

# Accelerated Cure Project for MS

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*Accelerating research towards a cure for multiple sclerosis*

## iConquerMS™ Spotlight – Enhancement of Remyelination by Exercise

[RealTalk MS](#) is a podcast series (established by Jon Strum), which offers a wealth of information and encouragement to people affected by MS. Recently, Jon reported on a [study](#) that explored the effect of exercise on the rate of remyelination in a mouse model of MS. Mice with toxin-induced lesions were given free access to either an open or a locked running wheel (thereby controlling whether or not they could exercise). Results showed that the physically active mice experienced faster remyelination. The research team then investigated the combined effect of exercise and treatment with the over-the-counter anti-histamine, clemastine. Investigators concluded treatment with clemastine further enhanced remyelination over exercise alone. While further research is necessary to demonstrate these findings in humans, this study represents significant progress in identifying factors that may affect myelin repair. We at [iConquerMS](#) and Jon are working together to communicate relevant research activities and results such as these to the MS community.

