Expert perspective on improving patient outcomes in relapsing MS: From current oral disease-modifying therapies to emerging therapeutic options



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Optimal management of relapsing MS: How are DMTs used in clinical practice?



From preclinical to progressive disease^{1,2}



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A summary of the available therapeutic classes and targets



Glatiramer acetate

Monoclonal antibody infusions¹

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- Anti-CD20: ocrelizumab, ofatumumab and rituximab
- Anti-CD52: alemtuzumab
- Anti-α4β1-integrin: natalizumab

Oral therapies^{1,2}

- SIPR modulators:
 - 1st generation: fingolimod²
 - 2nd generation: ozanimod, siponimod and ponesimod²
- Fumarates: dimethyl fumarate, diroximel fumarate, monomethyl fumarate
- Dihydroorotate dehydrogenase
 inhibitor: teriflunomide
- Purine analogue: cladribine



DMT, disease-modifying therapies; MS, multiple sclerosis; S1PR, sphingosine-1-phosphate receptor. 1. Hauser SL, Cree BAC. *Am J Med*. 2020;133:1380–90; 2. Chun J, et al. *Drugs*. 2021;81:207–31.

Risk stratification and treatment goals





MRI, magnetic resonance imaging; MS, multiple sclerosis. Freedman MS, et al. *Can J Neurol Sci.* 2020;47:437–55.

Risk stratification and treatment goals





MRI, magnetic resonance imaging; MS, multiple sclerosis. Freedman MS, et al. *Can J Neurol Sci.* 2020;47:437–55.

Considerations for selecting DMTs





DMT, disease-modifying therapies; MS, multiple sclerosis. D'Amico, et al. *Neural Regen Res.* 2022;17:567–8.

Escalation vs induction high-efficacy treatment approaches



Evidence is accumulating for a therapeutic window of opportunity early in the disease course to maximize long-term outcomes



Monitoring disease activity after DMT initiation





DMT, disease-modifying therapy; MRI, magnetic resonance imaging; MS, multiple sclerosis. Wattjes MP, et al. *Lancet Neurol*. 2021;20:653-70.

Adverse events





Adverse events



EMA, European Medicines Agency; FDA, US Food and Drug Administration; MS, multiple sclerosis; PI, prescribing information; SmPC, summary of product characteristics. 1. FDA. Interferon beta-1b. PI. 2021; 2. EMA. Interferon beta-1b. SmPC. 2021; 3. FDA. Glatiramer acetate. PI. 2022. PI available at: www.accessdata.fda.gov/scripts/cder/daf/index.cfm. SmPC available at: www.ema.europa.eu/en/medicines (all accessed 8 March 2022).



Adverse events



EMA, European Medicines Agency; FDA, US Food and Drug Administration; MS, multiple sclerosis; PI, prescribing information; SmPC, summary of product characteristics. 1. FDA. Natalizumab. PI. 2021; 2. EMA. Natalizumab. SmPC. 2021; 3. FDA. Alemtuzumab. PI. 2022; 4. EMA. Alemtuzumab. SmPC. 2022; 5. FDA. Ocrelizumab. PI. 2020; 6. EMA. Ocrelizumab. SmPC. 2022; 7. FDA. Ofatumumab. PI. 2020; 8. EMA. Ofatumumab. SmPC. 2021; PI available at: www.accessdata.fda.gov/scripts/cder/daf/index.cfm. SmPC available at: www.ema.europa_eu/en/medicines (all accessed 8 March 2022).



Adverse events



EMA, European Medicines Agency; FDA, US Food and Drug Administration; MS, multiple sclerosis; PI, prescribing information; SmPC, summary of product characteristics. 1. FDA. Teriflunomide. PI. 2021; 2. EMA. Teriflunomide. SmPC. 2022; 3. FDA. Dimethyl fumarate. PI. 2022; 4. EMA. Dimethyl fumarate. SmPC. 2022; 5. FDA. Diroximel fumarate. PI. 2021; 6. EMA. Diroximel fumarate. SmPC. 2021; 7. FDA. Monomethyl fumarate. PI. 2020. PI available at: www.accessdata.fda.gov/scripts/cder/daf/index.cfm. SmPC available at: www.ema.europa.eu/en/medicines (all accessed 8 March 2022).



