

Immunosuppressive and symptomatic therapy of multiple sclerosis

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Abstract. There have been improvements in the drug treatment of multiple sclerosis (MS) in the past few years. Immunosuppressive drugs such as cyclophosphamide and mitoxantrone have proven to be effective longer than cortisone, and other effective treatments via the immune system are expected to follow. The task today is to motivate patients and doctors to utilize these new tools for treatment at the right time and in appropriately small doses. However, symptomatic therapy is still the basis of MS therapy. Especially the neurogenic bladder disturbance must be cured by training methods rather than treated by continuous catheterization; this is a necessary basis for the administration of immunosuppressant drugs. Information and training for the patient's relatives are a therapeutic source currently not sufficiently utilized.

Key words: Multiple sclerosis – Treatment – Symptomatic therapy – Immunosuppression – Spasticity – Neurogenic bladder – Cyclophosphamide – Mitoxantrone – Interferon – Lymphocytes – Life style
