reduce the progression of your disease and avoid flare-ups.

The medications operate by preventing the immune system from attacking the protective covering called myelin that surrounds the nerves, which is our body's principal barrier against infections. Some medications are administered through injections under the skin or into a muscle. Your skin may become irritated, red, itchy, or dimply as a result of the shot.

Multiple sclerosis (MS), like virtually other diseases is caused by a number of factors, the relative importance of which varies depending on who you ask, when you ask them, and where you

ask them. The goal of epidemiological study is to uncover these factors, especially those that may be changed to enhance health. Preventing neural tube defects, abrupt infant death and hepatocellular cancer are examples of recent accomplishments. In each example, a broad idea sparked by clinical or ecological data has been pursued through progressively thorough observational research, culminating in experimental evidence or a large public health action. In MS, three environmental factors stand out because of the strength of evidence supporting their causal role: Epstein-Barr virus infection, low vitamin D levels, and cigarette smoking. Although not exhaustive, these factors may account for a significant fraction of MS cases in high-incidence areas, and hence provide a viable foundation for MS prevention.

Beta interféron: It is a class of medicines used to treat multiple sclerosis. Flares are less severe and occur less frequently as a result of them. They can also induce flu-like symptoms such as aches, weariness, fever, and chills, which should go away after a few months. They may increase chances of contracting an infection by a small amount. This is because they reduce the number of white blood cells in your body, which aid immune system in fighting infections.

They are as follows:

- 1 interferon beta-1a (Avonex, Rebif)
- 2 interferon beta-1b (Betaseron, Extavia)
- 3 peginterferon beta-1a (Plegridy)

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