

Information for patients and families

Multiple System Atrophy

Multiple System Atrophy is also known as MSA.

What is MSA?

- > Multiple System Atrophy is a rare condition that affects the brain.
- > It has a wide range of symptoms, but few people experience them all and symptoms vary person to person.
- > It is a progressive condition which means the symptoms tend to get worse over time.
- > Symptoms may include difficulties with muscle stiffness, slow movements, the bladder, blood pressure problems, constipation, erection difficulties for men, problems controlling sweating, falls, eating/drinking, sleeping, thinking and talking.

How common is MSA?

- > Multiple System Atrophy affects approximately 4.4 per 100,000 people.
- > Multiple System Atrophy is difficult to diagnose.
- > It can be confused with Parkinson's Disease especially early on when the symptoms can be similar.

What can be done about MSA?

Researchers are looking for a cure for MSA. There are many therapies or strategies that can help manage symptoms, but no proven medication or surgery therapy at this stage.

Where can I go for help?

Speak to your GP about different services you may need. You can also phone Parkinson's SA. They provide information and support to anyone affected by MSA, **1800 644 189**.

Services that might be beneficial:

Counselling/psychology

- > If you or your family need counselling, you may be able to access services through a mental health plan with your GP. Counselling is also available to anyone affected by MSA through Parkinson's SA, **1800 644 189**.

Physiotherapy

- > If you have trouble with your walking or you are having falls.

Occupational Therapy

- > If you need equipment or home modifications.

Speech Pathology

- > If you have trouble with eating, drinking or talking.

Dietitian

- > If you are having trouble meeting your nutritional needs or losing weight.

Independent Living Centre of South Australia

- > If you need information about resources, equipment or aids that could help you, **(08) 8266 5260**.

SA Contenance Resource Centre

- > If you need information, education or advice about continence issues, pads and appliances, **1300 885 886**.

For more information

Speech Pathology
Repatriation General Hospital
Daws Road, Daw Park SA 5041
Telephone: (08) 8275 1861



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