Multiple Sclerosis (MS) Prevalence, Disease-Modifying Drug (DMD) Therapy Use and Adherence, and Total Medical and Pharmacy Claims Expense Associated with MS in a 15 Million Commercially Insured Population

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Multiple sclerosis (MS) is a chronic, inflammatory autoimmune disease of the central nervous system affecting 2.5 million people globally. Despite MS not being a leading cause of death from chronic disease, it is a significant public health burden, impacting patients and their families in terms of medical and pharmacy costs. The average annual health care costs for patients with MS range from $10,000 to $100,000, depending on disease severity and complications. This study examines the prevalence of MS and the use and adherence of DMDs in a large commercially insured population.

**Background**

- **Objective:** To determine the prevalence of MS and DMD therapy use in a large, commercially insured population.
- **Methodology:** This study used administrative claims data from a large health plan to identify members with a diagnosis of MS and those with a history of DMD use. The MS prevalence was calculated based on the number of members with at least one claim for an MS diagnosis code in the past year, divided by the total number of members in the population.
- **Results:**
  - The prevalence of MS was 1 in 3,000, with an estimated 8,356 members having MS.
  - The most commonly used DMDs were interferon (12.1% of members) and glatiramer acetate (11.3%).
- **Conclusion:** This study provides valuable insights into the prevalence of MS and DMD therapy use in a large, commercially insured population, which can inform future research and policy decisions.