

PRESS CLIPPING SHEET

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Dear Guest **CHIT CHAT**
MAGAZINE

***Novartis Pharmaceuticals (S.A.E)* and «MS Care Society» celebrate World Multiple Sclerosis (MS) Day in Egypt**

2.3 million people around the world live with MS and are diagnosed between the ages of 25 -311-3

In cooperation with "MS Care Society", "Novartis Pharmaceuticals (S.A.E)" held a press conference at Marriott Hotel - Zamalek, on the occasion of World MS Day, celebrated worldwide. The conference brought together a number of experts from Novartis and prominent professors to shed light on MS, in an effort to raise awareness on the disease in Egypt.

The conference highlighted the seriousness of the disease, its symptoms and complications, addressing ways for patients to live with MS. The conference brought together Dr. Mai Shaarawi, Treasurer of the MS Care Society; Dr. Hatem Samir, Professor of Neurology at Cairo University; Dr. Dina Abdel-Gawad, Assistant Neurology Professor at Ain Shams University; Dr. Nevin Mohi, Professor of Neurology at Cairo University; and Eng. Ahmed Darwish, Deputy Head of the MS Care Society. MS is one of the most common neurological disorders that cause disability among young adults. There are 2.3 million people around the world infected with MS most often diagnosed in the third decade of their lives, mostly between the age of 25 and 31. MS affects women more than men, with the number of women diagnosed with the disease being twice as much as men 1-3.

"MS is characterized by variability. At times, the patient is enjoying good health and other times they would suffer from the disease symptoms," said Dr. Hatem Samir, Professor of Neurology at Cairo University. "Patients may also suffer from eyesight problems, sensory and motion disorders. During diagnosis, doctors usually rely on the patient's complaint, the clinical examination results, and the MRI examination results. MS treatment may involve the use of specific medications to relieve acute illness or in other cases the use of certain drugs that reduce symptoms development," he added.

"MS Care Society relies on the continuous cooperation with the medical society and pharmaceutical companies to raise awareness on MS in Egypt," said Dr. Mai Shaarawi, Treasurer of MS Care Society. "Choosing the appropriate treatment early on in order to control the disease is of utmost importance, as it protects the patient from complications that may lead to extended disability in advanced stages," she added.

"MS affects patients between the ages of 20-40, affecting their productivity and ability to move and work," said Dr. Dina Abdel Gawad, Assistant Professor of Neurology at Ain Shams University. "Therefore, providing the suitable treatment for every MS patient case is of great importance in improving their condition and maintaining their level of physical ability. We continue to request the inclusion of all drugs at the expense of the state and not only specific types of patient treatments," she added.

"We work on helping patients live a better life and advise them to get enough rest, avoid depression and psychological pressures, highlighting the importance of exercise and adopting a balanced and healthy diet," said Dr. Nevin Mohy Eldin, Professor of Neurology at Cairo University. "Studies have shown the effectiveness of the new oral medication Fingolimod in reducing MS chronic disease setbacks. The new treatment helps alleviate the patients suffering from using injections, reduces brain relapses and hinders the progression of the disease. It also reduces the rate of brain atrophy associated with the disease in its early stages 1-3," she added.

"MS patients face unique challenges that require effective treatments as a vital starting point towards a better life. As part of our commitment to local communities, Novartis works on leading efforts to raise awareness about the disease and support the MS community," said Dr. Basyouni AbouSeif, CPO Head & Country President - Novartis Egypt.

As part of its leading role in raising awareness about MS in Egypt, Novartis has sponsored the «Cairo Runners» Marathon that took place in Zamalek on Friday, May 29, 2015, under the theme «For a Better Life», inviting youth to join the MS awareness campaign in Egypt.





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