

Monthly Newsletter

February 2025



Hello **ms life** community!

Let's talk medications - a necessary evil when you're diagnosed with MS. While it's not the most exciting topic, it's an important one. When you're first diagnosed with MS, one of the big conversations is about starting a disease-modifying therapy. While we're not medical experts at **ms life**, we're here to break things down in a way that's easy to understand. We'll walk you through the different types of medications out there, so you can feel more confident exploring your options.

MS treatments generally fall into three categories: oral medications, intravenous (IV) therapies, and injectables.

Oral Medications

Pros:

- Convenience: Easy to incorporate into daily routines without medical appointments. Requires minimal equipment or preparation, fitting well into daily life.
- No Needles: Ideal for those who prefer to avoid injections or infusions.

Cons:

- Frequent Dosing: Many require daily intake, which can be difficult to remember.
- Monitoring Needed: Regular blood work may be necessary to track possible side effects.
- Skin Flushing: Some medications may cause noticeable facial redness. Speaking from experience, explaining this to your co-worker or boss isn't ideal (I was on oral meds for over five years).

Intravenous (IV) Medications

Pros:

- High Effectiveness
- Infrequent Dosing: Administered every few weeks or even twice a year.
- Direct Delivery: Rapid absorption through the bloodstream.

Cons:

- Time-Consuming: Requires clinic visits or time at infusion centers.
- Infusion Reactions: Potential side effects like headaches, fever, or chills.
- Inconvenience: Travel and scheduling can disrupt routines.

In this newsletter you can expect:

Meds

Meds

Meds

More Meds

Sign up today and be a part of the **ms life** community

www.ms lifecommunity.com

Injectable Medications

Pros:

- Home Use: Self-administered, offering flexibility and independence.
- Effective for Mild MS: Stable disease control in less aggressive cases.

Cons:

- Frequent Dosing: May require daily or weekly injections, which can feel burdensome.
- Injection Site Reactions: Pain, redness, or swelling at the site.
- Moderate Efficacy: Generally less effective for aggressive MS compared to IV or oral options.

A list of current FDA approved MS medication can be found over here >>>>>



What do I take???

For full transparency, I'm 33 years old and currently on Ocrevus. I receive infusions twice a year, and it fits seamlessly into my lifestyle. The recent shift to rapid infusions, which now take under four hours, has made the process even more convenient for me. It minimizes disruption to my daily life while providing the treatment I need.

Before switching to Ocrevus, I was on Tecfidera, an oral medication that I took twice a day—once with breakfast and again after dinner. While it was effective, it came with its own set of challenges. For instance, if I didn't take it with food, my face would turn bright red, which wasn't exactly ideal during office hours! There were also days when, after a long day at work, I'd forget to take my second dose, which was frustrating.

Ultimately, everyone's experience with MS medications is different. What works for one person might not be the right fit for someone else. It's so important to work closely with your healthcare provider to explore options and find the treatment that aligns best with your lifestyle and needs. For me, that journey led to Ocrevus, but your path might look different—and that's okay.

The ms life team

**We are not medical professionals and share this information for general informational purposes only.*

Current FDA approved Medications for M.S.

Oral Medications:	Intravenous (IV) Medications:	Injectable Medications
<ul style="list-style-type: none">• Aubagio• Bafiertam• Dimethyl Fumarate• Gilenya• Mavenclad• Mayzent• Ponvory• Tascenso ODT• Tecfidera• Vumerity• Zeposia	<ul style="list-style-type: none">• Briumvi• Ocrevus• Lemtrada• Novantrone• Tyruko• Tysabri	<ul style="list-style-type: none">• Avonex• Betaseron• Copaxone• Extavia• Glatiramer Acetate• Glatopa• Kesimpta• Ocrevus• Zunovo• Plegridy• Rebif

Obviously, each person is unique, and the best treatment varies depending on individual lifestyles. There is no single 'right' option.

MS treatments can be expensive, especially without robust health insurance coverage. Out-of-pocket costs may vary significantly depending on your plan.

Ultimately, the best treatment plan depends on your specific MS type, lifestyle, and goals. Consulting with your neurologist is essential to finding what works best for you.

Question for the ms life community - If you or a loved one is taking one of the medications above, which one are you on? We'd love to hear from you at mslifecommunity@gmail.com.