This talk will cover: a) The efficacy of plasmapheresis in multiple sclerosis who have not responded to conventional therapies. Significant and long-term improvement in disability occurs with plasmapheresis; b) NMO carries severe morbidity and mortality. Plasmapheresis has been shown to be of benefit and this will be discussed; c) Videos of patients (with their consent) will be shown before and after plasmapheresis; d) Plasmapheresis is safe.