



EMSP Annual Conference 2019 **PRESS RELEASE**

For immediate release

- Multiple sclerosis (MS) is a complex, neurological condition and no two people are affected in the same way.
- The European Multiple Sclerosis Platform organized its 2019 Annual Conference last 10-11 May in Vilnius, Lithuania under the theme of digital health in MS management.
- Connecting health data across Europe to support evidence-based care will bring a difference in the quality of care of people affected by MS.

Vilnius, Lithuania – 11th May 2019 – This year, on its 30th anniversary, European Multiple Sclerosis Platform (EMSP), jointly with the Lithuanian Multiple Sclerosis Union (LISS), was gathering the multiple sclerosis community in EMSP annual conference in Vilnius, capital of Lithuania, 9-11th May. The topic of this year - **Digital Health in MS Management**.

The annual conference offered an insight on the following fields: brain health in digital world, research and innovation, digital health policies in MS management.

Digital health in MS will impact the quality of life of people on different level.

EMSP strongly believes that connecting health data across Europe to support evidence-based care will bring a difference in the quality of care received by individual people affected by multiple sclerosis. Furthermore, digital apps and health records empowers individuals to better understand and manage their health and well-being. Technologies and digital tools are allowing healthcare professionals to deliver services to people with MS remotely, improving access and making communication between patients and healthcare professional easier.

Multiple sclerosis (MS) is a complex, neurological condition and no two people are affected in the same way. Symptoms range from fatigue and depression to severe mobility problems and blindness in extreme cases. Most people are diagnosed between the ages of 20 and 40, and for half of them unemployment follows, on average, three years after. There is currently no cure for multiple sclerosis, but the condition can be managed through specialised help, starting with early diagnosis and continuing with person centred therapies and appropriate medication. However, there is tremendous variation in access to optimal treatment and care across Europe as highlighted in the [MS Barometer](#). As the European MS community, EMSP will keep addressing those inequalities so that people with MS have better access to existing treatments, therapies and services.

More than 2,000 people with Multiple Sclerosis live in Lithuania.

European Multiple Sclerosis Platform was established in 1989 and works to ensure that people with MS have a real voice in determining their own objectives and priorities by campaigning through advocacy and awareness-raising; collecting and sharing knowledge and expertise; encouraging research and data collection. More about European Multiple Sclerosis Platform here: www.emsp.org.