

# *Multiple System Atrophy Quiz*

See how you do on these 25 quiz questions!

Feedback? Email [conference@brainsupportnetwork.org](mailto:conference@brainsupportnetwork.org)



Brain Support Network

# Multiple System Atrophy Symposium

## *Quiz Question #1*

What systems are affected by MSA?

- Parkinsonism - slowness, rigidity, poor balance, tremor
- Cerebellar – oculomotor issues, wide gait, poor limb coordination
- Autonomic – blood pressure regulation, thermoregulation, etc.
- Urogenital – urinary retention or incontinence, erectile dysfunction
- REM Sleep Behavior Disorder – acting out dreams
- All of these!

# Multiple System Atrophy Symposium

## *Quiz Question #1*

What systems are affected by MSA?

- Parkinsonism - slowness, rigidity, poor balance, tremor
- Cerebellar – oculomotor issues, wide gait, poor limb coordination
- Autonomic – blood pressure regulation, thermoregulation, etc.
- Urogenital – urinary retention or incontinence, erectile dysfunction
- REM Sleep Behavior Disorder – acting out dreams
- All of these!!!**

# Multiple System Atrophy Symposium

## *Quiz Question #2*

What protein is associated with MSA?

- Tau
- Amyloid
- Alpha-synuclein
- Lewy
- Neuron

# Multiple System Atrophy Symposium

## *Quiz Question #2*

What protein is associated with MSA?

- Tau
- Amyloid
- Alpha-synuclein
- Lewy
- Neuron

# Multiple System Atrophy Symposium

## *Quiz Question #3*

True or False: The Syn-One skin test has been shown to reliably differentiate between parkinsonian syndromes and can be used by itself to diagnose MSA?

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #3*

True or False: The Syn-One skin test has been shown to reliably differentiate between parkinsonian syndromes and can be used by itself to diagnose MSA?

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #4*

Which of these are sleep issues in MSA?

- Sleep apnea (momentary lapses in breathing)
- Respiratory stridor (noisy breathing)
- REM Sleep Behavior Disorder (shouting & acting out dreams)
- All of these!



# Multiple System Atrophy Symposium

## *Quiz Question #4*

Which of these are sleep issues in MSA?

- Sleep apnea (momentary lapses in breathing)
- Respiratory stridor (noisy breathing)
- REM Sleep Behavior Disorder (shouting & acting out dreams)
- All of these!!!**

# Multiple System Atrophy Symposium

## *Quiz Question #5*

True or False: MSA is a rare disorder?

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #5*

True or False: MSA is a rare disorder?

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #6*

True or False: REM Sleep Behavior Disorder can occur long before motor and autonomic symptoms in MSA.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #6*

True or False: REM Sleep Behavior Disorder can occur long before motor and autonomic symptoms in MSA.

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #7*

When is blood pressure most likely to drop suddenly in MSA?

- After getting up in the morning
- During a bowel movement
- After standing in one place for a long time
- After a large meal
- All of these!

# Multiple System Atrophy Symposium

## *Quiz Question #7*

When is blood pressure most likely to drop suddenly in MSA?

- After getting up in the morning
- During a bowel movement
- After standing in one place for a long time
- After a large meal
- All of these!!!**

# Multiple System Atrophy Symposium

## *Quiz Question #8*

True or False: The "hot cross bun sign" shows up on every MSA person's MRI and indicates the person has MSA.

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #8*

True or False: The "hot cross bun sign" shows up on every MSA person's MRI and indicates the person has MSA.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #9*

Which exercises are known to be beneficial to people with MSA?

- Physical therapy
- Occupational therapy
- Speech therapy
- Range of motion exercises
- Gentle, seated exercises
- Water exercises
- Speech practice
- All of these!

# Multiple System Atrophy Symposium

## *Quiz Question #9*

Which exercises are known to be beneficial to people with MSA?

- Physical therapy
- Occupational therapy
- Speech therapy
- Range of motion exercises
- Gentle, seated exercises
- Water exercises
- Speech practice
- All of these!!!**

# Multiple System Atrophy Symposium

## *Quiz Question #10*

True or False: People with MSA are more likely to have antecollis (head drop) while people with PSP are more likely to have retrocollis (backward flexion of the neck).

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #10*

True or False: People with MSA are more likely to have antecollis (head drop) while people with PSP are more likely to have retrocollis (backward flexion of the neck).

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #11*

True or False: There have been some people with MSA who have lived 20 years with this disease.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #11*

True or False: There have been some people with MSA who have lived 20 years with this disease.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #12*

True or False: A possible side-effect of Sinemet (carbidopa-levodopa) is a decline in blood pressure?

True

False





# Multiple System Atrophy Symposium

## *Quiz Question #12*

True or False: A possible side-effect of Sinemet (carbidopa-levodopa) is a decline in blood pressure?

