



### WHY IS IT IMPORTANT TO KNOW ABOUT NMO?

With so many symptoms in common, NMO can sometimes be confused with MS or other diseases that are treated in different ways. Early detection ensures best outcomes.

In addition to MS, NMO shares symptoms with:

- » Unexplained Transverse Myelitis (TM)
- » Acute Disseminated Encephalomyelitis (ADEM)
- » Unexplained Optic Neuritis (ON)

Some patients with NMO also have other autoimmune diseases like:

- » Sjögren's Syndrome
- » Systemic Lupus Erythematosus (SLE)
- » Mixed Connective Tissue Disease (MCTD)



### ABOUT US

The Guthy-Jackson Charitable Foundation is dedicated to funding basic science research to find answers that will lead to the prevention, clinical treatment programs and a potential cure for NMO.

### CONTACT US

Email: [info@guthyjacksonfoundation.org](mailto:info@guthyjacksonfoundation.org)  
Phone: 858.638.7638

[www.guthyjacksonfoundation.org](http://www.guthyjacksonfoundation.org)



Neuromyelitis Optica

# NMOS

Multiple Sclerosis

WHAT YOU NEED TO KNOW...





## WHAT IS NMO?

NMO is Neuromyelitis Optica. Originally known as Devic's disease, NMO is a rare spectrum disease of the central nervous system that usually affects the optic nerves and/or the spinal cord. **Until recently, NMO was thought to be a type of Multiple Sclerosis (MS). However, recent discoveries indicate that NMO and MS are distinct diseases. Traditionally spinal cord lesions seen in NMO are longer than MS but this is not always the case.**

## WHAT ARE THE SYMPTOMS?

NMO symptoms can vary from person to person and may resemble MS symptoms in many ways. NMO is most commonly characterized by inflammation of the spinal cord and/or optic nerves, causing any of the following symptoms:

- » Rapid onset of eye pain or loss of vision (optic neuritis).
- » Limb weakness, numbness or partial paralysis (transverse myelitis).

- » Shooting pain or tingling in the neck, back or abdomen.
- » Loss of bowel and bladder control.
- » Prolonged nausea, vomiting or hiccups.

Sometimes these symptoms are temporary, and resolve on their own. In any case, it is important to discuss these symptoms with your doctor to help consider NMO in your diagnosis.

## WHERE DO I START?

The Guthy-Jackson Charitable Foundation funds research and sponsors an online NMO community at our website, where you can...

- » Learn and join the latest research and clinical studies for NMO.
- » Locate and connect with NMO patients and clinicians near you.
- » Share your experience of NMO, and follow the journeys of other patients and caregivers.
- » Volunteer to become a member of our NMO Advocacy Network.

Join us at  
[guthyjacksonfoundation.org](http://guthyjacksonfoundation.org)



Like Us Follow Us

## DATA AND SAMPLE REPOSITORY FOR NMO

We need NMO patients to donate their medical information (data) and/or biological samples to make our Repository an invaluable resource to scientists and doctors who are uncovering new insights into NMO every day. If you know an NMO patient who is willing to participate in our blood draw effort, please visit us at [www.guthyjacksonfoundation.org](http://www.guthyjacksonfoundation.org). A few examples of the sample types that may be collected include blood, urine, and stool. The Clinical Research Coordinator can provide you with additional information about the sample types that you may be eligible to donate. It's easy and **free of charge!** Currently we only accept sample donations within the continental United States and Canada. Please visit our website at [www.guthyjacksonfoundation.org](http://www.guthyjacksonfoundation.org) for updates.

## WHAT CAN I DO?

Good communication with your doctor is one way to help. The discovery of an antibody in the blood of individuals with NMO gives doctors a reliable way of determining if you have NMO.

- » Ask your doctor about NMO, and whether an NMO antibody test is right for you.
- » If you have NMO, volunteer to take part in important new NMO research and give us all the best chance for discovering a cure.
- » Donate your blood to our Repository for NMO.

Get in motion with . . .

**NMOtion**  
GET INVOLVED!

Visit [guthyjacksonfoundation.org](http://guthyjacksonfoundation.org)