

# Long-term night-shift work may up risk for multiple sclerosis

August 28 2019

---



(HealthDay)—A history of 20+ years of rotating night-shift work is

associated with an increased risk for definite diagnosis of multiple sclerosis (MS), according to a study published online Aug. 12 in *Occupational & Environmental Medicine*.

Kyriaki Papantoniou, M.D., M.P.H., Ph.D., from the Medical University of Vienna, and colleagues examined the correlation between rotating night-[shift work](#) history and MS risk in 83,992 women in the Nurses' Health Study (NHS) and 114,427 in NHSII. Overall, 579 incident physician-confirmed cases of MS were identified, including 407 definite MS cases.

In NHS, the researchers observed no correlation between history of rotating night-shift work and MS risk (one to nine years: hazard ratio [HR], 1.03; 95 percent confidence interval [CI], 0.69 to 1.54; 10+ years: 1.15; 95 percent CI, 0.62 to 2.15), nor was there a correlation seen in NHSII (one to nine years: HR, 0.90; 95 percent CI, 0.74 to 1.09; 10+ years: HR, 1.03; 95 percent confidence interval, 0.72 to 1.49). With restriction to definite MS cases, rotating night-shift work history of 20+ years was significantly associated with MS risk in NHSII (20+ years: HR, 2.62; 95 percent CI, 1.06 to 6.46).

"In NHSII, MS risk tended to increase with a longer [history](#) of shift work (20+ years), suggesting that long-term or early career circadian disruption might be critical for MS," the authors write.

One author disclosed financial ties to Epi Excellence and Bohn Epidemiology.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: Long-term night-shift work may up risk for multiple sclerosis (2019, August 28)  
retrieved 20 April 2024 from  
<https://medicalxpress.com/news/2019-08-long-term-night-shift-multiple-sclerosis.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.