

NMOSD (neuromyelitis optica spectrum disorder) is a disease targeting the central nervous system, and people with the condition can experience a wide range of unpredictable and seemingly unconnected symptoms. You may only experience some of these symptoms, and these aren't all the possible symptoms of NMOSD, so talk to your doctor about anything bothering you. Repeated relapses (attacks) can lead to an accumulation of damage, impairment, or permanent disability.



Visual impairment or blindness¹

Inflammation in the nerves of the eye can cause eye pain, blurry or double vision, problems distinguishing colors, and other optic symptoms. For some people with NMOSD, this can lead to blindness in one or both eyes.



Excessive sleepiness¹

People with NMOSD experience fatigue, and it can be a little harder for them to wake up in the morning and to stay awake throughout the day.



Pain¹

NMOSD is associated with swelling in the spinal cord, which may lead to pain in your limbs or down your back.



Hiccups, nausea, vomiting, and respiratory issues¹

When the nerves in your upper body are affected, you may experience digestive and respiratory symptoms, which can present as uncontrollable hiccups or vomiting in people with NMOSD.



Loss of bladder and/or bowel control¹

An inability to go to the bathroom or constant urge to go are often signs of a neurogenic bladder.



Spasm¹

Spasms can affect different parts of the body, appearing as a stiff neck, back or limb pain, or even headaches.



Sensory disturbance¹

Some people with NMOSD experience increased sensitivity to hot or cold or feel an intense pressure on a certain part of the body or even a loss of sensation.



Paralysis, limb weakness, and/or motor disability¹

When the nerves in your limbs and lower body are affected, you may experience numbness, tingling, weakness, or even paralysis.

Because NMOSD can manifest as many other symptoms, it is important to note any additional changes in your health beyond those listed.

No 2 people with NMOSD experience the same symptoms—so it's important for you to understand *your* symptoms. Use the space below to record your unique experiences with the different symptoms of NMOSD.



Visual impairment or blindness



Excessive sleepiness



Pain



Hiccups, nausea, vomiting, and respiratory issues



Loss of bladder and/or bowel control



Spasm



Sensory disturbance



Paralysis, limb weakness, and/or motor disability

Other symptoms
