



What people with MS and care partners need to know about advancements in monitoring MS activity

A simple blood test measuring sNfL (serum neurofilament light chain) can be a useful tool for evaluating MS activity.

What can sNfL testing tell me about my MS?

Adding routine sNfL testing to regular MS management could help:



Monitor disease activity

sNfL testing can identify MS activity before it can be detected on an MRI or as a symptom.

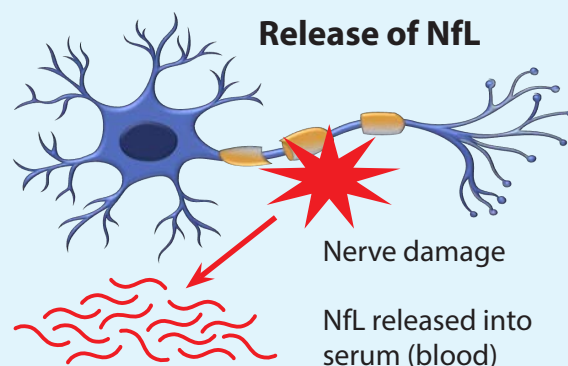


Evaluate response to therapy

sNfL levels can spot MS activity earlier, which can help to inform the need for a treatment change sooner.

What is neurofilament light chain (NfL)?

NfL is a protein that provides structural support to nerves. It is released into the body's serum (blood) when nerve damage occurs, like in MS. Although NfL is present in everyone's bloodstream, there is a greater amount of NfL when there has been nerve damage. NfL levels are measured using a blood test and compared over time to monitor for change. That is how sNfL testing gets its' name: serum NfL testing.



How will this fit in with my routine MS care?



sNfL levels can be a biomarker for MS, meaning it might help healthcare providers gain a better understanding of how MS is progressing.



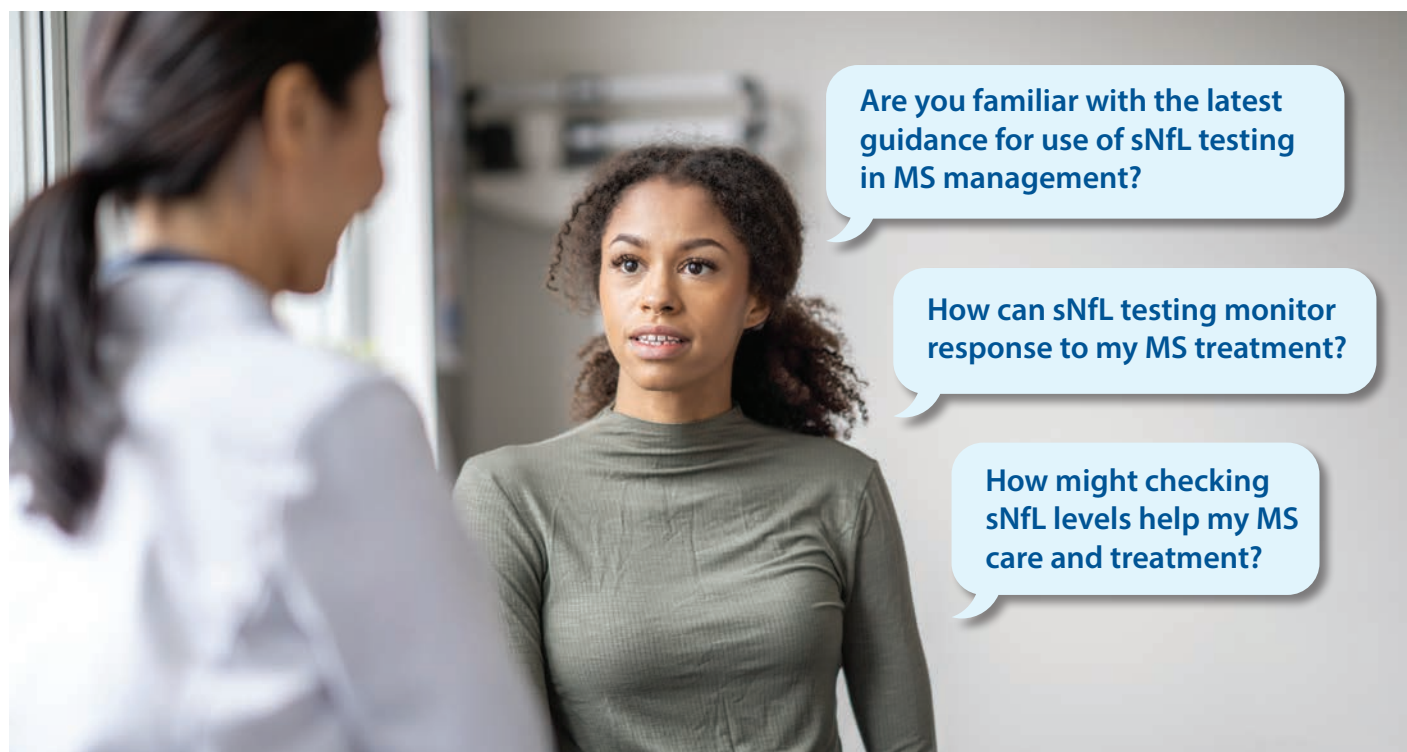
sNfL levels need to be evaluated over time. How often sNfL levels need to be checked will likely depend on an individual's course of MS.



While sNfL testing may supplement MRI scans, there is no indication it will replace the need for regular MRI scans and regular follow-up visits with your neurologist.

How can I talk to my provider about sNfL?

While we are still learning more about how sNfL monitoring will be used in MS care, speak with your provider to get their perspective on the latest information about sNfL testing. The questions below can help you start a discussion with your provider:



Where can my doctor or I learn more about sNfL testing?

In December 2023, the Consortium of Multiple Sclerosis Centers (CMSC) released practical guidance for MS healthcare providers on using serum neurofilament light chain (sNfL) testing as a tool for evaluating and managing patients with multiple sclerosis (MS).



 [Click here for the full CMSC guidance.](#)

Still have questions about sNfL testing for MS?

Please share them with us! As researchers uncover more about sNfL testing for MS, additional resources will be developed, and we want to ensure YOUR questions are answered.



 [Click here to share your questions!](#)

Developed by advocates for the MS community, this document embodies their collective ambition to improve patient outcomes in MS and serves as an accompanying guide to interpreting CMSC Best Practices for the Use of Serum Neurofilament in MS Management (published December 2023).



The sNfL Biomarker Education Advisory Council was convened by Novartis with the goal of bringing MS patient organizations together to collaborate and align on how to share CMSC's latest guidance with the MS community.