



# AUBMC Multiple Sclerosis Center

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AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER  
المركز الطبي في الجامعة الأميركية في بيروت

Our lives are dedicated to yours



# AUBMC Multiple Sclerosis Center Introduction

The vision of the American University of Beirut Medical Center (AUBMC) is to be the leading academic medical center in Lebanon and the region by delivering excellence in patient-centered care, outstanding education and innovative research. As such, AUBMC is committed to the opening of specialized Centers of Excellence aimed at providing the highest standards of comprehensive evidence-based and multi-disciplinary care to patients. While there have been rapid and significant advances in the field of multiple sclerosis, including therapeutics, diagnostics and etiology, recent reports on the disease in the Middle East have shown a high incidence and prevalence in our region. The Multiple Sclerosis Center at AUBMC is the first of its kind in Lebanon and the region.



# Our Mission

The AUBMC Multiple Sclerosis (MS) Center offers state-of-the-art resources to provide the most advanced specialized care, supported by an extensive program of research and education, in order to improve the lives of patients with MS.

## The Center's mission is:

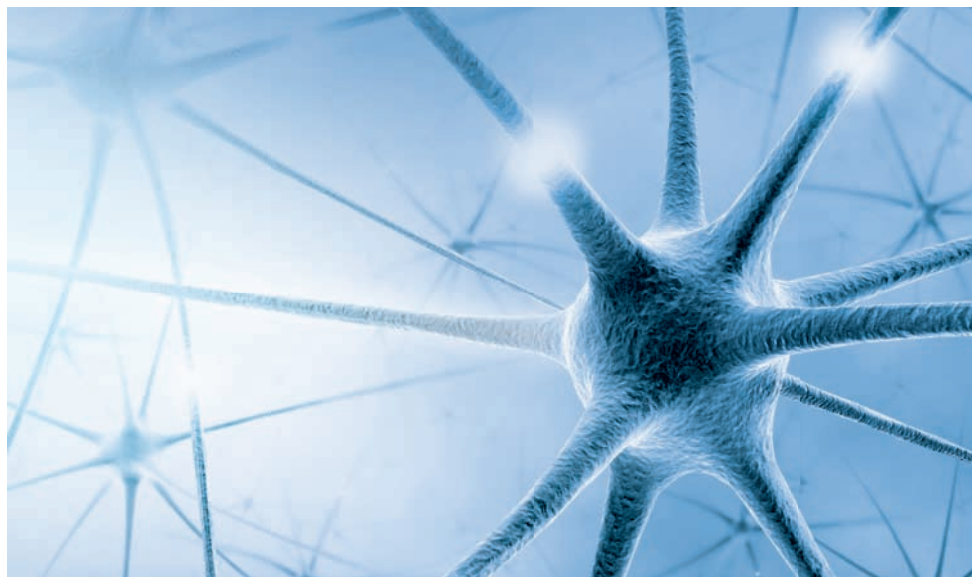
- To provide patients and their families with compassionate, comprehensive, innovative and technologically advanced care of the highest quality.
- To conduct clinical and basic research of national and international distinction.
- To educate clinicians, investigators and allied health care providers about MS and to promote the education of our patients, their families and the general public about the disease.

The Center is run by renowned clinicians and researchers who are recognized leaders in the field of MS and have achieved international distinction in multiple sclerosis management and discoveries. The AUBMC MS Center is also a leader in MS training, clinical management and research. The Center's core mission is to improve the treatments of MS and control disease progression. The staff is committed to working diligently to gain a better understanding of MS in order to give patients with the disease a better quality of life.

## Our Vision

The AUBMC Multiple Sclerosis Center team members seek to use clinical and research expertise in order to advance our ability to diagnose and monitor disease activity, further explore the mechanism of this disease, and discover new therapies to prevent disease progression and promote repair. The MS Center at AUBMC is also

committed to training the next generation of clinicians and researchers, who will become the future leaders in the MS field. These combined efforts, in line with AUBMC's vision, will establish AUBMC as one of the leading academic centers in the region for the investigation and treatment of multiple sclerosis.



