



Neuromyelitis Optica

Neuromyelitis Optica (NMO) is:

A severe inflammatory syndrome affecting the spinal cord (paralysis), brainstem (intractable hiccups), and optic nerves (blindness).

Rapid treatment for acute relapses is essential to prevent permanent disability

- Moderate or life threatening attack – Methylprednisilone 1 gram IV daily for 3-5 days
- Severe attack that does not respond to steroids – Transfer to an Apheresis center (VGH in BC)

Call/Contact

1. Call: MS/NMO program relapse nurse (604-822-0753)
2. Call: UBC Hospital Paging Service (604-822-7121)
3. Fax: UBC NMO program (604-297-9685)

More information on NMO: nmo.centreforbrainhealth.ca