Looking Back at 2022

The ACP newsletter is one of the vehicles through which we keep you informed about MS-related topics, new findings in MS research and news from ACP. We’ve covered a wealth of information over the last 12 months. As the year draws to a close, we’d like to review some our newsletter topics from 2022. For those who would like to revisit any of them, they are just a click away!

Are you thinking about New Year’s resolutions and healthier living? Even small positive changes can help!

- Keep your smile white and bright! Learn why oral health is so important for people with MS and follow the controversy over the safety of silver fillings.
- Revisit what’s in your pantry! Understand how eating processed foods may affect your MS.
- Is skipping meals a good idea? Discover ongoing research into the benefits intermittent fasting may hold for people with MS.
MS affects everyone differently and causes a wide range of symptoms, some more common than others.

♦ **Having difficulty with your vision?** In February, we explored *nystagmus*, an eye movement disorder that is sometimes associated with MS.

♦ **Is keeping your balance an issue?** Read more about two related symptoms that over half of people with MS struggle with – *dizziness and vertigo*.

♦ **Are you living with chronic facial pain?** Our August newsletter provides insight into *trigeminal neuralgia*, including ways to manage it.

♦ **Can’t stand the heat? You’re not alone!** Read about a challenge the vast majority of people with MS face – heat sensitivity.

♦ **Does MS leave you feeling on the edge?** You may be able to learn some new ways to restore your inner peace [here](#).

♦ **Did you know that Lyme disease and MS are often confused?** Learn the differences between the two conditions and why it’s important to distinguish between them.

♦ **Is it MS, or am I just getting older?** In November we covered *late-onset MS* in individuals over the age of 50.

It’s important to diagnose MS as early as possible, so that treatment can begin and, ideally, prevent the progression of neurological damage and disability.

♦ **Are you curious about how MS is diagnosed?** In August, September and October we did a series on the tools that neurologists use for this purpose: the *McDonald Criteria*, *magnetic resonance imaging* and *lumbar puncture*. Read on to learn more!
MS researchers are making headway toward understanding many facets of MS. These advances have potential to improve quality of life for everyone living with the disease and bring us closer to a cure.

- **Helping to make REAL progress toward a cure!** Take a closer look at [REAL MS](#), including some advances in MS research that it has enabled to date.

- **A catalogue for a cure?** Introducing the [MSDA Catalogue](#), an exciting new tool for MS researchers!

- **Is Epstein Barr virus linked to MS?** Hear the details of a recent [Harvard study](#) that provides the strongest evidence yet that this is true.

- **New genetic clues on MS risk.** Explore [new research](#) that shows people with a higher hereditary risk of MS are likely to develop the disease at an earlier age.

- **Just how expensive is MS?** Our May newsletter dives into research to investigate the rising cost of MS care, including a number of resources designed to help.

- **Have you ever considered using Cannabis to relieve your MS symptoms?** Read about [Sativex](#) and the research currently underway to gain its FDA approval in the United States.

Interested in what’s happening at ACP?

- **Meet the man behind “Chat with Chat!”** Get to know [Surachat Ngorsuraches](#), his enthusiasm and commitment to serving the MS community are inspiring!

- **The ACP team continues to grow!** Introducing our newest staff member, [Mark Gilliland](#). His expertise as a data professional is a great asset in all of our initiatives!
**Who’s at the helm of ACP?** Our Board is a diverse group of generous individuals with different schooling and expertise, each of whom plays a key role in moving ACP and MS research toward a cure. Read about them [here](#)!

According to ACP’s Chief Research Officer, Robert McBurney, ACP’s fundamental approach can be stated as “we don’t do the research, we create much-needed resources and capabilities that make MS research go faster and better.” We’re grateful for the many ways that our partners, donors and volunteers have given of their time, talents and resources to help us do this work. Together we are accelerating research for all affected by MS, bringing us closer to a cure. We look forward to new possibilities in the upcoming year. In Hollie Schmidt’s words (ACP’s VP of Scientific Operations), “There is always something new to learn, some new challenge to address, or some new breakthrough to celebrate. Much progress has been made in MS in the past couple of decades, and there is still much left to do. It’s exciting to be a part of it!” Stay tuned, and look for updates in future newsletters!