



# FUNMI FASHINA FOUNDATION

**MULTIPLE SYSTEM ATROPHY**

You  
are not  
alone, with  
**MSA**  
Multiple System Atrophy

# MULTIPLE SYSTEM ATROPHY

## **What is Multiple System Atrophy?**

Multiple System Atrophy (also known as MSA) is a disease affecting the brain. MSA results from loss of some important nerve cells in the brain and spinal cord. These particular nerve cells control a part of the nervous system known as the autonomic nervous system (which controls body functions that we are not consciously aware of).

## **What are the symptoms of MSA?**

The symptoms of MSA include fainting spells, bladder control problems, and movement control problems (also referred to as parkinsonism) such as tremors or shaking, stiffness or rigidity, and slowness.

MSA affects both men and women and most of those affected are in their 50s, although some persons may be younger or older when the symptoms are first noticed. The symptoms of MSA get worse over time, and affect the ability of the person to do things independently, resulting in loss of livelihood and poor quality of life. The disease tends to advance rapidly over the course of 9 to 10 years, with progressive loss of motor skills, eventual confinement to bed and death.

## **How is MSA treated?**

There is currently no cure for MSA. However, there are treatments available to help people cope with some of the symptoms of MSA. People with MSA are

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diagnosed and treated by brain doctors (neurologists.) Other members of the health team (like physical therapists, nurses and psychologists) also participate in treating MSA. Care givers such as family members and relatives are important in supporting patients with MSA in coping with the challenges of the disease.

## **What is being done to improve the situation?**

Many scientists worldwide are working towards understanding the cause of MSA, finding a way of preventing it and also developing better treatments for the condition.

In Nigeria, the FF Foundation has been established in memory of Mrs. Fashina who had MSA. The foundation aims to improve awareness of the condition, support individuals with MSA and their families and support ongoing MSA research.

## **Sources of additional information**

1. **FF Foundation:** C/O Movement Disorders Clinic, Lagos University Teaching Hospital, Idi Araba, Lagos.

E-mail: [Info@fffoundation.org.ng](mailto:Info@fffoundation.org.ng);

Web: [www.fffoundation.org.ng](http://www.fffoundation.org.ng)

GSM (text only): + 234 81600000654

2. **MSA support help-line:** 01-295 4443

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