

The Demographic and Clinical Course in Patients with Multiple Sclerosis in Ardabil Province

Background: Multiple sclerosis is a common demyelinating disease of CNS and the main cause of disability in young adults all over the world. To determine clinical course and prognosis of the disease in Iranian MS patients in Ardabil province we have studied these items in a considerable sample size.

Methods: One hundred and sixty three definite MS patients (according to McDonalds 2010 criteria) included in this study and a planned questionnaire completed by visiting the patients for clinical and paraclinical findings or by degree of disability estimated according to EDSS (Expanded Disability Status Scale) score system.

Results: Mean age of the patients was 33 and 69 percent were female. Mean duration of disease was 4.5 years. The main form of onset of symptoms was visual disorders. Clinical course in 63.2 percent was relapsing-remitting type. 45.4 percent had lesions in spinal cord. Mean disability scale number according to EDSS was 2.5.

Conclusion: The results of clinical course and type of MS, mean of disease duration from the onset and mean EDSS are compatible and comparable with similar studies in other provinces of Iran and other countries though some results are different.

Keywords: Multiple sclerosis, clinical course, EDSS