



## Multiple System Atrophy *TOP RESOURCES*

Brain Support Network (BSN) has reviewed most of the resources available on MSA. In our opinion, these are the most helpful family resources.

### MSA Symposium

This 4.5-hour event features an autonomic disorder specialist, movement disorder specialist, physical therapist, speech therapist, neuro-palliative care expert, and BSN's Robin Riddle about brain donation. A highlight is a panel moderated by BSN's Candy Welch with three caregivers, a woman with MSA-C, and a man with MSA-P. Webpage includes recordings, speaker slides, notes, resource list, and MSA quiz. May 2024, co-hosted by Stanford and Brain Support Network.

> [brainsupportnetwork.org/msa-symposium](https://brainsupportnetwork.org/msa-symposium)

### Top Ten Things You Need to Know About Multiple System Atrophy

Two-pager compiled from posts to now-defunct online MSA-related support group. These ten items are not normally highlighted in MSA literature.

> [brainsupportnetwork.org/MSA-Awareness-10-things-to-know-about-MSA.pdf](https://brainsupportnetwork.org/MSA-Awareness-10-things-to-know-about-MSA.pdf)

### MSA: Some Answers

Short brochure by CurePSP. Last updated in 2023.

> [psp.org/assets/resources/items/65d60110be43aMSA-SOME-ANSWERS-2023.pdf](https://psp.org/assets/resources/items/65d60110be43aMSA-SOME-ANSWERS-2023.pdf)

### Your Essential MSA Guidebook

This 27-page booklet outlines how MSA is diagnosed, symptoms, stages, gathering a care team, and planning. Produced by Mission MSA. Published April 2024.

> [missionmsa.org/resource-library/your-essential-msa-guidebook](https://missionmsa.org/resource-library/your-essential-msa-guidebook)

### Fact Sheets

The MSA Trust (UK) has 39 fact sheets on topics such as bowel management, continence, fatigue, Parkinson's medications, monitoring blood pressure, saliva, driving, and hygiene equipment.

> Main page: [msatrust.org.uk/support-for-you/factsheets/](https://msatrust.org.uk/support-for-you/factsheets/)

### Brain Support Network's MSA blog

Blog posts include tips by those with MSA and caregivers. Website offers a list of top resources on MSA, the latest diagnostic criteria, and a short overview of the disorder.

> MSA Blog: [brainsupportnetwork.org/category/msa/](https://brainsupportnetwork.org/category/msa/)

> MSA Information: [brainsupportnetwork.org/education/multiple-system-atrophy/](https://brainsupportnetwork.org/education/multiple-system-atrophy/)

## Carer's Guide

Includes a list of things of practical, physical, and emotional aspects of caring for someone with MSA. Revised March 2022. By the MSA Trust (UK).

> [msatrust.org.uk/wp-content/uploads/2015/11/BK050-Carers-Guide-V3.1.pdf](https://msatrust.org.uk/wp-content/uploads/2015/11/BK050-Carers-Guide-V3.1.pdf)

## Multiple System Atrophy: What Is It, Causes, Symptoms, and More

Short webpage for physicians wanting to learn about MSA. Consider sharing link and helpful summary image, with your primary care physician.

> [osmosis.org/answers/multiple-system-atrophy](https://osmosis.org/answers/multiple-system-atrophy)

## MSA Brain Donation: Confirm Diagnosis, Support Research for a Cure

Brain Support Network's Robin Riddle speaks on the benefits of brain donation for MSA.

> May 2024 (10 min): <http://youtu.be/1KOBG06SBg8?si=tZHzsE6sdl2fqnjq>

> March 2021 (50 min): [youtu.be/9QDnBhi3U\\_g?t=241](https://youtu.be/9QDnBhi3U_g?t=241)

## Recent MSA Patient/Family Conference

Unedited conference recordings from the MSA Coalition's (now Mission MSA) all-day event.

> 2022 (50 videos): [youtube.com/playlist?list=PLXIIQK13JCsH16Cb98a-g\\_BDmu51mj2nc](https://youtube.com/playlist?list=PLXIIQK13JCsH16Cb98a-g_BDmu51mj2nc)

## Treating PSP, MSA, and CBD – What can be done?

Movement specialist Dr. Brent Bluett describes the symptomatic treatments that can improve quality of life. February 2019 webinar, co-hosted by Stanford and Brain Support Network.

> Detailed notes: [brainsupportnetwork.org/treating-psp-msa-and-cbd-webinar-notes-recording-resources](https://brainsupportnetwork.org/treating-psp-msa-and-cbd-webinar-notes-recording-resources)

> Recording: [youtube.com/watch?v=ePKXO1UPOlw](https://youtube.com/watch?v=ePKXO1UPOlw)

## Orthostatic Hypotension (OH) in PD, MSA, and LBD

Movement specialist Dr. Veronica Santini describes OH and treatment (conservative approaches and medication). September 2017 webinar, co-hosted by Stanford and Brain Support Network.

> Detailed notes: [brainsupportnetwork.org/notes-orthostatic-hypotension-pd-msa-lbd-webinar/](https://brainsupportnetwork.org/notes-orthostatic-hypotension-pd-msa-lbd-webinar/)

> Recording: [youtu.be/-FzsgUfQ\\_xl](https://youtu.be/-FzsgUfQ_xl)

## Evaluating and Treating Urinary Issues in PD, MSA, etc.

Urologist Dr. Ekene Enemchukwu focuses on urinary incontinence, overactive bladder, urinary retention, nocturia, etc. August 2019 webinar, co-hosted by Stanford and Brain Support Network.

> Detailed notes: [brainsupportnetwork.org/evaluating-treating-urinary-issues-in-pd-msa-etc-webinar-notes-recording-resources/](https://brainsupportnetwork.org/evaluating-treating-urinary-issues-in-pd-msa-etc-webinar-notes-recording-resources/)

> Recording: [youtube.com/watch?v=rPulXhZYaX8](https://youtube.com/watch?v=rPulXhZYaX8)

## MSA and Cognition

Movement specialist Dr. Kathleen Poston describes cognitive aspects of MSA. November 2018 webinar, co-hosted by Stanford and Brain Support Network.

> Detailed notes: [brainsupportnetwork.org/multiple-system-atrophy-cognition-webinar-recording-resources-notes/](https://brainsupportnetwork.org/multiple-system-atrophy-cognition-webinar-recording-resources-notes/)

> Recording: [youtube.com/watch?v=hr0TCWqBgUY](https://youtube.com/watch?v=hr0TCWqBgUY)