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The problem: Most people with multiple sclerosis (pwMS) report having urinary symptoms indicative of neurogenic bladder. Many have not had formal investigations of their bladder problems, are not being treated for them and consequently self-manage by limiting their fluid intake and dehydrating themselves.

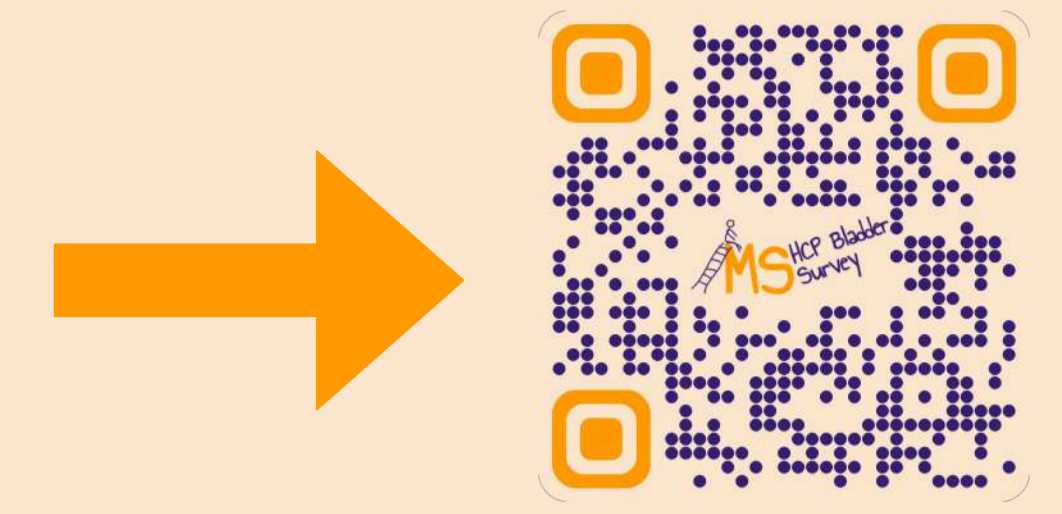
Objectives: To see (1) how frequently pwMS use dehydration to control bladder symptoms and (2) how many pwMS have been prescribed desmopressin (DDAVP) to help control urinary urgency and/or nocturia.

Methods: Subscribers with MS to the MS-Selfie self-management portal (www.ms-selfie.org) were invited to complete an online survey that opened on 21 December 2023 and remains open.

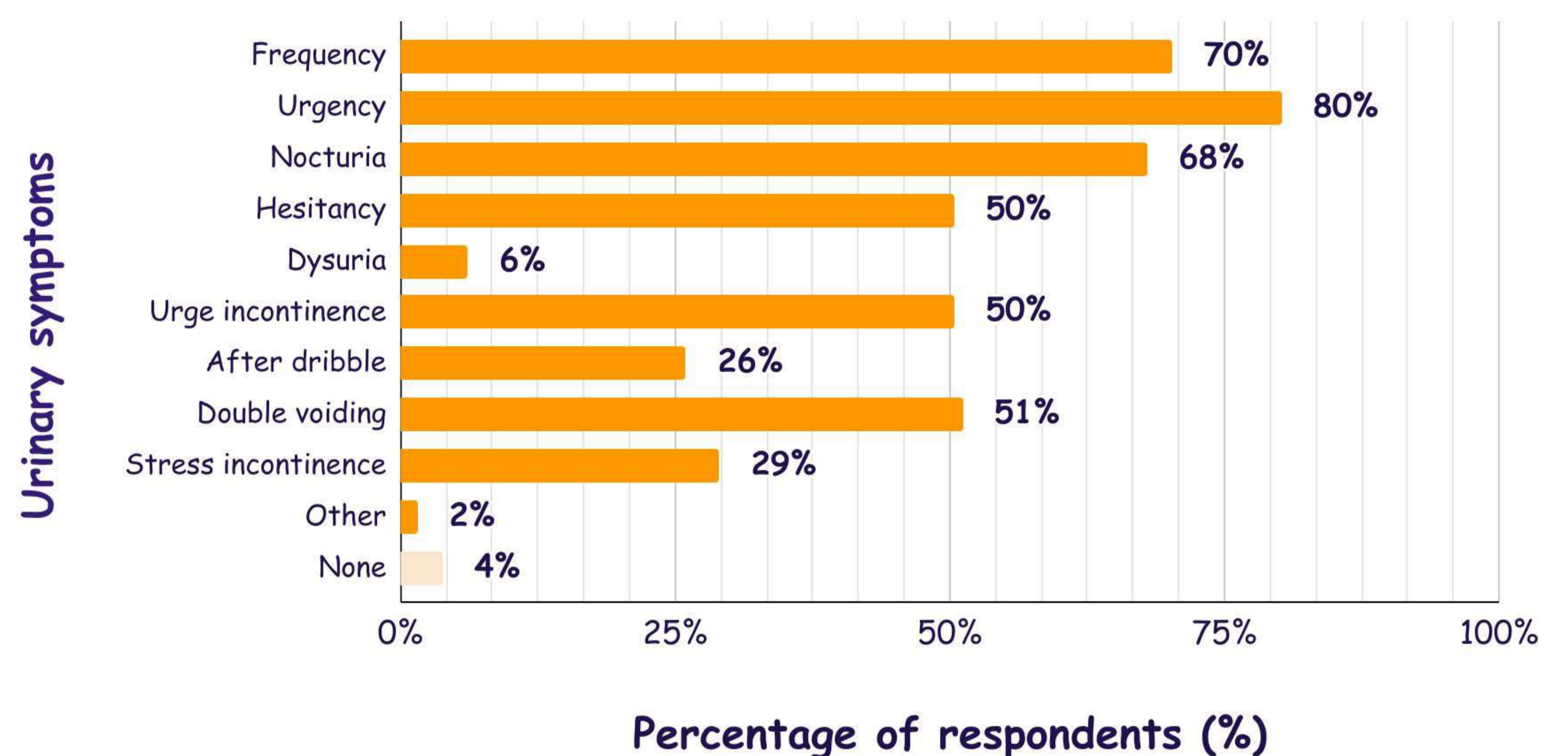
Results: By 29 February 2024, there were 130 responses. 78% of the respondents were female. The average age was 53.6 years (range 30-76 years). The average duration since MS symptom onset was 15 years (range 2 months to 50 years). 60% of respondents were from the UK.