# Our Objectives

## The AUBMC Multiple Sclerosis Center aims:

- To be the leading institution in Lebanon and beyond in the field of multiple sclerosis
- To provide MS patients with comprehensive evidence-based care
- To integrate innovative technology in the plan of care for patients with MS
- To lead in MS clinical research trials across Lebanon and the region



# Our Services

The clinical facility at the Multiple Sclerosis Center specifically caters to the needs of patients with MS. The Center is accessible to all patients, regardless of motor ability, and equipped with specialized exam rooms.

## **The Multiple Sclerosis Center at AUBMC offers patients:**

- Dedicated ambulatory care management
- Specialized ambulatory infusion facility designed specifically for the treatment of patients

The MS Center is staffed and supported by experienced personnel, including specially trained physicians who are world-renowned leaders in the field of multiple sclerosis, nurses and an on-site pharmacist.

## **The expertise and skills of the health care team at the Center allow them to:**

- Provide the best level of clinical care
- Counsel and assist patients throughout the social, physical, and psychological challenges of the disease
- Prepare and administer treatments for multiple sclerosis and symptom management on site
- Partake in continuous clinical and laboratory research activities related to multiple sclerosis

# The AUBMC Multiple Sclerosis Center Team

## The personnel at the AUBMC

### Multiple Sclerosis Center consists of:

- MS neurologists
- Nurses
- A pharmacist
- Receptionists

## Location and Appointment Scheduling

The AUBMC Multiple Sclerosis Center is located in the Aboukhater Building of AUBMC on the Basement Floor. The main entrance is on John Kennedy Street.

To schedule an appointment, please call us on +961-1-3500000 ext: 7440 - 7441 or email us at [mscenter@aub.edu.lb](mailto:mscenter@aub.edu.lb).

### On the day of your appointment, please bring with you:

- All medical records pertinent to your history, including MRI
- If available, the actual MRI film or CD
- List of MS-related medications you are currently taking or have been taking
- The AUBMC blue identification card, if you have one



# What Is Multiple Sclerosis?

Multiple sclerosis (MS) is a chronic disease that affects the central nervous system, which includes the brain and spinal cord. Multiple sclerosis is an autoimmune disease where the immune system reacts against components of the nervous system and the main target of this immune attack is the myelin covering the axons. The axons are a part of a neuron (nerve cell) used to transmit and communicate information to other nerve cells and is analogous to rubber insulation over an electrical wire. Successful communication between the nerve cells requires intact myelin. Typically the neurological signs and symptoms occur when there has been myelin damage.

There are different patterns for the disease course, the treatment for different forms of MS differs, and patients can be categorized within one of these groups:

### **Relapsing-Remitting MS**

This is the most common form of MS. In relapsing-remitting MS, patients have “attacks” or relapses in which new neurological symptoms or deficits such as numbness, weakness, visual changes or loss of balance appear for at least 1 day. The typical age of onset of this form of MS is the 20s-30s. Symptoms generally improve or remit to varying degrees in different patients. Intravenous steroids are often administered to speed up recovery. A relapse is a new neurological deficit that lasts for more than 24 hours. Attack or exacerbation is another name used for a relapse.

### **Secondary Progressive MS**

This is a form of MS that generally occurs in relapsing-remitting patients 10-15 years into the course of disease. In this form of MS, neurological deficits do not remit, but persist and cause chronic symptoms.

### **Primary Progressive MS**

Approximately 10% of patients have primary progressive MS, in which progression occurs from the onset of disease. Primary progressive MS often begins after age 40 years. An increased proportion of men experience primary progressive MS compared to other forms of MS.

### **Progressive Relapsing MS**

A minority of patients experience a course of disease in which relapses and progression are superimposed from the onset of disease.

### **Neuromyelitis Optica (Devic’s Disease)**

This is a form of MS that affects the optic nerves and spinal cord almost exclusively. An antibody marker in the serum is present in approximately 75% of patients.



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