Adverse events



EMA, European Medicines Agency; FDA, US Food and Drug Administration; MS, multiple sclerosis; PI, prescribing information; SmPC, summary of product characteristics. 1. FDA. Fingolimod. PI. 2019; 2. EMA. Fingolimod. SmPC. 2021; 3. FDA. Ozanimod. PI. 2020; 4. EMA. Ozanimod. SmPC. 2021; 5. FDA. Siponimod. PI. 2021; 6. EMA. Siponimod. SmPC. 2022; 7. FDA. Ponesimod. PI. 2021; 8. EMA. Ponesimod. SmPC. 2022. PLorusidable at usual companyate for gov/actional adde/dat/index ofm SmPC gvailable at usual companyate (magicines) (adde/dat/index.



PI available at: www.accessdata.fda.gov/scripts/cder/daf/index.cfm. SmPC available at: www.ema.europa.eu/en/medicines (all accessed 8 March 2022).

Adverse events



EMA, European Medicines Agency; FDA, US Food and Drug Administration; MS, multiple sclerosis; PI, prescribing information; SmPC, summary of product characteristics. 1. FDA. Cladribine. PI. 2019; 2. EMA. Cladribine. SmPC. 2022. PI available at: www.accessdata.fda.gov/scripts/cder/daf/index.cfm. SmPC available at: www.ema.europa.eu/en/medicines (all accessed 8 March 2022).



Switching therapy at treatment failure



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AAN, American Academy of Neurology; DMT, disease-modifying therapy; MRI, magnetic resonance imaging; MS, multiple sclerosis. Rae-Grant A, et al. *Neurology*. 2018;90:777–88.

Clinical and patient determinants of switching





MS, multiple sclerosis. Patti F, et al. *Mult Scler Relat Disord*. 2020;42:102124.

Clinical and patient determinants of switching





Conclusions

DMTs have demonstrated efficacy in reducing relapse frequency and controlling the symptoms of MS

There is debate on whether an escalation or a high-efficacy approach should be used when starting a patient on a DMT

When choosing from a broad range of DMTs, clinicians must consider individual patient characteristics, comorbidities, disease activity, drug's safety profile and accessibility



Improving the QoL of patients with relapsing MS: How to reduce the burden of symptoms with DMTs



Burden of MS on QoL

MS has a wide variety of common symptoms¹⁻³





MS, multiple sclerosis; QoL, quality of life. 1. Ghasemi N, et al. *Cell J*. 2017;19:1–10; 2. Hanna M, et al. *Mult Scler Relat Disord*. 2020;44:102261; 3. Ford H. *Clin Med*. 2020;20:380–3.

Impact of DMTs on patient-reported outcomes

Ocrelizumab: HRQoL



Improvement in HRQoL domain or SF-36 score after 12 months of treatment with ocrelizumab

DMT, disease-modifying therapy; HRQoL, health-related quality of life; MCS, Mental Component Summary; SF-36, Short-Form 36. Glanz BI, et al. Mult Scler J Exp Transl Clin. 2021;7:20552173211007523.



Impact of DMTs on patient-reported outcomes

Ocrelizumab: Neuro-QoL



DMT, disease modifying therapy; QoL, quality of life. Glanz BI, et al. *Mult Scler J Exp Transl Clin.* 2021;7:20552173211007523.



Switching from injectable to oral DMTs

Patients with relapsing MS: Study design

Pacific Northwest MS Registry





Switching from injectable to oral DMTs

Data from patients with relapsing MS: Study design

Pacific Northwest MS Registry





Switching from injectable to oral DMTs

Data from patients with relapsing MS: Study design

Pacific Northwest MS Registry



QoL outcomes after propensity score matching

DMT, disease-modifying therapy; MS, multiple sclerosis; MSIS, Multiple Sclerosis Impact Scale; QoL, quality of life. Stuchiner T, et al. BMC Neurol. 2020;20:439.



Treatment satisfaction with oral DMTs

Teri-PRO study (phase IV)



Treatment satisfaction after switching from another DMT to teriflunomide – Global satisfaction (n=594)

OGY

DMT, disease-modifying therapy; mAb, monoclonal antibody; TSQM, Treatment Satisfaction Questionnaire for Medication. Coyle PK, et al. *Mult Scler Relat Disord*. 2018;26:211–8.