- Only 3 subjects (0.2%) reported no symptoms of urinary dysfunction.
- 78.3% of respondents were aware of dehydration as a strategy to manage MS-related bladder symptoms.
- 69.3% of subjects reported having had a urinary tract infection since being diagnosed with MS.
- **Just 2 subjects (1.6%) had been prescribed DDAVP for urinary symptoms.**
- 40.2% of subjects reported receiving no instructions from their healthcare professionals (HCPs) on self-managing MS-related bladder symptoms.

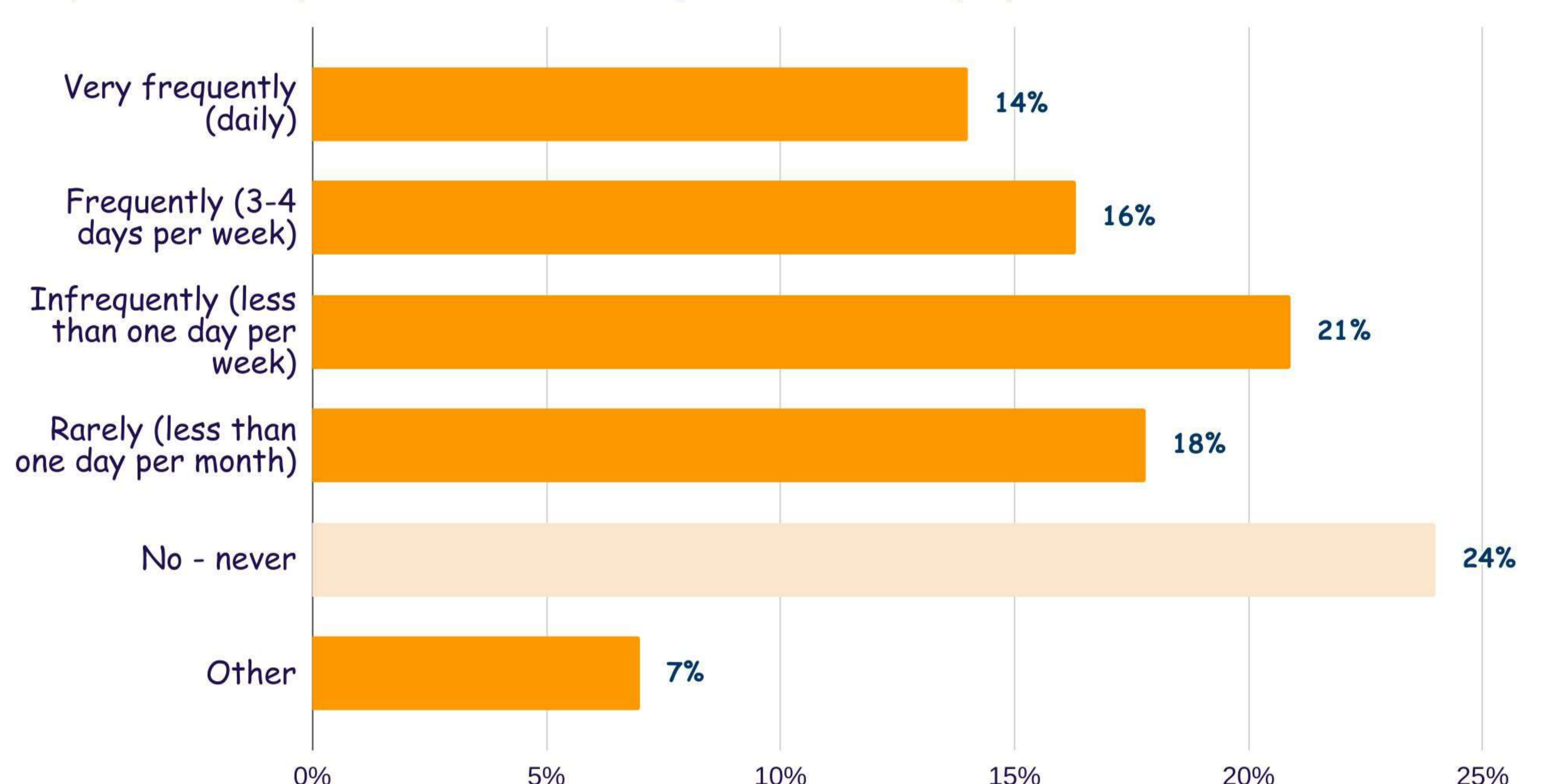
Please use this QR-code to complete an HCP Survey or [click here](#)



