High incidence and prevalence of multiple sclerosis in south east Scotland: evidence of a genetic predisposition

P M Rothwell, D Charlton

Abstract

Objective—To determine the incidence and prevalence of multiple sclerosis in the Lothian and Border Health Board Regions of south east Scotland.

Methods—Incidence study: all patients were identified in whom a diagnosis of Poser category probable or definite multiple sclerosis was made by a neurologist between 1992 and 1995. Prevalence study: all patients known to have multiple sclerosis who were alive and resident in the study area on 15 March 1995 were recorded.

Results—The crude annual incidence rates of probable or definite multiple sclerosis per 100 000 population were the highest ever reported: 12.2 (95% confidence interval (95% CI) 10.8–13.7) in the Lothian Region and 10.1 (95% CI 6.6–13.6) in the Border Region. A total of 1613 patients with multiple sclerosis were resident in the study area, giving standardised prevalence rates per 100 000 population of 203 (95% CI 192–214) in the Lothian Region and 219 (95% CI 191–251) in the Border Region. Prevalent cases were more likely than expected to have a Scottish surname (risk ratio 1.24, 95% CI 1.14–1.34).

Conclusions—Orkney and Shetland were previously thought to have by far the highest prevalence of multiple sclerosis in the world; about double that found in England and Wales. However, the prevalence in south east Scotland is equally high, suggesting that the Scottish population as a whole has a genetic susceptibility to the disease, and undermining the hypothesis that patterns of infection specific to small sparsely populated island communities are important in the causation of multiple sclerosis.

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Keywords: multiple sclerosis; prevalence; latitude; epidemiology

There is considerable variation in the prevalence of multiple sclerosis around the world. The geographical distribution has been studied in the hope that, along with the results of genetic epidemiology and migration studies, it might provide clues to the aetiology of the disease. The prevalence of multiple sclerosis increases with latitude north and south of the equator. This could be due to differential exposure to a causative environmental agent, although none has been identified. Alternatively, it has been pointed out that the prevalence of multiple sclerosis is highest in those countries with a high proportion of people of Scottish or Scandinavian ancestry, the latitudinal gradient partly reflecting differences in genetic susceptibility. Similar correlations between the frequency of northern European ancestry and a latitudinal gradient in the prevalence of multiple sclerosis have also been shown within North America and New Zealand, although there was no such correlation to account for the threefold variation in prevalence with latitude in Australia.

Scotland has the highest prevalence of multiple sclerosis in the world. The prevalence rates reported in Orkney and Shetland are about double the highest rates reported in other parts of northern Europe. This may be due to genetic susceptibility or to the unusual pattern of environmental exposures, particularly infections, in small sparsely populated island communities. The apparent occurrence of epidemics of multiple sclerosis on other similar island communities, such as the Faroe Islands, is often quoted in support of this explanation. However, the existence of a latitudinal gradient in the prevalence of multiple sclerosis in the United Kingdom is now being questioned. Recent studies in England and Wales have reported the prevalence of multiple sclerosis to be higher than was previously thought, and it has been argued that the prevalence rates in Orkney and Shetland are unreliable because they were the result of repeated surveys of the same areas over many years, they were based on very few cases, and they used different diagnostic criteria. More up to date and reliable information on the prevalence of multiple sclerosis in a previously unsurveyed area of Scotland is required to determine whether or not the disease does cluster in Orkney and Shetland or whether there is a high incidence throughout Scotland.

We determined the incidence and prevalence of multiple sclerosis in the Lothian and Border Regions of south east Scotland, and examined the relation between possession of a Scottish surname and the risk of developing multiple sclerosis. We also related regional variations in the prevalence of surnames with the prefix “Mc” or “Mac”, indicating Scottish ancestry, to the prevalence of multiple sclerosis in various parts of the United Kingdom.
Methods

PILOT STUDY

To estimate the likely prevalence of multiple sclerosis in south east Scotland and therefore determine the study population sample size necessary to have sufficient statistical power to test our hypothesis that the prevalence was higher than that in recent studies in southern England, we performed a retrospective study of the incidence of multiple sclerosis in the Lothian and Border Regions between 1989 and 1992. All outpatient clinic letters and inpatient discharge summaries from the Department of Neurology in Edinburgh and peripheral neurology clinics in five general hospitals serving the study area were screened. We identified 344 patients in whom a new diagnosis of Poser category\textsuperscript{19} probable or definite multiple sclerosis had been made by a neurologist between 1989 and 1992 and who were resident in the study area. The crude hospital based incidence was calculated to be 9.3/100 000/year. On the basis of the incidence:prevalence ratios in other recent studies,\textsuperscript{12 15–17} we estimated the expected prevalence of multiple sclerosis in the study area to be about 200/100 000.