Burden of fatigue in MS

Fatigue has a substantial impact on patients' lives





Causes of fatigue in MS

Primary fatigue	Secondary fatigue	
No apparent causeSpecific to MS	Consequence of another condition, even if related to MS	

Secondary cause	Clinical red flags	
Depression	Sleeping/eating disorders, low mood, sadness	
Sleep disorders	Excessive sleepiness, clinical features of anxiety, sleep apnoea, obesity	
Medication side effects	Recent start of new drug/increased dose of existing drug	
Pain, muscle spasms	Pain or increased muscular tone during examination	
Bladder dysfunction	Nocturia	



Monitoring fatigue in MS



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MS, multiple sclerosis. 1. Flachenecker P, et al. Mult Scler. 2002;8:523-6; 2. Cella D, et al. Neurology. 2012;78:1860-7; 3. Hudgens S, et al. Value Health. 2019;22:453-66.

Non-pharmacological therapies¹

- Fatigue management programme
- Programmed rest periods
- Aquatic exercise training
- Cooling techniques
- Work accommodations
- Assistive devices
- Pulsed electro-magnetic devices
- Energy conservation interventions
- Psychological interventions

Pharmacological therapies^{2,3}

Often in combination with anti-depressants:

- Amantadine
- Modafinil
- Armodafinil
- Amphetamine
- Methylphenidate





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CNS, central nervous system; DMT, disease-modifying therapy; MS, multiple sclerosis. Wiendl H, et al. *Ther Adv Neurol Disord*. 2021;14:17562864211039648.

Impact of DMTs on fatigue: Ocrelizumab

- n=98 patients with relapsing MS
- n=32 patients with progressive MS
- Ocrelizumab for 12 months
- Patient-reported outcomes (Neuro-QoL)

Significant decrease in self-reported fatigue score from baseline to 12 months





Impact of DMTs on fatigue: Ponesimod

Active-comparator, superiority RCT comparing teriflunomide with ponesimod

- N=1,133 patients with relapsing MS
- Randomized 1:1 to ponesimod or teriflunomide
- FSIQ-RMS score at week 108

Significant improvement in MS-associated fatigue with ponesimod vs teriflunomide



DMT, disease-modifying therapy; FSIQ-RMS, Fatigue Symptom and Impact Questionnaire-Relapsing Multiple Sclerosis; MS, multiple sclerosis; RCT, randomized controlled trial. Kappos L, et al. *JAMA Neurol.* 2021;78:558–67.



Conclusions

QoL is an important consideration when choosing disease management strategies; the burden of MS on patients extends to less visible symptoms such as fatigue

It is essential to implement treatment strategies for reducing the impact of disease on patients' lives by decreasing fatigue and depression

Switching from an injectable to an oral DMT alleviates symptoms with a more manageable regimen



How will practice change in the near future for patients with relapsing MS based on new clinical data?



Injectables and monoclonal antibodies: Timeline of approvals





DMT, disease-modifying therapy; MS, multiple sclerosis. US Food and Drug Administration. History of approval for all drugs. Available at: www.accessdata.fda.gov/scripts/cder/daf/index.cfm (accessed 17 March 2022).

Oral DMTs: Timeline of approvals and pivotal trials





Oral DMTs: Timeline of approvals and pivotal trials



DHODH, dihydroorotate dehydrogenase; DMT, disease-modifying therapy; MS, multiple sclerosis; SIPR, sphingosine-1-phosphate receptor. 1. Cohen JA, et al. *N Engl J Med.* 2010;362:402–15; 2. Kappos L, et al. *N Engl J Med.* 2010;362:387–401; 3. Calabresi PA, et al. *Lancet Neurol.* 2014;13:545–56; 4. O'Connor P, et al. *N Engl J Med.* 2011;365:1293–303; 5. Confavreux C, et al. *Lancet Neurol.* 2014;13:247–56; 6. Gold R, et al. *N Engl J Med.* 2012;367:1098–107; 7. Fox RJ, et al. *N Engl J Med.* 2012;367:1087–97.



Oral DMTs: Timeline of approvals and pivotal trials





DMT, disease-modifying therapy; MS, multiple sclerosis. Giovannoni G, et al. *N Engl J Med.* 2010;362:416–26.

Oral DMTs: Timeline of approvals and pivotal trials

3	Diroximel fumarate Fumarate
	 Phase III EVOLVE-MS-1 trial interim results confirmed safety and efficacy in newly diagnosed relapsing-remitting MS and patients previously treated with IFN or GA¹
	 The phase III EVOLVE-MS-2 trial demonstrated an improved gastrointestinal tolerability profile of diroximel fumarate compared with DMF²
	 Transition to diroximel fumarate from GA, IFN or DMF is a reasonable treatment strategy³

DMF, Diroximel fumarate; DMT, disease-modifying therapy; GA glatiramer acetate; IFN, interferon; MS, multiple sclerosis. 1. Naismith RT, et al. *Mult Scler*. 2020;26:1729–39; 2. Naismith RT, et al. *CNS Drugs*. 2020;34:185–96; 3. Wray S, et al. *Adv Ther*. 2022:1–22.



