



MS in Estonia

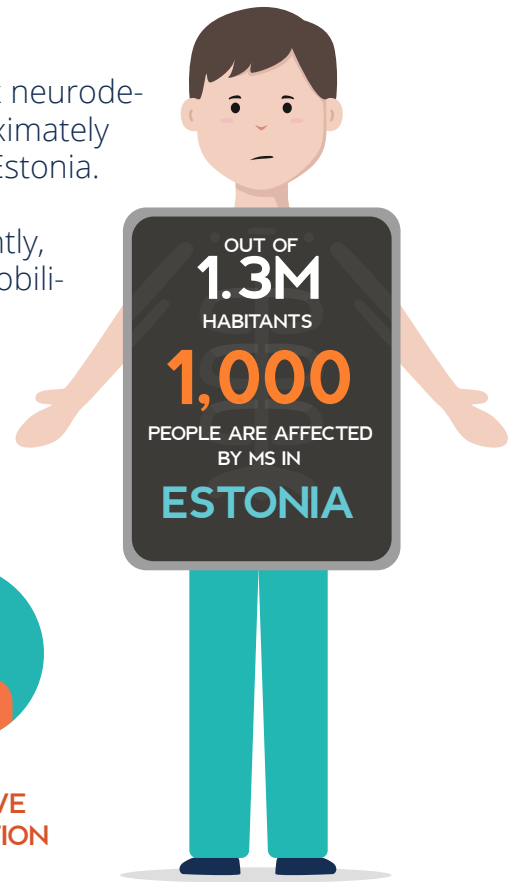


WHAT IS MS?

Multiple sclerosis (MS) is a complex neurodegenerative disease affecting approximately 1,000 of the 1.3 million¹ people in Estonia.

Each person will experience this unpredictable disease differently, but common symptoms often include pain, fatigue, reduced mobility and cognitive dysfunction.

There is currently no cure for MS; however, optimal treatment and support have a significant effect on disease progression and quality of life for people with MS.



PAIN



FATIGUE



REDUCED MOBILITY



COGNITIVE DYSFUNCTION

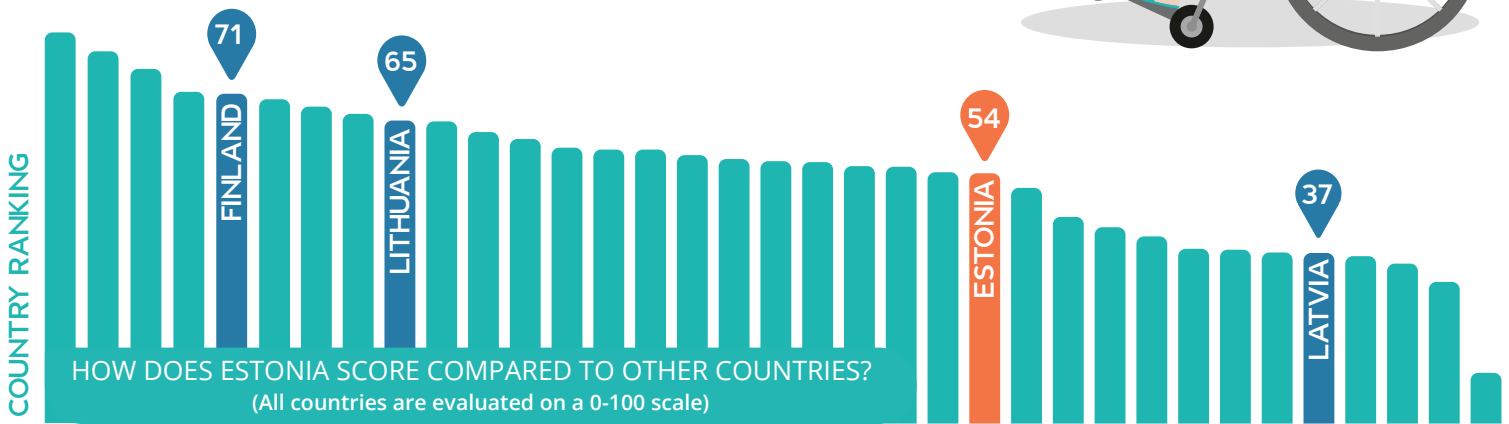
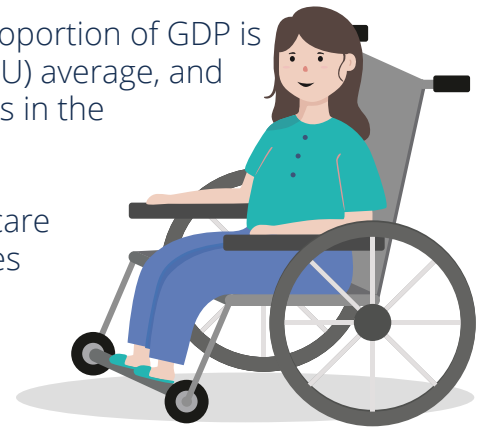


COUNTRY CONTEXT

Healthcare in Estonia is organised and delivered by the Ministry of Social Affairs and a national health insurance fund.²

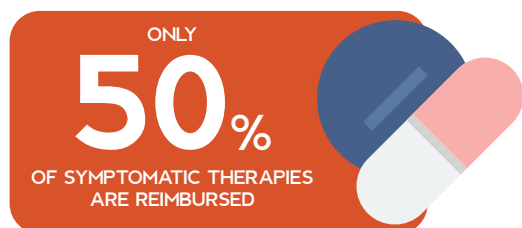
Health spending as a proportion of GDP is considerably lower than the European Union (EU) average, and almost one quarter of spending on healthcare is in the form of out-of-pocket payments for medicine.

Estonia has the highest unmet need for healthcare in the EU, mainly as a result of long waiting times for care.



WHAT DID THE BAROMETER FIND?

People with MS have good access to disease-modifying drugs, and neurologists are able to see their patients very frequently for assessments and to modify treatment plans. In addition, access to multidisciplinary care is good. However, deficits persist:



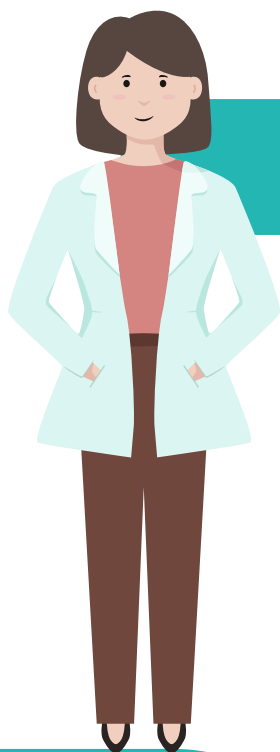
All assessed symptomatic therapies are only reimbursed at 50%.



There is no national MS disease registry.



There are only 20 practising neurologists in the country, or one for every 50 people with MS.



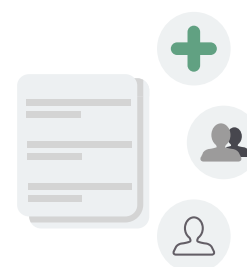
POLICY RECOMMENDATIONS

Develop a national neurological disease plan that includes a comprehensive approach to MS, with an adequate budget for implementation.



Increase reimbursement of symptomatic therapies to 100% and ensure that there are no limits on duration.

Establish a national MS registry with mandatory data collection encompassing clinical, occupational and patient-reported data.



More information can be found at www.emsp.org or contact post@smk.ee

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