SAMPLE SIZE

Assuming a prevalence of 200/100 000, we calculated that a study population denominator in excess of 500 000 would be required to show a statistically significant difference at the 99% level of confidence from the prevalences reported in recent studies in the south of England. It was therefore decided to perform the formal prevalence study on the whole of Lothian and Border Regions. The projected number of prevalent cases in this study region was about 1700. The study would therefore be considerably larger than previous prevalence studies in the United Kingdom, and it was not considered feasible for all suspected prevalent patients to be interviewed and examined by a study neurologist. However, to test the validity of the prevalence figure, a prospective study of the incidence of multiple sclerosis in the study region was performed from 1992 to 1995. Only patients in whom a new diagnosis of multiple sclerosis had been made by a neurologist were included. Approval for the studies was obtained from the local ethics committee and the studies complied with the Data Protection Act.

STUDY AREA

Lothian and Border Regions are the two adjacent health board regions of south east Scotland. Their combined area lies between latitudes 55 30' and 56 00' north. The midyear population estimate for 1995 was 864 300 (105 700 in the Borders Region). The area is served by 604 general practitioners (79 in the Borders Region), five general hospitals (one in the Borders Region), and a single department of neurology located at two hospitals in Edinburgh.

PROSPECTIVE INCIDENCE STUDY

The study was limited to cases in which a new diagnosis of multiple sclerosis was made by a neurologist from 1 January 1992 to 31 December 1995. Cases were ascertained from the neurology and neurosurgery wards and all outpatient clinics in the Department of Neurology in Edinburgh and peripheral neurology clinics in the five general hospitals in the study area. Possible cases were also identified from requests and reports of MRI of the brain or spinal cord, visual and somatosensory evoked potential studies, and CSF oligoclonal bands. Full details of clinical presentation and investigations were obtained from the medical records of all suspected cases allowing a Poser category\textsuperscript{19} to be allocated. However, as in previous studies,\textsuperscript{12 16} the upper limit of 59 years for age at presentation used in the Poser categorisation was ignored.

PREVALENCE STUDY

A prevalent case was defined as any person with a diagnosis of multiple sclerosis who was alive and normally resident in the Lothian or Border regions on 15 March 1995. Cases with a Poser category of probable or definite multiple sclerosis identified from neurological records in the pilot study and the prospective incidence study were included in the prevalence figure. All prevalent cases of Poser category probable or definite multiple sclerosis who were seen in the Department of Neurology or in peripheral neurology clinics in the five hospitals in the study area between 1989 and 1995 were also identified from discharge...
Table 2 Sources of identification of the 1613 prevalent cases of multiple sclerosis in the combined Borders and Lothian study region

<table>
<thead>
<tr>
<th>Source</th>
<th>Means of initial identification</th>
<th>Diagnosis not assessed by review of medical or neurology records</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department of neurology records</td>
<td>1008 (62)</td>
<td></td>
</tr>
<tr>
<td>Hospital discharge diagnostic coding</td>
<td>455 (28)</td>
<td>69 (4)</td>
</tr>
<tr>
<td>General practitioner</td>
<td>881 (55)</td>
<td>271 (17)</td>
</tr>
<tr>
<td>Neurorehabilitation unit records</td>
<td>40 (3)</td>
<td>22 (1)</td>
</tr>
<tr>
<td>Disability services records</td>
<td>73 (5)</td>
<td>46 (3)</td>
</tr>
</tbody>
</table>

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Disability services records 73(5) 46(3) Neurorehabilitation unit records 40(3) 22(1) Hospital discharge diagnostic coding 455(28) 271(17) General practitioner 881(55) 271(17) Department of neurology records 1008(62) 69(4)

Summary of initial identification

Diagnosis not assessed by review of medical or neurology records

Table 3 The prevalence of multiple sclerosis in the combined Lothian and Border study region per 100 000 by age and sex

