

Because neuromyelitis optica spectrum disorder (NMOSD) is an autoimmune disease targeting the central nervous system,¹ people with the condition can experience a wide range of seemingly unconnected symptoms. You may only experience some of these symptoms, and these aren't all the possible symptoms of NMOSD, so talk to your doctor about anything bothering you. If you are experiencing any new or worsening symptoms, contact your doctor immediately as it may signal a new relapse. Repeated relapses can lead to an accumulation of damage, impairment or permanent disability.²

COMMON NMOSD SYMPTOMS INCLUDE:



VISUAL IMPAIRMENT OR BLINDNESS³

One of the common first signs of NMOSD is eye pain, rapidly followed by blurry vision. For some people with NMOSD, this can become blindness in one or both eyes.



PARALYSIS, LIMB WEAKNESS AND/OR MOTOR DISABILITY³

When the nerves in your limbs and lower body are attacked, you may experience difficulties moving.



FATIGUE³

It can be difficult for people with NMOSD to maintain their energy throughout the day, as NMOSD can cause tiredness and weariness.



PAIN³

NMOSD is associated with swelling in the spinal cord, which can often lead to pain in your limbs or down your back.



HICCUPS, NAUSEA, VOMITING AND RESPIRATORY ISSUES³

When the nerves in your upper body are attacked, you can experience digestive and respiratory symptoms, which can present as uncontrollable hiccups or vomiting in many people with NMOSD.



LOSS OF BLADDER AND/OR BOWEL CONTROL³

An inability to go to the bathroom or constant urge to go are often common symptoms from spinal cord damage.



SPASMS³

Spasms can feel differently for different people, appearing as a stiff neck, back or limb pain or even headaches.



SENSORY DISTURBANCE³

Some people with NMOSD experience increased sensitivity to hot or cold or feel an intense pressure on a certain part of the body or even a loss of sensation.

Because NMOSD can cause many other symptoms, it is important to note any additional changes in your health beyond those listed.

References:

1. Ajmera MR, et al. Evaluation of comorbidities and health care resource use among patients with highly active neuromyelitis optica. *J Neurol Sci.* 2018; 384:96-103. 2. Borisow N, et al. Diagnosis and Treatment of NMO Spectrum Disorder and MOG-Encephalomyelitis. *Front.Neurol.* 2018;9:888. 3. Beekman J, Keisler A, Pedraza O, et al. Neuromyelitis optica spectrum disorder: Patient experience and quality of life. *Neurol Neuroimmunol Neuroinflamm.* 2019;6(4):e580.

Because NMOSD is different for everyone, it's important to record your new or worsening symptoms and be prepared to share them with your doctor. Use this space to record your symptoms before your next doctor's visit.



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FATIGUE

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PAIN

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LOSS OF BLADDER AND/OR BOWEL CONTROL

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SPASMS

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SENSORY DISTURBANCE

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OTHER SYMPTOMS

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