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Clinical and Radiological Patterns of Multiple Sclerosis Among a Sample of Egyptian Patients.

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Background: Multiple sclerosis is a progressive inflammatory disease of the central nervous system. It is the most common cause of neurologic disability in young adults, with onset generally occurring between ages 15 and 40 years old.

Objective: we aimed to study the clinical presentation of multiple sclerosis in Egyptian patients and their demographic and radiological data.

Design & Method:We studied three hundred multiple sclerosis patients recruited from Multiple Sclerosis unit at Ain shams university hospitals subjected to detailed medical history, Expanded Disability Status Scale, magnetic resonance imaging (MRI) brain and spine and Visual evoked potentials.

Result: 26.7% of cases were males while 73.3% were females (1: 2.75 ratio). The mean age was 30.9±8.5 years and the mean age of onset of disease was 25.69±7.27 years. The mean Expanded Disability Status Scale (EDSS) was 3.41± 2.01.Relapsing-remitting form of the disease was the most common (75.7%). The highest proprtion of patients had motor symptoms upon presentation (23.7%). 56.7% of patients had and EDSS of ≤3 . The majority of the patients (72.7%) were maintained on disease-modifying drugs. 32.5% of patients had Gadolinium enhanced lesions on MRI, and 62.3% had black holes in T1. Visual evoked potential was abnormal in 71.2% of our cohort.

Conclusion: We concluded that MS was more common in female patients. Most of the patients presented with motor symptoms. Male sex , duration of the disease, and black holes on MRI were important predictors of disability progression.