<table>
<thead>
<tr>
<th>Age (y)</th>
<th>Male n</th>
<th>Rate/1000 (95% CI)</th>
<th>Female n</th>
<th>Rate/1000 (95% CI)</th>
<th>Total n</th>
<th>Rate/1000 (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>1</td>
<td>(0-4)</td>
<td>3</td>
<td>(0-4)</td>
<td>4</td>
<td>(1-5)</td>
</tr>
<tr>
<td>14-24</td>
<td>8</td>
<td>(4-23)</td>
<td>14</td>
<td>(11-36)</td>
<td>22</td>
<td>(11-26)</td>
</tr>
<tr>
<td>25-34</td>
<td>53</td>
<td>(52-89)</td>
<td>153</td>
<td>(176-242)</td>
<td>206</td>
<td>(120-158)</td>
</tr>
<tr>
<td>35-44</td>
<td>121</td>
<td>(167-239)</td>
<td>281</td>
<td>(413-522)</td>
<td>402</td>
<td>(303-369)</td>
</tr>
<tr>
<td>45-54</td>
<td>110</td>
<td>(174-254)</td>
<td>312</td>
<td>(519-648)</td>
<td>422</td>
<td>(364-441)</td>
</tr>
<tr>
<td>55-64</td>
<td>108</td>
<td>(214-313)</td>
<td>185</td>
<td>(349-467)</td>
<td>293</td>
<td>(300-378)</td>
</tr>
<tr>
<td>65-74</td>
<td>51</td>
<td>(111-195)</td>
<td>147</td>
<td>(290-402)</td>
<td>198</td>
<td>(225-298)</td>
</tr>
<tr>
<td>&gt;75</td>
<td>41</td>
<td>(37-119)</td>
<td>43</td>
<td>(81-150)</td>
<td>57</td>
<td>(77-130)</td>
</tr>
<tr>
<td>Unknown</td>
<td>2</td>
<td>7</td>
<td>9</td>
<td>9</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>Total</td>
<td>468</td>
<td>112 (102-122)</td>
<td>1145</td>
<td>257 (242-272)</td>
<td>1613</td>
<td>187 (178-196)</td>
</tr>
</tbody>
</table>

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Disability services records 73(5) 46(3) Neurorehabilitation unit records 40(3) 22(1) Hospital discharge diagnostic coding 455(28) 271(17) General practitioner 881(55) 271(17) Department of neurology records 1008(62) 69(4)
multiple sclerosis already prevalent on 1 January 1989 were identified from the initial review of inpatient and outpatient neurology records. A diagnosis of probable or definite multiple sclerosis was confirmed from medical and neurology records in a further 197 cases notified from other sources, leaving 408 (25%) cases in which no hospital records were available. Most of these cases (271) were notified by general practitioners (table 2).

Notifications of cases were received from 92% of general practices in the study region. Notification by general practitioner was the sole initial source of information on 397 (25%) cases. However, the diagnosis was subsequently confirmed from the case records in 126 of these, leaving 271 (17%) cases in which no other evidence was available. Of the 268 patients who had been seen in the Department of Neurology between 1989 and 1995 and had had a Poser categorisation of only possible multiple sclerosis at their last attendance, only nine (3%) were notified by general practitioner as having a firm diagnosis of multiple sclerosis.

The provisional list of cases of multiple sclerosis reached 1793. Of these, 180 had died or were no longer resident in the study region on 15 March 1995. A total of 1613 patients with multiple sclerosis were resident in the study region on 15 March 1995 (1401 in the Lothian Region and 212 in the Border Region). The crude prevalence rates were 185 (95% CI 175–194) in the Lothian Region, 201 (95% CI 174–228) in the Border Region, and 187 (95% CI 178–196) in the combined region. The prevalence rates, standardised to the 1961 population of Northern Island, were 203 (95% CI 192–214) for the Lothian Region and 219 (95% CI 191–251) for the Border Region. The sex ratio was 2.45 (95% CI 2.31–2.59, 1145 female, 468 male), and the mean age of prevalent cases was 49.2 (SD 13.8) years, range 8–91, table 3).

**SCOTTISH SURNAMES**

Of the 1613 prevalent cases, 589 (37%) had surnames which are regarded as having their origins in Scotland compared with 476 expected on the basis of the frequency of Scottish names in the general population in the study region (RR 1.24, 95% CI 1.14–1.34). Prevalent cases with Scottish surnames were more likely to be male than those with non-Scottish surnames (M:F = 194:395 v 274:750, OR 1.34, 95% CI 1.08–1.68).

