

In this study, we aimed to predict prognostic markers in patients with Multiple Sclerosis that we followed for more than 25 years.

We analyzed the data of 1300 patients followed in the MS outpatient clinic. We included 224 patients followed for more than 25 years. In 224 patients; gender, MS onset age, clinical features of the first attack symptom, whether there was full recovery after the first attack, time to the second attack, total number of attacks, and progression and disability levels were statistically compared. A statistically significant negative correlation was found between the age of onset of the disease and disability. The disability level of patients with first attack symptom of optic neuritis was lower than those with supratentorial, brainstem-cerebellar and spinal onset. No significant relationship was found between the time from the first attack to the second attack and disability. No significant correlation was found between the number of attacks and progression. When the attacks were examined in more detail, there was a significant relationship between the attacks requiring corticosteroids and the progression. It was observed that 62% of the patients whose first attack symptom was spinal, passed into the secondary progressive phase in the long-term follow-up.

In this study, we aimed to predict prognostic markers in patients with Multiple Sclerosis that we followed for more than 25 years. We aimed to discuss the data of our 224 patients in the light of the literature.