



دهمین کنگره بین المللی MS ایران

10th International Iranian MS Congress

اولین کنگره بین المللی بیماری Devic

1st International Congress of Devic syndrome

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Pain management in multiple sclerosis

Introduction: Multiple sclerosis (MS) is a chronic disabling disease of the CNS. It is the most common nontraumatic cause of neurologic disability in young adults. Pain is a frequent symptom in multiple sclerosis. Prevalence of pain in this disease is higher than what was initially supposed and some series estimate it to be up to 86%. It has important effects on patients' quality of life, limiting both their daily activities and their working life. This article review ways that used to treat pain in multiple sclerosis patients with emphasis on new research.

Method: computerized search of MEDLINE, Cochrane, pubmed, sciencedirect, SID, Iranmedex and MS trust was performed by using *multiple sclerosis, complementary therapy, alternative therapy, massage, reflexology, water therapy, aromatherapy, accupunctur, pharmacology* as keywords. Thirty randomized controlled trials and seven books were reviewed.

Results: pain associated with MS is divided into two types acute & chronic. Pain management strategies including: pharmacologic & Nonpharmacologic. Pharmacological approaches include: corticosteroids, NSAIDs, Antispasticity agents, Antiseizure medications, Antidepressant. And nonpharmacologic approaches include Complementary and alternative medicine (CAM) such as Massage, aromatherapy, yoga, chiropractic, In new research among nonpharmacological methods reflexology and Chiropractic and tense are more effective in reducing pain associated with multiple sclerosis.

Conclusion: a careful analysis of pain will allow the design of the appropriate treatment plan using various medical and non-medical options and thus will help to ameliorate the patients' quality of life.