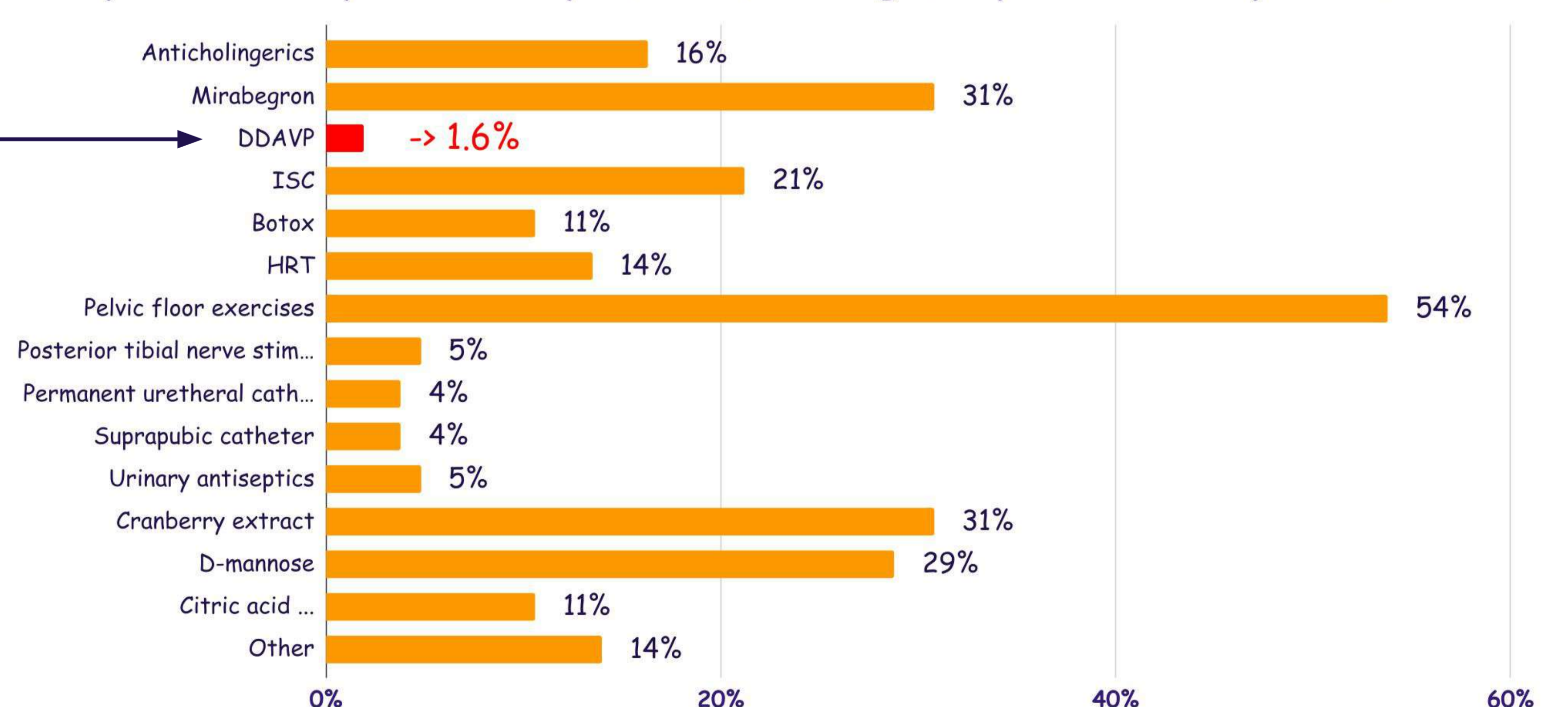
Do you suffer from any of the following urinary symptoms?



Do you use dehydration to control your bladder symptoms?



Are you or have you used any of the following for your bladder problems?



Conclusion: Most participants in our survey self-reported MS-related bladder dysfunction and self-managed it using dehydration. DDAVP is uncommonly prescribed to pwMS to help relieve symptoms. There is a large unmet need to educate pwMS about bladder self-management and HCPs in the use of DDAVP as an important adjunct to the management of MS-related urinary frequency and nocturia.