**THE GEOGRAPHICAL DISTRIBUTION OF SURNAMES WITH THE PREFIX MC OR MAC**

The proportion of names beginning with Mc or Mac was 1–2% throughout England and Wales with little latitudinal gradient (Regions: south west 1.1%; south east 1.2%; Greater London 1.8%; East Anglia 1.0%; south Midlands 1.5%; Midlands 1.2%; north east 1.8%; north west 1.9%; Wales 1.0%). The proportion increased sharply in Scotland (south 13.2%; north 9.4%; the Highlands and islands 22.6%). Figure 2 shows the proportion of the population in each of the study areas with surnames including the prefix Mc or Mac (based on 1994 data) are given on the right.

Discussion

The incidence of multiple sclerosis in south east Scotland is the highest ever reported and the prevalence is about double those found in
recent studies in England and Wales.\textsuperscript{12–17} Our data support the findings of older prevalence studies in Orkney,\textsuperscript{9,10} Shetland,\textsuperscript{11} and Aberdeen,\textsuperscript{12} and suggest that there is no latitudinal gradient in the prevalence of multiple sclerosis within Scotland. Our study population was large, and the confidence intervals of the incidence and prevalence rates are narrow. By contrast, the high prevalences of multiple sclerosis in Orkney and Shetland were based on small numbers of cases with relatively small population denominators. For example, the highest crude prevalence of multiple sclerosis ever reported, 257/100000 on Orkney in 1974,\textsuperscript{11} using the Allison and Miller criteria, was based on 45 probable and early cases among a population of 17462 and consequently had a wide 95% CI (192–344).

THE VALIDITY OF THE PREVALENCE FIGURE

By contrast with some of the recent studies in England and Wales,\textsuperscript{15–17} we did not review the medical records, or interview or examine all our prevalent cases. It could be argued, therefore, that our high prevalence figures might be due partly to false positive diagnoses. However, there were no differences in the prevalence rates reported in England and Wales between studies in which the diagnosis was reviewed in all patients\textsuperscript{15–17} and studies in which the methods were similar to ours.\textsuperscript{12–14,19}

The prevalence rates were, in fact, remarkably consistent (fig 2).

About 75% of our cases had the diagnosis of probable or definite multiple sclerosis confirmed from their medical or neurology records. Although 17% of our cases were notified solely by their general practitioner, and no medical or neurology records were available, most of these cases are likely to have been seen and investigated by a neurologist at some time in the past. The median age of such cases in our study was 52 years compared with a median age of diagnosis of 34 years in our incident cases. The cases notified solely by general practitioners would, on average, therefore have been diagnosed nearly 20 years before our study, and would not be expected to be attending hospital on a regular basis. The fact that as many as 60% of our prevalent cases had attended the neurology services during the six years before our prevalence date suggests that we are actually more likely to have underestimated the true prevalence of the disease in the community.

That general practitioners were not overdiagnosing multiple sclerosis is shown by the fact that only nine (3%) of the 268 patients who had been seen in the department of neurology over the previous six years with a neurological episode that was thought possibly to have been an early manifestation of multiple sclerosis (Poser category: possible) were notified by their general practitioner as having a firm diagnosis.

THE INCIDENCE OF MULTIPLE SCLEROSIS

By contrast with the prevalent cases, all of the incident cases in our study had been investigated and diagnosed by a neurologist. Using their neurology records we were able to assign a Poser category based on the evidence available at last review. The incidence rate cannot, therefore, be regarded as an overestimate. In fact, since we may well have missed some of the cases which were investigated by general physicians and not referred to the Department of Neurology, we may have underestimated the true incidence of the disease. The reported incidences of multiple sclerosis in studies in England and Wales which have used the Poser criteria have been consistently in the region of 5/100 000/year.\textsuperscript{12–17} The incidence rate in our study area is the highest ever reported and provides strong support for the validity of the high prevalence rate. In fact, the crude prevalence/incidence ratio of 15.6 is lower than that in previous studies: 22.2\textsuperscript{12}; 20.5\textsuperscript{15}; 24.5\textsuperscript{17}; and 25.7.\textsuperscript{17}
disease. Scottish ancestry appears to be a “risk factor” for the development of multiple sclerosis, and this may explain the high prevalence of the disease in countries in which there are significant numbers of Scottish migrants.

We thank Professor Charles Warlow and Dr Colin Mumford for help and advice and the general practitioners of Lothian and Borders Health Board Regions for their cooperation. PMR was funded by a grant from the Multiple Sclerosis Society.