Oral DMTs: Timeline of approvals and pivotal trials



DMT, disease-modifying therapy; FDA, US Food and Drug Administration; MS, multiple sclerosis. FDA. Available at: www.accessdata.fda.gov/drugsatfda_docs/nda/2020/210296Orig1s000SumR.pdf (accessed 25 February 2022).



Oral DMTs: Timeline of approvals and pivotal trials



CDP, confirmed disability progression; CI, confidence interval; DMT, disease-modifying therapy; HR, hazard ratio; MS, multiple sclerosis; RRR, relative risk reduction; SIPR, sphingosine-1-phosphate receptor. Kappos L, et al. *Lancet*. 2018;391:1263–73.



Oral DMTs: Timeline of approvals and pivotal trials





ARR, annualized relapse rate; DMT, disease-modifying therapy; MS, multiple sclerosis; RR, relative risk; S1PR, sphingosine-1-phosphate receptor; TEAE, treatment-emergent adverse event. 1. Cohen JA, et al. *Lancet*. 2019;18:1021–33; 2. Comi G, et al. *Lancet Neurol*. 2019;18:1009–20.

Oral DMTs: Timeline of approvals and pivotal trials



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ARR, annualized relapse rate; DMT, disease-modifying therapy; MS, multiple sclerosis; RRR, relative risk reduction; SIPR, sphingosine-1-phosphate receptor. Kappos L, et al. JAMA Neurol. 2021;78:558–67.

Novel treatment approaches in MS

High- and medium-efficacy DMTs



DMT, disease-modifying therapy; EDSS, Expanded Disability Status Scale; MS, multiple sclerosis; NEDA, no evidence of disease activity; SIPR, sphingosine-1-phosphate receptor. 1. Wiendl H, et al. *Neurol Res Pract*. 2021;3:44; 2. Simpson A, et al. *Curr Treat Options Neurol*. 2021;23:19; 3. Simonsen CS, et al. *Front Neurol*. 2021;12:693017; 4. Harding K, et al. *JAMA Neurol*. 2019;76:536–41.



Novel treatment approaches in MS

Early intensive therapy vs escalation therapy: RCTs





EDSS+, Expanded Disability Status Scale Plus; MS, multiple sclerosis; RCT, randomized controlled trial; RRMS, relapsing-remitting MS. Clinical trials can be accessed at ClinicalTrials.gov using the study identifier.

Ongoing clinical trials with DMTs in relapsing MS

Novel DMTs: Ongoing clinical trials in comparison with teriflunomide

	Agent	Trial	МоА
ŧ	Ublituximab (anti-CD20)	 Phase III ULTIMATE 1 (NCT03277261) Phase III ULTIMATE 2 (NCT03277248) Study complete 	 Depletion of B lymphocytes¹
8	Tolebrutinib (BTK inhibitor)	 Phase III GEMINI 1 (NCT04410978) Phase III GEMINI 2 (NCT04410991) Estimated study completion: 2023 	
8	Evobrutinib (BTK inhibitor)	 Phase III evolutionRMS 1 (NCT04338022) Phase III evolutionRMS 2 (NCT04338061) Estimated study completion: 2023 	 Modulation of B lymphocytes, macrophages and microglia²
8	Fenebrutinib (BTK inhibitor)	 Phase III FENhance 1 (NCT04586023) Phase III FENhance 2 (NCT04586010) Estimated study completion: 2025 	

BTK, Bruton's tyrosine kinase; DMT, disease-modifying therapy; MoA, mechanism of action; MS, multiple sclerosis. Clinical trials can be accessed at ClinicalTrials.gov using the study identifier. 1. Roach CA, et al. *Front Neurol.* 2021;11:595547; 2. Dolgin E. *Nature Biotech.* 2021;39:3–5.



Conclusions

The management of relapsing MS has become increasingly complex with the emergence of novel DMTs

Oral DMTs are becoming an increasingly important option for patients with relapsing MS

Novel treatment options for relapsing MS are needed, as the majority of patients will require more than one DMT during their lifetime

Novel drug classes in MS offer multiple treatment options to meet the needs of different patients