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #13*

True or False: MSA can affect the body's ability to maintain a proper core temperature.

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #13*

True or False: MSA can affect the body's ability to maintain a proper core temperature.

True

False

It is important to stay cool during hot or humid weather and warm during cooler weather. Also avoid very hot baths or showers.

# Multiple System Atrophy Symposium

## *Quiz Question #14*

True or False: The singer Johnny Cash had a diagnosis of Shy Drager Syndrome.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #14*

True or False: The singer Johnny Cash had a diagnosis of Shy Drager Syndrome.

True

False

The diagnosis was later changed to autonomic neuropathy.

# Multiple System Atrophy Symposium

## *Quiz Question #15*

True or False: The singer Linda Ronstadt has a diagnosis of MSA.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #15*

True or False: The singer Linda Ronstadt has a diagnosis of MSA.

True

False

Linda has Progressive Supranuclear Palsy (PSP).

# Multiple System Atrophy Symposium

## *Quiz Question #16*

True or False: MSA is more common in men.

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #16*

True or False: MSA is more common in men.

True

False

Multiple System Atrophy affects men and women about equally.

# Multiple System Atrophy Symposium

## *Quiz Question #17*

In brain donation studies, if MSA is not confirmed, the diagnosis is usually found to be:

- Dementia with Lewy Bodies
- Parkinson's disease
- Progressive Supranuclear Palsy
- All of these!

# Multiple System Atrophy Symposium

## *Quiz Question #17*

In brain donation studies, if MSA is not confirmed, the diagnosis is usually found to be:

- Dementia with Lewy Bodies
- Parkinson's disease
- Progressive Supranuclear Palsy
- All of these!!!**

# Multiple System Atrophy Symposium

## *Quiz Question #18*

Which autonomic functions are affected by MSA?

- Breathing
- Digestion
- Heart rate
- Urology / Sexual function
- Blood pressure
- All of these!

# Multiple System Atrophy Symposium

## *Quiz Question #18*

Which autonomic functions are affected by MSA?

Breathing

Digestion

Heart rate

Urology / Sexual function

Blood pressure

**All of these!!!**



# Multiple System Atrophy Symposium

## *Quiz Question #19*

True or False: MSA is usually inherited.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #19*

True or False: MSA is usually inherited.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #20*

How long does it take, on average, to obtain an MSA diagnosis?

1.8 years

3.8 years

2.4 years

5.2 years



# Multiple System Atrophy Symposium

## *Quiz Question #20*

How long does it take, on average, to obtain an MSA diagnosis?

1.8 years

2.4 years

3.8 years

5.2 years



# Multiple System Atrophy Symposium

## *Quiz Question #21*

True or False: If your family member with MSA experiences hallucinations, or a sudden worsening of motor or cognitive symptoms, you should consider a urinary tract infection or other type of infection.

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #21*

True or False: If your family member with MSA experiences hallucinations, or a sudden worsening of motor or cognitive symptoms, you should consider a urinary tract infection or other type of infection.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #22*

True or False: If someone has MSA symptoms plus dementia and hallucinations, Lewy Body Dementia should be considered as the diagnosis.

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #22*

True or False: If someone has MSA symptoms plus dementia and hallucinations, Lewy Body Dementia should be considered as the diagnosis.

True

False

# Multiple System Atrophy Symposium

## *Quiz Question #23*

When someone with a clinical diagnosis of MSA dies and the brain is examined, how often is MSA confirmed through post-mortem analysis of the brain?

- Almost never
- 50-60% of the time
- 30% of the time
- Almost always

# Multiple System Atrophy Symposium

## *Quiz Question #23*

When someone with a clinical diagnosis of MSA dies and the brain is examined, how often is MSA confirmed through post-mortem analysis of the brain?

Almost never

30% of the time

**50-60% of the time**

Almost always



# Multiple System Atrophy Symposium

## *Quiz Question #24*

Older names for MSA are:

- Sporadic olivopontocerebellar atrophy
- Shy Drager Syndrome
- Striatonigral degeneration
- All of these!!!



# Multiple System Atrophy Symposium

## *Quiz Question #24*

Older names for MSA are:

- Sporadic olivopontocerebellar atrophy
- Shy Drager Syndrome
- Striatonigral degeneration
- All of these!!!**

# Multiple System Atrophy Symposium

## *Quiz Question #25*

True or False: When someone with a clinical diagnosis of MSA dies and the brain is examined, it is typical to find only MSA in the brain (so, no other pathology).

True

False



# Multiple System Atrophy Symposium

## *Quiz Question #25*

True or False: When someone with a clinical diagnosis of MSA dies and the brain is examined, it is typical to find only MSA in the brain (so, no other pathology).

True

False